

FACULTY OF SCIENCE

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DEPARTMENT OF APPLIED BIOLOGY AND BIOCHEMISTRY

PROJECT TITLE

QUANTITATIVE DETERMINATION OF LIPIDS, PROTEINS, VITAMIN C IN
INDIGENOUS FRUITS

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N920760P**

SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE
BACHELOR OF APPLIED SCIENCE HONOURS DEGREE IN

APPLIED BIOLOGY AND BIOCHEMISTRY

PROJECT SUPERVISOR

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ABSTRACT

An insufficient supply of protein-energy in the diet causes protein-energy malnutrition manifested with kwashiorkor and marasmus. These malformations are still a problem in Africa. Deficiency of vitamin C causes scurvy. Scurvy was discovered at Thebes about 1500 B.C. It was a disease well known to Hippocrates (460-370BC) who reported that large numbers of men in the army suffered from pains in the legs and gangrene of the gums accompanied by loss of teeth. In 1492 scurvy costed life on seafarers on long voyages when Vasco da Gama lost 100 of his 160 men. Famine and starvation can be inducible factors as lack of advice and poor personal judgement and knowledge causes prejudice. Some people shun traditional indigenous food sources as inferior without paying enough cognisance of the commercial and dietary advantages they may provide. Such pessimistic attitudes may become detrimental as the Economic Structural Adjustment Program (Esap) in Zimbabwe and drought cause suffering. Proper utilization of available resources should be encouraged as outlined in the OBJECTIVE and RECOMMENDATIONS in this PROJECT.