UNIVERSITI TUN HUSSEIN ONN MALAYSIA

FINAL EXAMINATION
SEMESTER II
SESSION 2015/2016

COURSE NAME	:	NUTRITION
COURSE CODE	:	BWD 20203
PROGRAMME CODE	:	BWD
EXAMINATION DATE	:	JUNE / JULY 2016
DURATION	:	3 HOURS
INSTRUCTION	:	ANSWER **ALL FIVE (5)** QUESTIONS

THIS QUESTION PAPER CONSISTS OF **THREE (3)** PAGES

Q1   (a)   List **FOUR (4)** fat soluble vitamins

(4 marks)

(b)   State the **SIX (6)** classes of nutrient

(6 marks)

(c)   List **FIVE (5)** water soluble vitamins and **FIVE (5)** minerals that are essential for brain development and functions.

(10 marks)

Q2   Anthropometry is known as the study of the measurement of the human body regarding the dimensions of bone, muscle, and adipose (fat) tissue.

(a)   Can anthropometric data be used to detect malnutrition? Explain your answer briefly.

(2 marks)

(b)   List **THREE (3)** key causes of malnutrition.

(3 marks)

(c)   State **FIVE (5)** most common anthropometric parameters used to indicate malnutrition and explain briefly how each method is used to interpret the state of malnutrition.

(10 marks)

Q3   Dietary assessment encompasses food supply and production at the national level, food purchases at the household level, and food consumption at the individual level.

Discuss the advantages and disadvantages of the **FIVE (5)** dietary assessment methods.

(20 marks)

Q4   Ken is a 55-year-old man, who is working as a manager in a real estate business. He is always busy at work, and his food intake suffered as a consequence. It is normal in his line of work to be drinking alcohol and smoking cigars, especially when dealing with high profile clients. His medical assessment revealed that he has a BMI of 29; his biomarkers indicated LDL cholesterol of 170 mg/dL, a triglyceride level of 200mg/dL, and blood glucose level of 130mg/dL. He complained of fatigue and was experiencing giddiness, sleeplessness, headache and blurring vision.

(a)   Analyze and explain Ken's medical assessment regarding his health status.

(10 marks)

(b)   Discuss whether Ken may be experiencing a lifestyle disease.

(10 marks)

Q5   Many people consider vegetarianism as a perfect food style that protects their health keeping them away from diseases and increasing longevity. However, the human diet is omnivorous; therefore, humans need vegetable as well as meat. Many physicians and researchers who have studied the human physiology, managed to identify an array of substances that are participating in the complex metabolic processes and these substances are not found in a vegetarian diet.

(a)   Decide and explain if given a choice whether to be a vegetarian or an omnivore.

(10 marks)

(b)   Discuss **FIVE (5)** advantages or **FIVE (5)** disadvantages of vegetarian diets.

(10 marks)

- END OF QUESTION -