

Cork Institute of Technology

Bachelor of Science (Honours) in Herbal Science – Stage 3

(SHERB_8_Y3)

Summer 2008

Nutrition

(Time: 2 Hours)

Instructions

Answer 5 questions, 2 from section A and 2 from section

B.

The fifth question can be answered from either section A or section B.

Use separate answer book for part A and part B

Examiner: Ms. P. O'Sullivan

Ms. A. M. Keaveney

Dr. D. Corrigan

Dr. D. Clare

Section A

- Q1. Medical research indicates that Non-alcoholic Fatty Liver Disease (NAFLD) is increasing throughout the western world and will overtake diabetes as a leading health concern by 2020. Explain the effects of diet on NAFLD. (20 Marks)
- Q2. Inflammation is a common factor in numerous pathologies. Explain the role of diet, micro-nutrients and dietary constituents in modulating inflammation and inflammatory mediators. Support your answer with examples. (20 Marks)
- Q3. What consequences can maternal diet and nutrient status in pregnancy have on baby's birth weight and long-term health? Discuss with examples. (20 Marks)
- Q4 (a) Explain liver detoxification and the consequence of foods and nutrients on its mechanisms. (15 Marks)
- (b) What is the role of glutathione in the body and how does nutrition modulate its role? (5 Marks)

Section B

- Q5. (a) Distinguish functional foods from medicinal, enriched and fortified foods and give examples in each case. (5 Marks)
- (b) Debate the evidence for the health benefit of functional foods and cardiovascular disease. (15 Marks)
- Q6. (a) Discuss which cancers are associated with which dietary factors. (5 Marks)
- (b) Discuss the role that diet and food (including constituents) could play in the prevention or treatment of cancers within the body. (15 Marks)
- Q7. Obesity levels are rising alarmingly in Ireland. Discuss the factors considered relevant to this rise in obesity levels and the possible influence of functional foods in reducing/ stabilising weight. (20 Marks)
- Q8. Wheat and dairy are two of a number of foods that are known to cause allergies and advice is commonly requested by patients in respect of these foods. Discuss the scope of advice that could be given to a patient in terms of: (20 Marks)
- (a) Foods/ allergic determinants
 - (b) Mechanisms involved
 - (c) Possible symptoms
 - (d) Diagnosis
 - (e) Possible treatments