

EASTERN UNIVERSITY, SRI LANKA

Third Year, First Semester Examination in Agriculture -2011/2012

30 SEP 2014

AC 3102 - Human Nutrition (2:20/20)

Practical Examination

Time –Two Hours

Answer All Questions

PART – I

(Q1)

1. a) Analyze the relationship between the nutrient intake and the development of obesity and illustrate a meal plan for the obese patient.

- b) Assume that you are requested to conduct a nutritional survey in a re-settled village in the Batticaloa District. The survey must be carried out to evaluate the prevalence of low weight birth babies in the particular village.
 - i. Design a questionnaire based on the above information. (It should include all necessary details related to the above survey).

 - ii. Briefly outline the constraints that you expect during survey and suggest the possible solutions to overcome those problems.

PART – II

(Q2)

- a) Why is Body Mass Index (BMI) screening important to children and families? If a women weight is 55kg and is 185cm tall calculate her BMI and comment on the results.

- b) Describe the measures that would adopt to prevent Iron Deficiency Anemia in a village community?

- c) Classify and List out the methods of assessment nutritional status of a community.

d) A 56 year old man reports reduced exercise tolerance over the past 5 years. In the past year he has noted chest pain after ascending a flight of stairs. He smokes 2 packs of cigarettes per day. On examination he has blood pressure of 155/95 mmHg. His body mass index is 32. Laboratory findings include total serum cholesterol of 245 mg/dL with HDL cholesterol of 22 mg/dL.

i. What abnormalities is he most likely to have?

ii) What advice you would give him for a healthy and long life?

PART – III

(Q3)

SPOT EXAMINATION

- a) Identify the Nutritional diseases/disorders
- b) Write down the and causes and symptoms
- c) Give your recommendations and suggestions to overcome.
