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QUALIFICATION : BACHELOR OF HUMAN NUTRITION	
QUALIFICATION CODE: 08BOHN	LEVEL: 5
COURSE: INTRODUCTION TO FOODS, NUTRITION AND HEALTH	COURSE CODE: IFN521S
DATE: NOVEMBER 2024	SESSION: 1
DURATION: 3 HOURS	MARKS: 100

FIRST OPPORTUNITY EXAMINATION: QUESTION PAPER

EXAMINER: MS MARJORIE VAN WYK

MODERATOR: DR. LARAI AKU AKAI

INSTRUCTIONS:

1. Answer all questions on the separate answer sheet.
2. Please write neatly and legibly.
3. Do not use the left side margin of the exam paper. This must be allowed for the examiner.
4. No books, notes and other additional aids are allowed.
5. Mark all answers clearly with their respective question numbers.

PERMISSIBLE MATERIALS:

1. Non-Programmable Calculator

This paper consists of 4 pages including this front page

SECTION A: MULTIPLE CHOICE, TRUE / FALSE AND MATCHING**[15 MARKS]****QUESTION 1: MULTIPLE CHOICE QUESTIONS****[5 MARKS]**

Evaluate the statements in each numbered section and select the most appropriate answer or phrase from the given possibilities. Fill in the appropriate letter next to the number of the correct statement/phrase on your ANSWER SHEET.

[5]

- 1.1 Which of the following factors is NOT likely to influence your basal metabolic rate (BMR): **[1]**
- A. Body composition
 - B. Gender
 - C. Vitamin supplements
 - D. Age
- 1.2 Compare the following statements and identify a **health** claim: **[1]**
- A. Reduced fat.
 - B. Vitamin C contributes to the reduction of tiredness and fatigue.
 - C. Source of Calcium.
 - D. None of the above.
- 1.3 Marasmus is not characterized by: **[1]**
- A. Replacement of tissue proteins
 - B. Protein deficiency
 - C. Impaired growth
 - D. Swelling of limbs
- 1.4 The risk for HIV/AIDS is tied to behaviours. Which of these behaviours can put you at risk: **[1]**
- A. Spending time with someone who has AIDS
 - B. Not wearing latex condoms during sex
 - C. Injecting drugs
 - D. B and C
- 1.5 Which of the following is the consequence of addiction to alcohol: **[1]**
- A. Hypertension, Psychosis and Fatty Liver Syndrome.
 - B. Vitamin Deficiency, Ulcers, Cardiovascular Diseases and All Types of Mental Illness.
 - C. Hypertension, Fatty Liver Syndrome and Cardiovascular Diseases.
 - D. All the above

QUESTION 2: TRUE/FALSE QUESTIONS**[5 MARKS]**

Evaluate the statements and select whether the statement is true or false. Write the word 'True' or 'False' next to the corresponding number on your ANSWER SHEET. **[5]**

- 2.1 Thirst is a symptom of dehydration.
- 2.2 Galactose is a product of the digestion of milk.
- 2.3 The vitamin known to prevent scurvy is vitamin A.
- 2.4 Injections of B12 are given in the treatment of pernicious anaemia.
- 2.5 The primary function of protein is to provide energy.

QUESTION 3: MATCHING QUESTIONS**[5 MARKS]**

Evaluate the statements. On the line to the left of each nutrient in Column I, write the letter of the major food sources presented in Column II. Use each food source only once. Fill in the appropriate letter next to the number of the correct statement/phrase on your ANSWER SHEET.

[5]

Column I	Column II
3.1 Sodium	A. Milk and Milk Products
3.2 Calcium	B. Legumes, vegetables
3.3 Vitamin E	C. Table salt, soy sauce, processed foods
3.4 Folate	D. Fruits and Vegetables
3.5 Vitamin C	E. Vegetable oils

SECTION B: SHORT ANSWER QUESTIONS**[20 MARKS]**

Please answer ALL of the questions in this section.

QUESTION 4:**[10 MARKS]**

4. Define the following terms:

4.1 Nutrients: [2]

4.2 Nutritional care: [2]

4.3 Dietary counselling: [2]

4.4 Exchange list: [2]

4.5 Processed foods: [2]

QUESTION 5:**[10 MARKS]**

5.1 Describe two (2) risk factors for bulimia: [2]

5.2 Identify two (2) psychological determinants that influence food intake: [2]

5.3 List examples of monosaccharides: [3]

5.4 Describe what happens to amino acids when they are not stored in the body: [3]

SECTION C: LONG ANSWER QUESTIONS**[30 MARKS]**

Please answer ALL of the questions in this section.

QUESTION 6:**[30 MARKS]**

6.1 Differentiate between glycaemic response and glycaemic index: [4]

6.2 Examine the objective of the Food and Nutrition Guidelines of Namibia: [6]

6.3 Analyse the responsibility of a Nutritionist: [10]

6.4 Demonstrate the benefits of vitamin and mineral supplements: [5]

6.5 Explain how fat-soluble vitamins differ from water-soluble vitamins: [5]

SECTION D: CASE STUDY QUESTIONS**[35 MARKS]**

Please answer ALL of the questions in this section.

QUESTION 7:**[35]****CASE STUDY**

Sala is a 54 year old man who visited the clinic as his regular follow up visit. He is 166 cm tall and weighs 42 kg. During his previous visit at the clinic, he weighed 52 kg. Sala is moderately active, indicating an activity factor of 0.4.

- 7.1 Calculate Sala's Body Mass Index (BMI). [4]
- 7.2 Interpret Sala's BMI. [1]
- 7.3 Calculate the percentage weight loss of Sala. [3]
- 7.4 Comment on the percentage weight loss of Sala. [1]
- 7.5 Calculate the energy requirements of Sala. [6]
- 7.6 If Sala's energy requirements were 1820 kcal, his diet should provide 55% of carbohydrates, 20% of protein and 25% of fat.
Determine how much energy each of the macronutrients, contribute to the total energy requirements of Sala's diet. [6]
- 7.7 Calculate how many grams of each of the macronutrients in 7.6, Sala should consume. [6]
- 7.8 Define energy metabolism. [3]
- 7.9 Explain what is happening with Sala's energy metabolism. [5]

END OF QUESTION PAPER