**KENYA MEDICAL TRAINING COLLEGE – NYAMIRA**

**YEAR I SEMESTER II EXAMINATION**

**SEPTEMBER 2013 KRCHN CLASS (PRE-SERVICE)**

**NUTRITION EXAMINATION**

DATE: 21/1/2015 TIME:8.30 – 12.30pm

**INSTRUCTIONS**

1. Enter your examination number and question number on each page used.
2. ALL questions are compulsory.
3. For part 1 (MCQs), write the answer in the spaces provided on the answer booklet.
4. For Part 2 (SHORT ANSWER QUESTIONS), answer the questions following each other.
5. For Part 3 (LONG ANSWER QUESTIONS), answer to each question MUST start on a separate page.
6. Omission of and or wrong numbering of a question or part of the question will result in 10% deduction of the marks scored from the relevant part.
7. Do NOT use a pencil.
8. Mobile phones are NOT allowed in the examination hall.

For Examiner:

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| --- | --- | --- | --- | --- |
| **MCQS** | **SAQS** | **LAQS 1** | **LAQS 2** | **TOTAL** |
|  |  |  |  |  |

**PART ONE: MCQS (MULTIPLE CHOICE QUESTIONS) NUTRITION– 5 MARKS**

Write true or false on the answer sheet for Q.1. – Q.5.

Q.1. Egg yolk and cooking fat have visible fats.

Q.2. Metabolic reactions in the body are controlled by vitamins.

Q.3. Deficiency of carbohydrates results into weakened immune system.

Q.4. Tissue building and repair is one the main functions of food.

Q.5. Fat on meat is invisible fats while butter has visible fat.

**PART TWO: SHORT ANSWER QUESTIONS – NUTRITION –11 MARKS**

Q.1. Define the following terms:

1. Food.
2. Nutrition.
3. Nutrients.
4. Diet.
5. Malnutrition. 5 marks

Q.2. Explain why the following have a high requirement of protein:

1. Children.
2. Pregnant women.
3. Adolescents. 6 marks

**PART THREE: LONG ANSWER QUESTIONS – NUTRITION – 15 MARKS**

Q.1. There are several different factors that are considered in the choice of food.

Discuss at least five (5) factors that you will consider in your food choice and the

reasons why. 15 marks