**KENYA MEDICAL TRAINING COLLEGE – NYAMIRA**

**END OF YEAR ONE SEMESTER ONE EXAMINATION**

**SEPTEMBER 2014 KRCHN CLASS (PRE-SERVICE)**

**NUTRITION EXAMINATION**

DATE: 3/3/2015 TIME:8.30 – 1.30 AM

**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 for Q.1. – Q.5.*

Q.1. Proteins are made up of small units called amino acids.

Q.2. Lactic acid is mainly found in coconut oil and dairy products.

Q.3. Fats are a concentrated source of body energy.

Q.4. Omega 3 may help worsen blood clot and lower blood cholesterol.

Q.5. Egg yolk and cooking fat have visible fats.

**PART TWO: SHORT ANSWER QUESTIONS – NUTRITION – 15 MARKS**

Q.1. Define the following terms:

1. Nutrition.
2. Saturated fats.
3. Malnutrition.
4. Metabolism.
5. Food. 5 marks

Q.2. Explain reasons why the following have a higher protein requirements.

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

Q.3. State four (4) functions of water as a nutrient. 4 marks

**PART THREE: LONG ANSWER QUESTIONS – NUTRITION – 20 MARKS**

Q.1. Write notes on the following five (5) main groups of nutrients giving the following

examples in each nutrient.

1. Functions.
2. Sources.
3. Deficiencies.