

**CORK INSTITUTE OF TECHNOLOGY  
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

**Semester 1 Examinations 2009/10**

**Module Title:      Clinical Nutrition**

**Module Code:              BIOL8001**

**School:                      School of Science**

**Programme Title:          Bachelor of Science (Honours) in Herbal Science**

**Programme Code:          SHERB\_8\_Y4 , SNHSC\_8\_Y4**

**External Examiner(s):      Dr. D. Clare, Prof. E. Williamson**

**Internal Examiner(s):      Ms AM. Keaveney**

**Instructions:                  Answer 3 questions only. All questions have equal marks**

**Duration:                      2 hours**

**Sitting:                          Winter 2009**

**Requirements for this examination:**

**Note to Candidates:** Please check the Programme Title and the Module Title to ensure that you have received the correct examination paper.  
If in doubt please contact an Invigilator.

- Q1. Cardiovascular health
- a. Critically discuss the present understanding of the diet-heart hypothesis
  - b. Critically evaluate the role of two of the following foods in relation to the diet-heart hypothesis
    - i. Antioxidant foods
    - ii. Alcohol
    - iii. Essential fatty acids
    - iv. Fibre
- Q2. Allergies
- a. Discuss the role of foods as causal agents in allergic reactions
  - b. Critically discuss the dietary implications of dairy and wheat allergies for
    - i. Infants and children
    - ii. Adults
- Q3. Diabetes
- a. Critically discuss the role of diet as a causal agent in diabetes
  - b. Critically discuss the role of foods as anti-inflammatory and anti-oxidant agents in diabetes
- Q4. Obesity
- a. Critically discuss the current understanding of the medical implications of obesity
  - b. Critically evaluate the nutritional approaches that have been researched to assist in weight loss and prevention of complications of obesity
- Q5. Cancer
- a. Critically discuss the current understanding of the relationship between food and cancer
  - b. Critically evaluate two of the following
    - i. Breast cancer and soy
    - ii. Colon cancer and meat consumption
    - iii. Cancer and antioxidants