

**UNIVERSITY OF AGRICULTURE, ABEOKUTA**  
**DEPARTMENT OF NUTRITION AND DIETETICS**  
**2007/2008 FIRST SEMESTER EXAMINATION**

**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
    - (ii) Fats
    - (iv) Vitamins
    - (v) Minerals
3.
  - a. Draw and label a typical alimentary canal of man
  - b. Explain the stages of digestions in man.

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**2009/2010 FIRST SEMESTER EXAMINATION**

**COURSE:** INTRODUCTION TO NUTRITION AND DIETETICS (NUT 103)

**INSTRUCTION:** ANSWER ALL QUESTIONS IN SECTION A AND B

**TIME ALLOWED:** 1 HOUR 45MINS.

**SECTION A:** The Questions require short answers. Answer all in the spaces provided – read the questions and instruction careful.

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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