ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

MSc Examination students registered for

Level **SEVEN**

Title: **Principles of Nutrition 1**

Code: **HNU7023**

Semester: **Resit**

Date: **01 July 2019**

Time: **09:30-11:30am**

TIME ALLOWED: **TWO** HOURS

Answer **TWO** of thequestions below (100% total marks)

1. Critically discuss the physiological mechanisms that make it difficult for individuals to maintain long term weight loss. (50 Marks)
2. With reference to the World Cancer Research Fund report (WCRF, 2017), discuss the strength of the evidence between alcohol consumption and the different types of cancers (35 marks). With those cancers where there is convincing association between alcohol intake and cancer, what modifications can be made to reduce these risks? (15 marks)
3. Critically evaluate the following statement “Micronutrient needs in adult females can be met by achieving a healthy, balanced diet.” (50 Marks)
4. The National Diet and Nutrition Survey shows that, as a whole, the population consumes more than the recommended amount of sugars and the intakes of fibre are below current recommendations. Give a detailed account on how the current recommendations set out by the Scientific Advisory committee on Nutrition for Carbohydrates and Health (2015) have addressed this. (50 Marks)

**END OF EXAMINATION**