

CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ

Autumn Examinations 2015

Module Title: Human Nutrition (CA)

Module Code: BIOL6025

School: Science & Informatics

Programme Title: Bachelor of Science (Honours) in Nutrition & Health Science – Year 2
Bachelor of Science in Applied Biosciences – Year 2

Programme Code: SNHSC_8_Y2
SBIOS_7_Y2

External Examiner(s): Prof. Torres Sweeney, Dr. Tom O Connor
Internal Examiner(s): Dr. Helena Stack

Instructions: Answer question 1 and two other questions.
All questions carry equal marks.

Duration: 2 Hours

Sitting: Autumn 2015

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.

Answer question 1 and two other questions.

Q1. Write short notes on each of the following:

- (i) Estimated Energy Requirements (EER) (5 marks)
- (ii) Energy from carbohydrates and fats (5 marks)
- (iii) Nutrient and energy density (5 marks)
- (iv) Thermic effect of food (5 marks)

Q2. Write short notes on each of the following:

- (i) Satiety (5 marks)
- (ii) Essential nutrients (5 marks)
- (iii) Dietary Reference Intake (DRI) (5 marks)
- (iv) Glycemic index (5 marks)

Q3. Write short notes on each of the following:

- (i) Bioavailability (5 marks)
- (ii) Vitamin K (5 marks)
- (iii) Protein Energy malnutrition (5 marks)
- (iv) Pellagra (5 marks)

Q4. Metabolic syndrome (Syndrome X) affects approximately 25% of adults.
Discuss under the following headings:

- (i) The five Metabolic Syndrome risk indicators (criteria) (15 marks)
- (ii) Two main medical conditions related to Metabolic Syndrome (5 marks)