



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCE  
DEPARTMENT OF REHABILITATION MEDICINE  
BACHELOR OF SCIENCE IN PHYSIOTHERAPY  
END OF MAY-AUGUST 2024 TRIMESTER EXAMINATIONS**

**UNIT CODE: PHT 234                      UNIT NAME: PRINCIPLES OF NUTRITION**

**DATE:                      TUESDAY/ 6<sup>TH</sup> / AUGUST**

**TIME:                      TWO HOURS**

**START:                      6PM                      STOP : 8PM**

**INSTRUCTIONS (physical exams)**

- 1. Do not write on this question paper**  
(Marks and questions distribution as per program curriculum.)

**INSTRUCTIONS (Online examinations)**

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: [amiu.examinations@amref.ac.ke](mailto:amiu.examinations@amref.ac.ke)

## PART A: MCQ ANSWER ALL QUESTIONS

**1. Which of these is required on food labels?**

- A total carbohydrate
- B sugars
- C iron
- D all of the above

**2. Amylases in saliva begin the breakdown of carbohydrates into \_\_\_\_\_.**

- A. Fatty Acids
- B. Simple Sugars
- C. Polypeptides
- D. Amino Acids

**3. Food passes through the stomach directly by \_\_\_\_\_.**

- A. The small intestine
- B. The heart
- C. The large intestine
- D. The pancreas

**4. A mineral that the body needs to work properly is \_\_\_\_\_.**

- A Calcium
- B Silver
- C Gold
- D Lead

**5. According to the food pyramid, a person should obtain most of their fat from \_\_\_\_\_.**

- A beef, chicken, and fish
- B vegetables oils, nuts, and fish
- C fats, oils, and sweets

D milk, yogurt, and cheese

**6. \_\_\_\_\_ Is a unit of energy that indicates the amount of energy contained in food.**

A Nutrient

B Starch

C Calorie

D Cholesterol

**7. How many servings of vegetables do we need each day?**

A C 3-5

6-11

B 2-3

D 1-2

**8. Which of the following has the highest calorific value?**

A Carbohydrates

B Fats

C Proteins

D Vitamins

**9. Milk, cheese and eggs are the sources of**

A. Vitamin C and A

B. Vitamin A and D

C. Vitamin C and D

D. Vitamin B and C

**10. Washing of peeled vegetables removes vitamin?**

A. E

B. D

C. C

D. B

**11. Citrus fruits are an excellent source of \_\_\_\_\_?**

- A Calcium
- B Vitamin c
- C Vitamin B
- D Vitamin A

**12. Which of the following nutrients is needed to build and maintain the structural components of the body?**

- A Carbohydrates
- B Protein
- C Fat
- D Fiber

**13. Which of the following nutrients is known as the sunshine vitamin?**

- A Vitamin C
- B Vitamin A
- C Vitamin K
- D Vitamin D

**14. Which of the following is NOT considered a nutrient?**

- A Vitamins
- B Minerals
- C Fiber
- D Fats

**15. About half of your diet should be made up of \_\_\_\_\_.**

- A Grains and Vegetables
- B Fruits and Milk
- C Milk and Cheese
- D Fats and Sugars

**16. Which of the following food constituents is not digested but is still important for our body?**

- A. vitamins
- B. minerals
- C. proteins
- D. fiber

**17. Sweetex used by the diabetic patients has energy content of?**

- A Five calories
- B Ten calories
- C Hundred calories
- D Zero calorie

**18. Fucoxanthin is a unique compound found in brown seaweed and has been shown to have**

- A. Anti -Obesity & Anti-inflammatory effects
- B. Stamina effects
- C. Weight gain effects
- D. None of the above

**19. All of the following are nutrients found in food except \_\_\_\_\_.**

- A plasma
- B proteins
- C carbohydrates
- D vitamins

**20. A diet high in saturated fats can be linked to which of the following?**

- A Kidney failure
- B Bulimia

C Anorexia

D Cardiovascular disease

**21. Your body needs vitamins and minerals because \_\_\_\_\_.**

A They give the body energy

B They help carry out metabolic reactions

C They insulate the body's organs

D They withdraw heat from the body

**22. This food group is our body's best source of energy?**

A Meat group

B Fats, Oils and Sweets

C Breads and Cereals

D Milk and Cheese

**23. Which of these is added to the food label because people sometimes do not eat ENOUGH of this?**

A Fat

B Calcium

C Sodium

D Cholesterol

**24. The bread, cereal, rice and pasta group is a good source of \_\_\_\_\_?**

A Carbohydrate

B Vitamin C

C Calcium

D Vitamin D

**25. Foods from the meat, poultry, fish dry beans, eggs and nuts group are an important source of \_\_\_\_\_?**

- A. Iron
- B. Fiber
- C. Beta Carotene
- D. Calcium

**26. The milk, cheese & yogurt group are important for \_\_\_\_\_?**

- A Strong Bones
- B Teeth
- C Muscles
- D All of the above

**27. Pulses are a good source of?**

- A Carbohydrates
- B Proteins
- C Fats
- D Vitamins

**28. Which of the following contains lauric acid which is used treat certain infections and also in the manufacture of soaps?**

- A Coconut Oil
- B Olive Oil
- C Mustard Oil
- D Butter

**29. Which of the following is considered an easily digestible source of protein?**

- A. Egg albumin
- B. Soya bean
- C. Fish flesh

D. Red meat

**30. Which of the following is also sometimes referred to as Vitamin H?**

A Keratin

B Niacin

C Biotin

D Riboflavin

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**PART B: ANSWER ALL QUESTIONS - 20 MARKS**

- 1) What is the difference between type 1 and type 2 diabetes (2 Marks)
- 2) Explain how to check for anaemia symptoms in a pregnant woman (2 Marks)
- 3) Briefly describe nutritional barriers for people living with HIV (4 Marks)
- 4) When taking blood pressure, the result is given as Systolic and Diastolic. Explain what the two terms mean? (2 Marks)
- 5a) Define the term safety margin (1 Mark)
- 5b) Illustrate the differences between macronutrients and micronutrients (4 Marks)
- 5c) Distinguish and explain the functions of high-density lipoproteins (HDL) and low-density lipoproteins (LDL). (5 Marks).

**PART C: ANSWER ANY TWO QUESTIONS IN THIS SECTION – EACH QUESTION CARRIES 10 MARKS**

- 1a). What do you understand by the term syndrome? **(1 Mark)**
- b). Refeeding syndrome can manifest in a variety of ways. The most common forms are the following acute deficiencies. Discuss the following using relevant examples **(9 Marks)**
- i. Phosphate deficiency
  - ii. Body-fluid disturbances
  - iii. Magnesium deficiency
- 2). You have been assigned to talk to mothers at Elite maternal care clinic many of whom have raised concern about weight gain during pregnancy with many complaining that the weight makes them look unattractive and therefore would like an exercise program introduced at the facility. Discuss in details your presentation for these mothers. **(10 Marks)**.
- 3). You have been invited to a workshop to present on the key factors that make up a healthy diet for children and adolescents. Discuss five key barriers to nutrition for adolescents **(10 Marks)**

END!