



ZIMBABWE

**MINISTRY OF HIGHER AND TERTIARY EDUCATION,
INNOVATION, SCIENCE AND TECHNOLOGY DEVELOPMENT**

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL DIPLOMA

IN

FOOD SCIENCE AND TECHNOLOGY

MODULE: Food Nutrition

PAPER NO: 544/25/M07

DURATION: 3 Hours

NOVEMBER/DECEMBER 2025 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

1. Section A-40 marks-Answer all questions.
2. Section B-60 marks-Answer any three questions.
3. Do not write anything on the question paper.
4. Do not write your name on the answer booklet.

SECTION A

QUESTION 1

- a) Outline the role of nutrition in health and disease prevention. (10 marks)
- b) Account for the nutrition of each of the following;
 - i) Diabetes mellitus (type I and II) (5 marks)
 - ii) Cardiovascular diseases (5 marks)
 - iii) Cancer and HIV/AIDS (10 marks)
- c) Discuss the factors affecting digestion of food. (10 marks)

SECTION B- Answer any three (3) questions

QUESTION 2

- a) State seven (7) main classes of nutrients that the body needs. (7 marks)
- b) Name dietary disease or disorders associated with the following nutrients,
 - i) Carbohydrates (1mark)
 - ii) Proteins (1mark)
 - iii) Lipids (1 mark)
 - iv) Vitamins (1mark)
 - v) Minerals (1mark)
 - vi) Water (1mark)
- c) Discuss the general causes of loss of vitamins and minerals in food. (7marks)

QUESTION 3

- a) Distinguish insulin and glucagon with regard to their mechanism and control of their secretion. (10 marks)
- b) i) Define the term food intolerances (2 marks)
- ii) Explain the following food intolerances
- Lactose (4 marks)
 - Gluten (4marks)

QUESTION 4

Describe the following methods of nutritional assessment;

- a) Dietary history and intake (5 marks)
- b) Clinical examination (5marks)
- c) Biochemical data (5 marks)

QUESTION 5

Discuss the nutritional needs of the following stages of human development;

- a) Infancy (4 marks)
- b) Childhood (3 marks)
- c) Adolescence (3 marks)
- d) Adulthood (3 marks)
- e) Pregnancy (3 marks)
- f) Lactation (4 marks)

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