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**QUESTIONS**

1. What is a functional food?

b. Describe the different types of functional food

c. With relevant examples, give the clinical implications of functional foods.

2. What is nutritional status assessment?

b. Describe anthropometric techniques of nutritional assessment and its applications

c. Describe nutrition as it relates to life stages.

**ANSWERS**

1. Functional foods can be defined as natural or processed food that doesn’t contain any biologically active substance and when taken in quantitative and qualitative amounts provides a clinically proven and documented health benefits for the prevention, management and treatment of any modern diseases.

b. The different types of functional food are;

i. Conventional

ii. Modified

iii. Medical

iv. Foods for dietary use

Conventional Foods: Are whole natural foods that have not been fortified.

Modified: Are foods that have been fortified or enriched with additional Ingredients.

Medical: Are foods that are taken under the supervision of a medical professional.

Foods for dietary use: Are foods used to fortify the normal diet. They’re not taken under the supervision of a medical professional and can be gotten commercially.

c. Reduces the risk of iron deficiency. Eg infant formula with iron.

Reduces the risk of osteoporosis. Eg orange juice fortified with calcium.

Reduces the risk of heart diseases. Eg fish oil with omega-3 fatty acid.

Promotes optimal health and help reduces disease risk. Eg oat meal.

1. Nutritional assessment is the measurement of nutritional status by anthropometrics, biochemical data, dietary history among others. Thus, nutritional status is the health status that is produced by balance between requirements and intake.

b. Anthropometric Methods:

Anthropometry is the measurement of body height, weight and proportions. It’s an essential component of clinical examination of infants, children and pregnant women.

It’s used to evaluate both under and over nutrition. The measured values reflects the current nutritional status and don’t differentiate between acute and chronic changes.

Other anthropometric measurements are;

1. Mid-arm circumference
2. Skin fold thickness
3. Head circumference
4. Head/chest ratio
5. Hip/waist ratio

Anthropometry for Children:

Results gotten from accurate measurement of height and weight can be used to evaluate the physical growth of the child.

c. Nutrition is the process by which living organism receives material and uses them to promote its vital activities.

The key stages in life are:

i) Pregnancy

ii) Infancy

iii) Childhood

iv) Adolescence

v) Adulthood