



**PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY**

**SUBJECT : NUTRITION I
NOVEMBER EXAMINATION**

CODE : SNU11-1

DATE : 25 NOVEMBER 2016

**DURATION : SESSION 1
08:30 – 12:30**

WEIGHT : 50: 50

TOTAL MARKS: 100

EXAMINER : MS V KHUMALO

MODERATOR : MS N MAKHANYA 4107

NUMBER OF PAGES: 3 PAGES

**INSTRUCTIONS: THIS EXAM PAPER MUST BE RETURNED WITH THE EXAMINATION
SCRIPTS.REQUIREMENTS: WRITING MATERIAL**

QUESTION 1

- 1.1 Provide reasons for the inclusion of proteins in a diet. (4)
- 1.2 Describe carbohydrate digestion. (5)
- 1.3 Briefly discuss the output of water. (2)
- 1.4 Calculate the water requirement of a 21 year old female weighing 50kg. (1)
- 1.5 Highlight the respective vitamins classified under water and fat soluble vitamins (6)

[18]

QUESTION 2

Ms Mazibuko is an accountant and would like to learn more on the nutrients she consumes.

- 2.1 Briefly discuss the output of water. (6)
- 2.2 Discuss carbohydrate digestion. (10)
- 2.3 Give her the benefits of including carbohydrates in the diet and provide her with two (2) examples of carbohydrates. (6)
- 2.4 Discuss the two (2) disorders associated with water imbalance. (8)

[30]

QUESTION 3

Mr. Jones is a 45 year old engineer who has very bad eating habits; in addition he is prone to constipation. He consults you, to help him change his bad eating habits as well as advice him on how he can better deal with constipation.

- 3.1 Give him advice on foods he should increase to combat constipation. (4)
- 3.2 Highlight for him the lifestyle changes he should adhere to in dealing with constipation. (7)
- 3.3 Provide Mr. Jones with the relevant guidelines for meal planning. (7)
- 3.4 Identify points that should be taken into consideration when preparing meals. (6)

[24]

QUESTION 4

4.1 You are required to raise awareness on the consumption of alcohol during pregnancy, in a flyer, include the condition (1) that can result should a pregnant lady be abusing alcohol and ensure you highlight the characteristics of the condition. (8)

4.2 Discuss alcohol and the effects on the body. (6)

[14]

QUESTION 5

5.1 Explain the levels of vegetarianism. 8 ½ each = (4)

5.2 Provide a detailed discussion on Protein as an essential nutrient. (6)

[10]

QUESTION 6

6.1 Highlight the two (3) vital functions of cholesterol. (4)

6.2 Draw a food pyramid including the correct names of the food in each group and include the number of serving per group. (12)

[16]
