COURSE: INTRODUCTION TO HUMAN NUTRITION AND DIETETICS (NTD 103)
INSTRUCTION: ANSWER ANY TWO (2) QUESTIONS FROM THIS SECTION, QUESTION ONE (1) IS COMPULSORY
TIME ALLOWED: 2 HOURS

SECTION A

1. There are several reasons for growing interest in development of a Code of Ethics for the professional dietitian at the national and international levels.
   (a) what is “Code of Ethics” and what is it to achieve?
   (b) critically assess how the “Code of Ethics for dietitians in Nigeria (attached) compare with question 1 (a) above.

2. Explain the rationale behind the development of functional foods. Give two examples of functional foods and state why they are functional foods.

3. (a) Define “Professional Standards”?
    (b) Individual dietitians are expected to exceed the requirements of the standards. Identify these professional standards.

SECTION B

- Answer question one (1) compulsory and any other one (1)

1. State two (2) functions and two (2) food sources of each of the following:
   i) Iron   (ii) Zinc   (iii) Calcium   (iv) Potassium
   (v) Selenium   (vi) Vitamin K   (vii) Niacin   (viii) Thiamine
   (ix) Vitamin A   (x) Vitamin E.

2. a. Write short notes on the following:
   i. Complete and Incomplete proteins
   ii. Essential and non essential amino acids

   b. State two (2) functions of
      (i) Carbohydrates   (ii) Proteins   (iii) Fats   (iv) Vitamins   (v) Minerals

3. a. Draw and label a typical alimentary canal of man
    b. Explain the stages of digestions in man.
SECTION A: The Questions require short answers. Answer all in the spaces provided – read the questions and instruction carefully.

1. In this broadest use, functional foods are……………………………………………………………………………………………………………………………………………….

2. Dietary supplements or nutraceuticals are not functional foods if……………………………………………………………………………………………………………………………………………….

3. Culinary and non-culinary herbs been used to produce healing mixtures, give the active Substance(s) of the following and what they are used for:
   i. Thyme (Lamiaceae spp) –
   ii. Ginger (Zingiber officinale root) –
   iii. Bovine colostrums –

4. Write short notes on any two (2) of the following:
   i. Dietary managers
   ii. Code of ethics
   iii. What are the benefits of international codes and standards to the dietetics profession?

SECTION B: ANSWER ALL QUESTIONS

Define the following terms:

1. Nutrition…………………………………………………………………………………………………………………………………………..
2. Nutrients

3. Balanced diet

4. Metabolism

5. Basal metabolic rate

6. Enzymes

7. Amino acid

8. Polysaccharide

9. The macronutrients are, and

10. Bowel movement are enhanced by intake of

11. Three examples of the polysaccharides are, and

12. The general structure of amino acids and fatty acids are and respectively.

13. The small intestine is divided into the following, and

14. The major types of absorption are

15. Bile is produced by and stored by

16. The physical action of breaking and masticating food substances is called

17. The entry of food into the stomach is controlled by

18. Name the major disaccharide enzymes during digestion

19. The common interest nutrient obtained from palm oil, carrots and pawpaw is

20. Milk and milk products are known for their high content of
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