

**CORK INSTITUTE OF TECHNOLOGY
INSTITIÚID TEICNEOLAÍOCHTA CHORCAÍ**

Winter 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: Winter 2013

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.

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 vegetarian diet [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.** Infants (up to one year old) [10 marks]
- B.** Adolescents [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, and discuss dietary and lifestyle strategies that can be undertaken to reduce risk [11 marks].