



Queen Margaret University
EDINBURGH

SCHOOL OF HEALTH SCIENCES

**DIVISION OF DIETETICS, NUTRITION AND BIOLOGICAL SCIENCES,
PHYSIOTHERAPY, PODIATRY, RADIOGRAPHY**

LEVEL MASTERS DIET 1

MODULE CODE: DM024

MODULE TITLE: Food and Nutrition

<u>DATE: 12/12/2016</u>	<u>TIME: 9.30AM</u>
<u>WRITING TIME: 3 hours</u>	<u>READING TIME: 5 minutes</u>

INSTRUCTIONS:

Please answer three questions from five.

Please answer each question in a separate answer book

PAPER SETTER: Michael Clapham

- 1) Fully discuss the role of carbohydrates in the diet. Using examples of two specific carbohydrates outline their relationship to health. (20 marks)
- 2) With the consideration of both quality and quantity discuss the critical role and function of protein, secondly select two specific sub groups of the population and discuss the nitrogen balance in this group. (20 marks)
- 3) Fully discuss the role of fat in the diet. Using examples of two specific types of fatty acids outline their relationship to health. (20 marks)
- 4) Critically discuss the role of nutrition in the aetiology of osteoporosis. (20 marks)
- 5) Iron, folate and Vitamin B12 are essential micro nutrients, fully discuss their role in the healthy erythropoietic process. (20 marks)