

**NATIONAL OPEN UNIVERSITY OF NIGERIA**

**14/16 AHMADU BELLO WAY, VICTORIA ISLAND, LAGOS**

**SCHOOL OF SCIENCE AND TECHNOLOGY**

**JUNE/JULY EXAMINATION**

**COURSE CODE: NSS302**

**COURSE TITLE: Nutrition in Health and Disease (2 Units)**

**TIME ALLOWED: 2 hours**

**INSTRUCTION:** Read the questions carefully. You have six questions to answer four. All questions carry equal marks (17 ½ %) each

**QUESTION 1**

a. Define Exclusive breast feeding? (5marks)

b. What is weaning? (6 ½ marks)

c. List the objectives of a diabetic diet. (6marks)

**QUESTION 2**

a. Define food. (4 ½ marks)

**b.** What are the differences between breast milk and baby milk sold in the market? (8 marks)

c. What is a Nutritional disease? (5 marks)

**QUESTION 3**

a. What is another name for PCM**?** (1 mark)

b. Discuss the two types of PCM. (12 marks)

c. Explain the nutritional “Disease of Affluence” in Nigeria? (4 ½ marks)

**QUESTION 4**

In tabular form, compare the nutrient content of colostrums, cow and human milk and quote your reference. (17 ½ marks)

**QUESTION 5**

Write short notes on the following: (17 ½ marks)

1. Hypervitaminosis A
2. Hypervitaminosis C
3. Hemosiderosis
4. Hypercarotenosis?

**QUESTION 6**

1. List all the food nutrients we have. (6marks)
2. List the differences between food and alcohol? (5marks)
3. List the major food nutrients (51/2 marks)