**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

MSc Degree Examination students registered for

Level **SEVEN**

Title**: Principles of Nutrition 1**

Code: **HNU7023** Semester: **ONE**

Date: **[Exams will add this]** Time: **[Exams will add this]**

TIME ALLOWED: **TWO** HOURS

Answer **TWO of the** questions below (100% total marks)

Essay Questions

1. Long term studies of weight loss suggest 80-90% of subjects return to their starting weight (Rosenbaum and Leibel, 2010). With reference to literature, outline the adiposity negative feedback model and critically discuss the mechanisms that prevent the maintenance of a reduced body weight. (50 marks)
2. Critically evaluate the following statement “The nutrient content of foods changes significantly as it goes from farm to fork” (50 marks)
3. Critically evaluate the following statement “Antioxidant supplements cannot replace a healthy diet” (50 Marks)
4. The new Food Information Regulation came into force at the end of 2011 and the provision of nutrition labelling on the back-of-pack became mandatory from December 2016 onwards. The purpose of nutrition labelling and health claims is as a tool for consumers to help them make healthy eating choices.
5. Give a critical account how these regulations came into force giving details of what mandatory information must be presented on a food label, including the guidance on nutritional labelling and health claims; (25 marks)
6. Critically discuss how would you assess if the use of this nutritional information on labels is associated with nutritional quality? (25 marks)