



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: 15/12/2017</u>	<u>TIME: 9.30AM</u>
<u>WRITING TIME: 180 minutes</u>	<u>READING TIME: 5 minutes</u>

INSTRUCTIONS:

Candidates should choose three out of five essay questions. Answer the questions in a separate answer book. Each question is worth 20 marks.

PAPER SETTER: Dr Raquel Revuelta Iniesta

MATRICULATION NUMBER: _____

Questions

1. Provide a general description of the sugar tax measure in the UK and critically discuss the following: (i) the rationale for introducing fiscal policies for diet, including the sugar tax on beverages, and evidence/experiences from other countries with the same or similar policies; (ii) consider the pros and cons related to the sugar tax measure and the potential impact of the sugar tax on sugar sweetened beverages consumption and on health according to recent published evidence.

[20 marks]

2. Describe the main methods of dietary assessment and their purpose. What are the potential sources of error when assessing dietary intakes to estimate energy and nutrient intakes? Discuss methods that have been proposed to overcome some of these sources of error.

[20 marks]

3. Using your knowledge of dietary sources, nutritional requirements for different subgroups of the population and the metabolism of vitamin D provide (i) a rationale why deficiencies are likely to occur in the UK and outline the role and function of vitamin D in calcium homeostasis; (ii) discuss the relationship between diet, peak bone mass and osteoporosis and compare the SACN guidelines and the Clinical Practice Guidelines published by Holick et al. 2011 on 25-hydroxvitamin D 25(OH) D blood concentration (reference ranges).

[20 marks]

4. Describe the absorption, metabolism and excretion of folate and/or folic acid and highlight both the main and key food sources. Consider the pros and cons and evidence for whether the UK should put in place legislation for the voluntary or mandatory folic acid fortification of foods, and evidence/experiences from other countries with the same or similar policies.

[20 marks]

5. Briefly describe the different type of fatty acids found in foods and their digestion, absorption and metabolism. Critically discuss arguments for and against the associations between saturated fat intakes and the risk of CVD.

[20 marks]

End of Paper