

Cork Institute of Technology

Department of Biological Sciences

MODULE CODE: BIOL7026

MODULE NAME: Nutrition and Health

TYPE OF ASSESSMENT: Repeat Continuous Assessment

ALLOWED TIME: 1 hour

Instructions to Candidates

1. Write your student number in the box below.
2. Answer all 25 questions.
3. Write your answers in the answer book provided.
4. No use of mobile phones, textbooks or notes.
5. Any rough notes written must be handed up with your answer book.

Lecturer: Anneliese Dressel

Date of Exam: Monday, August 18th, 2014

Time of Exam: 10am

Student Name: _____

Student No: _____

Q1. Name the 4 direct methods of nutritional assessment. (4 marks)

(i)

(ii)

(iii)

(iv)

Q2. a) Calculate the Body Mass Index of a woman that is 1.6 metres tall and weighs 87 kilos. (2 marks). b) In which range does the above woman fall on the BMI scale? (2 marks)

a)

b)

Q3. What is the World Health Organisation Waist to Hip Ratio (WHR) definition of abdominal obesity for:

(i) men (2 marks)

(ii) women (2 marks).

(iii) If you have an increased WHR, what disease are you at increased risk for? (1 marks)

(i)

(ii)

(iii)

Q4. What are the ranges for Fasting Blood Glucose values? (6 marks)

(i) Normal:

(ii) Pre-Diabetic:

(iii) Diabetic:

Q5. How many extra calories are required during pregnancy? (3 marks)

Q6. What is the RDA for folic acid for women of child-bearing age? (2 marks) What is the RDA for folic acid during pregnancy? (2 marks) What is the risk of folic acid deficiency during pregnancy? (2 marks)

(i)

(ii)

(iii)

Q7. What is the RDA for calcium for pregnant women? (3 marks)

Q8. How many extra calories are required when breastfeeding? (3 marks)

Q 9. Name three advantages of breastfeeding over formula feeding? (3 marks)

(i)

(ii)

(iii)

Q 10. (i) Name 1 important micronutrient during childhood or adolescence (2 marks) and (ii) the RDA for this nutrient (2 marks). (iii) What is the function of this micronutrient? (2 marks)

(i)

(ii)

(iii)

Q11. Name a common micronutrient deficiency of old age? (2 marks) and the resulting health concern? (2 marks)

(i)

(ii)

Q12. Define an allergic reaction? (3 marks)

Q13. Outline 3 differences between an allergy and an intolerance? (3 marks)

(i)

(ii)

(iii)

Q14. Describe coeliac disease. (2 marks). What are the symptoms of coeliac disease (3 marks)

Q15. There are a number of non-dietary factors that influence a person's health. Name 5 of these (5 marks)

1.

2.

3.

4.

5.

Q16. More recent food-processing procedures introduced during the Industrial revolution have fundamentally altered 7 crucial nutritional characteristics of our ancestral diets. Name 4 of these changes. (4 marks)

1.

2.

3.

4.

Q17. What is the value for healthy total cholesterol levels (2 marks)

Q18. What is the role of cholesterol in the development of atherosclerosis? (3 marks)

[illegible][illegible]

Q21. Briefly outline the dietary and lifestyle guidelines for the management of Type 2 diabetes? (5 marks)

[illegible]

Q22. Name 3 risk factors for stroke? (3 marks)

1.

2.

3.

Q23. For what health condition is the DASH diet recommended (1 mark) and give a brief outline of the DASH diet recommendations? (4 marks)

Q24. What are the health consequences of Metabolic Syndrome X? (4 marks)

Q25. Name 4 cancer protective foods or phytochemicals? (2 marks)

1.

2.

3.

4.

--