

BOWEN UNIVERSITY, IWO
COLLEGE OF HEALTH SCIENCES
NUTRITION AND DIETETICS PROGRAM
2021/2022 FIRST SEMESTER EXAMINATION

COURSE TITLE: INTRODUCTION TO NUTRITION AND DIETETICS
COURSE CODE: NTD 201 **CREDIT UNIT: 3**

INSTRUCTION: ANSWER FIVE QUESTIONS IN ALL **TIME: 2HRS 30MINS**

Section A

1. a. Explain the following terms with examples where applicable (6 marks)
- i. Nutrients
 - ii. Nutrition
 - iii. Registered dietitian
- b. Highlight four reasons for cooking food. (2 marks)
- c. Enumerate 8 career job opportunities for a nutritionist. (6 marks)
2. a. Explain six principles of healthy diet. (9 marks)
- b. Draw and label the food guide pyramid (5 marks)
3. a. Write short notes on the following: (6 marks)
- i. Estimated Average Requirement (EAR)
 - ii. Recommended Dietary Allowance (RDA)
 - iii. Adequate Intake (IA)
- b. Explain the term 'malnutrition'. (3 marks)
- c. List five food groups giving examples and the major nutrients they contain. (5 marks)

Section B

4. a. Write briefly on protein structure (5 marks)
- b. i) What are lipids? (4 marks)
- ii) Lipids can be classified into 3 major groups. Write briefly on this. (5 marks)
5. Fiber consumed in the diet can have beneficial health effects. Discuss. (14 marks)
6. a. Water is an essential nutrient and more important to life. (7 marks)
- b. "Let food be thy medicine and medicine be thy food". Discuss (7 marks)