



KISII UNIVERSITY
UNIVERSITY EXAMINATIONS

**FIRST YEAR EXAMINATION FOR THE AWARD OF THE DEGREE OF
BACHELOR OF ARTS IN COMMUNITY DEVELOPMENT
SECOND SEMESTER, 2023/2024
(JANUARY-APRIL, 2024)**

FOND 121: PRINCIPLES OF NUTRITION

STREAM: Y1 S2

TIME: 2 HOURS

DAY: THURSDAY, 9:00 – 11:00 A.M.

DATE: 18/04/2024

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer Question ONE (compulsory) and any other TWO Questions.***

QUESTION ONE 30MKS

- Elaborate the metabolic processes of vitamins in the body. (4marks)
- Discuss the role of nutrition in growth and health through the life cycle. (6marks)
- Elaborate categories of vitamins. (4marks)
- Discuss the rationale for the development of dietary guidelines of nutrition policies in different countries. (6marks)
- Elaborate biological determinants of nutrient requirements and the assessment of nutrient status in individuals and populations. (6marks)
- With examples, discuss the classifications of carbohydrates. (4marks)

QUESTION TWO

- Elaborate the role of diet in the development of chronic diseases, such as cardiovascular disease, cancer, diabetes. (10marks)

b. Develop a nutrition programme to be used in nutrition education and intervention. (10marks)

QUESTION THREE

A. Discuss major nutrition-related diseases in a global context. (10marks)

B. Discuss the various roles of proteins in the human body. (10marks)

QUESTION FOUR

a) Lipids Play an important role in the body, discuss. (10marks)

b) Broadly discuss the physiological effects of dietary fiber in the human body. (10marks)