



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

SUBJECT : NUTRITION I

CODE : SNU11-1

DATE : SUPPLEMENTARY EXAM
11 JANUARY 2018

DURATION : 180 MINUTES
08H00 – 11H00

WEIGHT : 50:50

TOTAL MARKS : 130

EXAMINER : MS L. BERRIMAN

MODERATOR : MRS N. MATHENJWA

NUMBER OF PAGES : 3

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

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

- 1.1 Psychological factors (5)
- 1.2 Religious influences (10)
- 1.3 Contemporary trends (10)

[25]

QUESTION 2

Redraw this table in your script and complete it in full. (44)

Use the mark allocation as indication as to how many facts you must provide.

Vitamins	Functions	Deficiency symptoms	People at risk	Sources
Vitamin A	(3)	(4)	(2)	(5)
Vitamin B12	(2)	(3)	(3)	(2)
Vitamin C	(2)	(3)	(2)	(5)
Vitamin K	(2)	(1)	(3)	(2)

[44]

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

- 4.1 Provide reasons for the inclusion of proteins in a diet. (4)
- 4.2 Describe carbohydrate absorption. (5)
- 4.3 Highlight four (4) vitamins classified as water soluble vitamins. (4)
- 4.4 List four (4) fat soluble vitamins. (4)
- 4.5 Clarify what is meant by the term incomplete protein and provide two examples of incomplete proteins. (3)

[20]

QUESTION 5

Redraw this table in your script and complete it in full. (29)

Use the mark allocation as indication as to how many facts you must provide.

	Kwashiorkor	Marasmus
Age of onset	$\frac{1}{2} \times 2 = (1)$	$\frac{1}{2} \times 2 = (1)$
Dietary lack	(3)	(4)
Clinical findings	(8)	(8)
Recovery with therapy	(2)	(2)

[29]
