

CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

Autumn Examination 2013/14

Module Title: Clinical Nutrition

Module Code: BIOL8001

School: Science

Programme Title: Bachelor of Science (Honours) in Nutrition and Health Science – Year 4
Bachelor of Science (Honours) in Herbal Science – Year 4

Programme Code: SNHSC_8_Y4
SHERB_8_Y4

External Examiner(s): Prof. Torres Sweeney

Internal Examiner(s): Dr Jacqueline Lyons

Instructions: **Answer Question 1 and 2 other questions.**

Duration: 2 hours

Sitting: Autumn 2014

Requirements for this examination: Scientific calculator

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.

Answer question 1 and two other questions.

All questions carry equal marks [20 marks each].

Q1. Write short notes on the following:

- A. Growth reference charts [3 marks]
- B. Food allergens [3 marks]
- C. Suitable foods for coeliac patients [3 marks]
- D. A balanced diet for breastfeeding women [3 marks]
- E. Dietary reference values (DRVs) [3 marks]
- F. Food poverty [3 marks]
- G. HbA1c measurements [2 marks]

Q2. Different life cycle groups have different nutritional needs. Outline the main nutritional considerations for the following groups:

- A.** Women during pregnancy [10 marks]
- B.** Elderly adults [10 marks]

Q3. Write short notes on the following:

- A. Vitamin D supplementation in infants [4 marks]
- B. Galactosaemia [4 marks]
- C. Ulcerative colitis and Crohn's disease [4 marks]
- D. Folic acid and neural tube defects [4 marks]
- E. Cancer cachexia [4 marks]

Q4. Outline the differences between BMI and waist circumference as measures of obesity [6 marks]. Name three conditions for which increased waist circumference is a risk factor [3 marks]. For one of these conditions, outline other risk factors for the disease [5 marks]. Discuss strategies for treatment of the disease [6 marks].