



**NAMIBIA UNIVERSITY
OF SCIENCE AND TECHNOLOGY**

FACULTY OF HEALTH, APPLIED SCIENCES AND NATURAL RESOURCES

DEPARTMENT OF HEALTH SCIENCES

QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 7
COURSE CODE: HTN721S	COURSE NAME: HUMAN NUTRITION II
SESSION: NOVEMBER 2022	PAPER: THEORY
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY QUESTION PAPER	
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MODERATOR:	MR ERICK UUKULE

INSTRUCTIONS
1. Answer ALL the questions. 2. Write clearly and neatly. 3. Number the answers clearly.

PERMISSIBLE MATERIALS

NONE

THIS MEMORANDUM CONSISTS OF 3 PAGES (Including this front page)

SECTION A

QUESTION 1

(10 MARKS)

Assess the following statements and decide whether they are **true or false**. Write only the number of the question and next to it indicate your answer as **true or false** in the ANSWER BOOK. (Each question carries **1 mark**)

- 1.1 High density lipoprotein of ≥ 35 mg/dl is a risk factor for diabetes mellitus.
- 1.2 Achalasia can also be referred as failure of the upper esophageal sphincter to relax and open during swallowing.
- 1.3 To increase the pharmacological effect of the drug, it should be digested before absorption.
- 1.4 Biotransformation involves chemical alteration of substance in the body.
- 1.5 Systematic allergic reaction involves immediate generalized skin reaction.
- 1.6 Both food and drug require digestion to enable them to be absorbed.
- 1.7 Diuretics can affect the urinary excretion of drugs.
- 1.8 Increase colonic motility increases more gas is absorbed.
- 1.9 Defecation takes 30 to 72 hours after the intake of food.
- 1.10 Naloxone reverses the effects of narcotics at a receptor site.

SECTION B

QUESTION 2

(32 MARKS)

- 2.1 Explain the following terms
 - 2.1.1 Nutrition care process (2)
 - 2.1.2 Diabetes mellitus (2)
 - 2.1.3 Drug bioavailability (2)
 - 2.1.4 Pharmacokinetics (2)
 - 2.1.5 Functional disorder (2)
 - 2.1.6 First order rate process (2)
- 2.2 Outline five (5) goals for nutritional management of diabetic patient (5)
- 2.3 Outline five (5) risk factors of diabetes mellitus (5)

- 2.4 Outline six (6) ways diet modification can be made (6)
- 2.5 Outline four (4) advantages of documentation of nutrition care plan (4)

QUESTION 3

(26 MARKS)

- 3.1 Explain the four (4) steps of the nutrition care process (8)
- 3.2 Explain the treatment and nutrition care of acute gastritis (7)
- 3.3 Explain the nutrition care of patient suffering from flatulence (4)
- 3.4 Explain term constipation and outline five factors that causes constipation (7)

SECTION C

QUESTION 4

(32 MARKS)

- 4.1 Outline four (4) factors that influence gastric emptying rate (4)
- 4.2 Explain the difference between drug-drug interaction and drug-nutrient interaction (4)
- 4.3 Explain the following types/mechanisms of drug-drug interaction and drug-nutrient interaction.
- 4.3.1 Potentiation (2)
 - 4.3.2 Inhibition (2)
 - 4.3.3 Alteration of absorption (2)
 - 4.3.4 Alteration of distribution (2)
- 4.4 Explain the differences in the importance of soluble dietary fiber and insoluble dietary fiber in the nutrition management of diabetes mellitus. (4)
- 4.5 Outline three (3) food sources of insoluble fiber and three (3) food sources of soluble fiber (6)
- 4.6 Explain three (3) effects of drug on food intake (6)

GOOD LUCK!!!