UNIVERSITY
OF
JOHANNESBURG

PROGRAM   :   NATIONAL DIPLOMA
                            SOMATOLOGY

SUBJECT   :   NUTRITION I

CODE   :   SNU11-1

DATE   :   FINAL THEORY EXAM
                            17 NOVEMBER 2017

DURATION   :   180 MINUTES
                            08H30 – 11H30

WEIGHT   : 50:50

TOTAL MARKS   :   130

EXAMINER   :   MS L. BERRIMAN

MODERATOR   :   MRS N. MATHENJWA

NUMBER OF PAGES   :   4

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL THE QUESTIONS.
USE THE MARK ALLOCATION AS AN INDICATION AS TO HOW MUCH
INFORMATION YOU MUST PROVIDE.

GOOD LUCK!

QUESTION 1

1.1 According to the Nutrition Labeling and Education Act, all food labels must contain certain information. Identify this essential information and provide an explanation where applicable. (6)

1.2 State the amount of calories found in the following:
1.2.1 1 gram of fat (1)
1.2.2 1 gram of protein (1)
1.2.3 1 gram of carbohydrates (1)

1.3 Explain the requirements that must be met before using the following claims in food labeling:
1.3.1 fat free (2)
1.3.2 low fat (1)
1.3.3 cholesterol free (2)
1.3.4 low calorie (1)
1.3.5 extra lean (3)
1.3.6 low sodium (1)
1.3.7 high fiber (1)
1.3.8 sugar free (1)

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QUESTION 2

2.1 Highlight and discuss the factors that cause a variation in the food requirements of an individual. (14)

2.2 List three (3) internal factors that influence the intake of food. (3)

2.3 Explain the following external factors that influence the intake of food, provide examples where applicable.

2.3.1 Religious influences (10)
2.3.2 Geographical influences (5)
2.3.3 Psychological influences (5)

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QUESTION 3

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

[12]

QUESTION 4

Provide definitions for the following terms:

4.1 Nutrients (5)
4.2 Nutritional status (2)
4.3 Health (3)
4.4 Food (2)
4.5 Diet (1)

[13]

QUESTION 5

Mr Kunene is an accountant; he would like to be more health conscious and is eager to learn more about dietary nutrients and leading a healthier lifestyle.

5.1. Briefly discuss the output of water. (6)

5.2. Identify and discuss the two (2) disorders associated with water imbalance. (8)

5.3. Discuss carbohydrate digestion. (10)

5.4. Clarify the benefits of including carbohydrates in the diet and provide Mr Kunene with two (2) examples of carbohydrates. (6)

5.5. Provide four (4) functions of Vitamin A. (4)

5.6. Identify two (2) sources of Vitamin E (2)

5.7. List two (2) deficiency symptoms associated with a lack of vitamin C. (2)

5.8. Identify three (3) sources of Vitamin D. (3)

5.9. List the six (6) classes that nutrients are classified under. (6)

[47]