

**BOWEN UNIVERSITY, IWO**  
**COLLEGE OF HEALTH SCIENCES**  
**NUTRITION AND DIETETICS PROGRAM**  
**2019/2020 FIRST SEMESTER EXAMINATION**

**COURSE CODE: NTD 319. COURSE TITLE: FOOD CONSUMPTION SURVEY**  
**TIME: 2HRS**  
**INSTRUCTION: ANSWER FOUR QUESTIONS**

1. a. Enumerate 7 uses of food consumption survey data. *7marks*  
b. Highlight the stages involved in carrying out a food consumption survey. *7marks*
  
2. a. Describe the components and applications of a food balance sheet. *8 marks*  
b. Write short notes on three (3) qualitative methods of dietary assessment. *6marks*
  
3. Write extensively on 2 prospective and 2 retrospective methods of dietary assessment stating their applications, limitations and strengths. *14 marks*
  
4. What is food composition data? Give details on the users of food composition data and limitations of the food composition table. *14 marks*
  
5. a. What is Dietary Diversity Score? *2 marks*  
b. Describe the Minimum Dietary Diversity Score for Women (MDD-W) and the IYCDDS (Infant and Young Child Dietary Diversity Score). *12 marks*
  
6. a. If Cornflakes contain per 100 g EP: total folate = 357  $\mu\text{g}$ ; food folate = 19  $\mu\text{g}$ , calculate the amount of folic acid and dietary folate equivalent. *4 marks*  
b. What is the importance of food Biodiversity to nutrition? Give relevant examples of biodiverse foods. *10 marks*