



UNIVERSITY OF SWAZILAND
Faculty of Health Science
Department of Environmental Health Science

DEGREE IN ENVIRONMENTAL HEALTH WITH FOOD
SCIENCE

FINAL EXAMINATION PAPER JUNE 2018

TITLE OF PAPER	:	NUTRITION
COURSE CODE	:	EHS 360
DURATION	:	2 HOURS
MARKS	:	100
INSTRUCTIONS	:	READ THE QUESTIONS & INSTRUCTIONS CAREFULLY
	:	ANSWER <u>ANY FOUR</u> QUESTIONS.
	:	EACH QUESTION <u>CARRIES 25</u> MARKS.
	:	WRITE NEATLY & CLEARLY
	:	
	:	BEGIN EACH QUESTION ON A SEPARATE SHEET OF PAPER.

**DO NOT OPEN THIS QUESTION PAPER UNTIL PERMISSION IS GRANTED
BY THE INVIGILATOR.**

QUESTION ONE

- (a) What is the difference between essential and non-essential amino acids? [1 Mark]
(b) List down any eight (8) essential amino acids. [4 Marks]
(c) Write short notes on any 5 amino acids. [20 marks]
Total [25 marks]

QUESTION TWO

- (a) What are the main functions of minerals in human body? [10 Marks]
(b) Discuss briefly the conditions that may contribute to poor absorption of calcium in humans. [5 Marks]
(c) Write short notes on;
(i) Sulphur [5 Marks]
(ii) Iron [5 Marks]
Total [25 marks]

QUESTION THREE

- (a) What are desoxysugars? [1 Mark]
(b) What are amino sugars? [1 Mark]
(c) What are sugar alcohols? [5 Marks]
(d) Discuss the role of sugar alcohols in human nutrition. [8 Marks]
(e) Briefly discussion active absorption of carbohydrates [5 Marks]
(f) What are the factors that bring about malabsorption of carbohydrates in human body? [5 Marks]
Total [25 Marks]

QUESTIONS FOUR

- (a) What are prebiotics? [5 Marks]
(b) Discuss the benefits of prebiotics to human nutrition. [20 Marks]
Total [25 Marks]

QUESTIONS FIVE

- (a) What is Atherosclerosis? [1 Mark]
(b) What are the causes of Atherosclerosis? [5 marks]
(c) Briefly discuss the role of antioxidants in Cardiovascular diseases [4 Marks]
(d) What are the advantages of breast feeding to mothers? [15 marks]
Total [25 Marks]