ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

BSc Degree Examination students registered for

Level **FIVE**

Title: **Nutrition, Health & Disease**

Code: **NUT5034**

Semester: **RE-SIT**

Date: **02 July 2019**

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

TIME ALLOWED: **TWO** HOURS

**SECTION A:** Answer **TWO** questions from section A. Each question is worth 15 marks.

**SECTION B:** Answer **TWO** questions from section B. Each question is worth 35 marks.

**Answer each question in a separate answer booklet**

**SECTION A**: Answer **TWO** questions from this section; each question is worth 15 marks.

1. Discuss the microvascular and macrovascular complications of diabetes (for each type of diabetes).
2. Briefly discuss how and why bone mineral mass changes across the lifespan.
3. Define Rheumatoid Arthritis
4. Briefly discuss what are the possible health problems or complications that a person who is overweight or obese may increase the risk of developing

**SECTION B:** Answer **TWO** questions from section B. Each question is worth 35 marks.

1. Discuss the role of dietary fat in the development of coronary heart disease.
2. Discuss the 4-tier obesity treatment in the UK.
3. With reference to the World Cancer Research Fund /American Institute of Cancer Research Update Project on breast cancer (2017) discuss the current evidence on food, nutrition and physical activity in relation to premenopausal and postmenopausal breast cancer prevention (refer to both strong-convincing/probable and limited evidence).
4. Discuss the role of nutrition for a very active individual, currently training for a marathon.

**END OF EXAMINATION**