ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

MSc Examination students registered for

Level **SEVEN**

Title: **Principles of Nutrition 1**

Code: **HNU7023**

Semester: **ONE**

Date: **January 14th 2019**

Time: **9:30 – 11:30AM**

TIME ALLOWED: **TWO** HOURS

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

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, critically discuss the mechanisms that prevent the maintenance of a reduced body weight. (50 Marks)
2. 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.
3. Give a critical account how these regulations came into force, giving details what mandatory information must be presented on a food label. (25 marks)
4. With reference to the Public Health Responsibility Deal (Department of Health, 2015), outline the actions taken by industry to support consumers in reducing their energy intake (10 marks). For one of these, critically discuss how effective this can be in reducing obesity in the UK. (15marks)
5. Critically evaluate the following statement “Antioxidant supplements cannot replace a healthy diet.” (50 Marks)
6. Dietary carbohydrates and their role in health were last considered by the Committee on the Medical Aspects of Food Policy (COMA) in reports published in the 1980s and 1990s. Since then, considerable evidence has emerged on the role of carbohydrates in cardio-metabolic, colorectal and oral health. Give a detailed account on the current recommendations set out by the Scientific Advisory Committee on Nutrition for Carbohydrates and Health (2015). (50 Marks)

**END OF EXAMINATION**