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University Examinations 2020/2021

FOURTH YEAR, FIRST SEMESTER, EXAMINATION FOR BACHELOR OF SCIENCE IN
HUMAN NUTRITION AND DIETETICS

AFN 3403: NUTRITION AND BEHAVIOUR

DATE: SEPTEMBER 2021

TIME: 2 HOURS

INSTRUCTIONS:

*Answer question **One** and any other **Two** questions.*

QUESTION ONE (30 MARKS)

- a) Explain the following concepts as used in nutrition and behaviour
- i) Binge eating (2 marks)
 - ii) Cognition (2 marks)
 - iii) Psychology (2 marks)
 - iv) Applied research (2 marks)
- b) State four (4) behavioral characteristics associated with anorexia nervosa (4 marks)
- c) List four ways in which zinc deficiency would affect the brain functions and the behaviour of an individual (4 marks)
- d) Distinguish between correlational and experimental research studies as used in nutrition behavior research (4 marks)

- e) Outline four (4) neuropsychiatric consequences of purging in bulimia nervosa (4 marks)
- f) Explain briefly the relationship between nutrition and behaviour (4 marks)
- g) Identify two (2) effects of iron deficiency anaemia on behavior (2 marks)

SECTION B: CHOOSE ANY ANSWER ANY TWO QUESTIONS (40 MARKS)

QUESTION TWO (20 MARKS)

- a) Describe five (5) behavioral effects of severe malnutrition experienced by infants (10 marks)
- b) Describe how alcohol affects the brain functioning and human behavior (10 marks)

QUESTION THREE (20 MARKS)

- a) Describe five (5) preventive actions to excess weight gain (10 marks)
- b) Describe five (5) physiological effects of caffeine consumption (10 marks)

QUESTION FOUR (20 MARKS)

- a) Describe five (5) neurotransmitters and explain their role in influencing human behavior (10 marks)
- b) Discuss five (5) ethical principles that should be considered when conducting nutrition behavior research. (10 marks)