



PROGRAM : NATIONAL DIPLOMA

SOMATOLOGY

SUBJECT : NUTRITION I

SUPPLEMENTARY EXAM

CODE : SNU11-1

DATE : DECEMBER 2016

DURATION : SESSION 2

15:00 – 18:00

WEIGHT : 50: 50

TOTAL MARKS: 110

EXAMINER : MS KHUMALO

MODERATOR : MS N MAKHANYA

NUMBER OF PAGES : 3 PAGES

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

QUESTION 1

- 1.1 Name the classifications of vitamins and provide an example for each group. (6)
- 1.2 Identify ten (10) micro-minerals. (10)
- 1.3 Highlight and discuss the factors that cause a variation in the food requirements. (14)
- [30]**

QUESTION 2

- 2.1 Discuss with her the criteria for a strategy of wellness promotion and disease prevention. (6)
- 2.2 Outline for her the vital functions of cholesterol in the body. (3)
- 2.3 Highlight for Ms Sithole the repercussions of alcohol on medication. (4)
- 2.4 Explain to her the effects of alcohol on the body, especially on the liver. (5)
- [18]**

QUESTION 3

- 3.1 Define the following terms:
- 3.1.1 Food (1)
- 3.1.2 Malnutrition (1)
- 3.1.3 Organically grown (2)
- 3.1.4 Digestion (1)
- 3.1.5 Absorption (1)
- 3.1.6 Hypotonic hydration (2)
- 3.1.7 Dehydration (2)
- [10]**

QUESTION 4

- 4.1 Classify five different levels of vegetarianisms and include the dietary guidelines for each. (8)
- 4.2 Explain how vitamin B12 deficiency can affects vegetarians and how they can combat this. (4)
- [12]**
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QUESTION 5

- 5.1.1 Ms Jones is not well educated, she comes to you for nutritional advice.
5.1.1 Explain to her the importance of nutrients in a diet. (4)
5.1.2 Differentiate between micro and macro nutrients. (2)
- 5.1.3 Provide Ms Jones with complete definitions for the following terms:
- a) Food (1)
b) Diet (1)
c) Health (2)
d) Malnutrition (2)

[12]

QUESTION 6

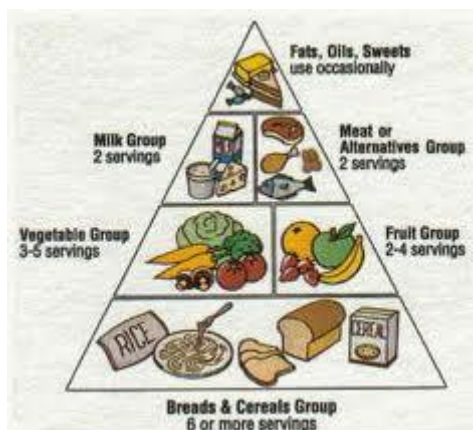
Debate the importance of the following concepts in ensuring good quality in food relation to:

- 6.1 Identify the importance of a food label. (2)
6.2 State the information that all food labels should contain. (6)
6.3 Indicate the two classes of carbohydrates, and provide three examples of each (8)

[16]

QUESTION 7

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



[12]