

**The Open University of Sri Lanka**  
**Bachelor of Medical Laboratory Sciences (B.MLS)**

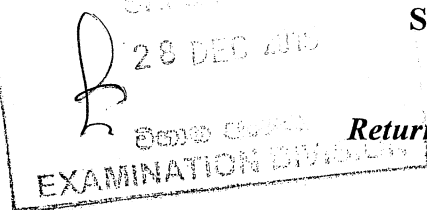


**MLU3143 – Application to Nutrition**

**Semester 01- Academic year 2015/2016**

**Final Examination**

*Return your question paper with the answer sheet*



**Date: 28.12.2015**

**Duration – 2 hours**

**Time: 01.30 p m - 03.30 p m**

**Index No.....**

**Please read the following instructions carefully before you answer the paper.**  
**(100 marks)**

**Part – A (30 marks)**

There are 30 multiple choice questions in this paper, each question with five responses. Select the correct response and mark in the given answer sheet.

**Part - B (30 marks)**

You are given two structured essay questions. The questions contain four parts. Answer all the questions. Use separate answer sheets to answer the questions.

**Part – C (40 marks)**

You are given one essay question. Use separate answer sheets to answer the question.

**Good Luck!**

**Part B: Structured Essay Questions**  
(Answer all questions)

1.
  - 1.1 Briefly explain what is meant by "Food Mangagement" (02 marks)
  - 1.2 List the different types of food preparation techniques (04 marks)
  - 1.3 Explain the importance of kneading in bread making (04 marks)
  - 1.4 State the principles of food preservation (05 marks)
  
2.
  - 2.1 State what is meant by "Nutritional rating Systems" (03marks)
  - 2.2 What are the steps involved in measuring Glycemic Index of a food? (04 marks)
  - 2.3 Illustrate your answer to question (2.2) above by drawing a graph (03 marks)
  - 2.4 State the benefits of a low GI diet (05 marks)

**Part C: Essay Question:**

1. Explain what is meant by a "Balanced Diet". Describe the components of a balanced diet. Explain how the components of the diet could be modified to meet the needs of people of different age groups, gender and of women during pregnancy. (Illustrate your answer with clearly labelled diagrams where necessary.) (40 marks)

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