



MURANG'A UNIVERSITY COLLEGE
(A Constituent College of Jomo Kenyatta University of Agriculture and Technology)
SCHOOL OF HOSPITALITY AND TOURISM

COURSE CODE: HT/1245

CLASS. HT/FB/JAN 2016/KNEC

COURSE TITLE: FOOD NUTRITION, DIET THERAPY AND HOME NURSING

MAIN EXAM

DATE: 25TH JULY 2016
2HOURS

TIME:

INSTRUCTIONS TO CANDIDATES

This paper consists of two sections; section A and section B. Answer ALL questions from section A and any THREE questions from section B.

Mobile phones are not allowed in the examination room

FOOD NUTRITION, DIET THERAPY AND HOME NURSING

DATE; 25TH JULY 2016

TIME: 2HOURS

INSTRUCTIONS: COMPULSORY (25 MARKS)

QUESTION ONE

a) READ THE CASE STUDY AND ANSWER THE QUESTION THAT FOLLOWS:

CASE HISTORY

From a party of 43 children and 5 adults on a summer outing, 20 children became ill with severe diarrhea and vomiting the day after the trip. A picnic lunch was provided on the trip which consisted of a roast chicken joint, a slice

of quiche Lorraine, salad and a bread roll, followed by a packet of sweet biscuits and an apple. On examination of the picnic meal, the chicken joint was found to be heavily contaminated with salmonella bacteria. Investigations revealed that the chicken joints had been cooked before the trip. They were removed from the oven by a chef who had been cracking eggs to make the quiche. He removed the chicken joints from the baking tray by hand, piled them on top of each other in a large plastic container and put the container in the refrigerator. The next day, each chicken portion was put in individual polythene tray together with the quiche, salad and the bread roll. The trays were covered with a foil and packed into cardboard boxes ready for transportation.

In reference to the case and class notes on prevention of food poisoning, discuss the 5(five) common faults that may have resulted to the above incident. (10marks)

b) Explain the following terms as used in food science and nutrition (10 marks)

- i. Diet therapy
- ii. Food poisoning
- iii. Pasteurization
- iv. Constipation
- v. Deamination

c) Identify any five (5) stressors that a patient in a hospital may face (5 marks)

SECTION B (45MARKS)

Answer any 3(Three) questions

QUESTION TWO

a) Explain the term malnutrition (1mark)

b) Malnutrition is a very common problem in most parts of Kenya. Discuss any 5 main factors that could lead to the occurrence. (10marks)

c) Biological food poisoning is caused by eating foods containing naturally occurring poisons. Identify eight foods that are capable of causing biological food poisoning. (4marks)

QUESTION THREE

- a) Citing 3 examples in each case, enumerate the five main food groups used in nutrition and diet therapy (5marks)
- b) Discuss the five(5) main methods of preserving food in a catering outlet 10mks)

QUESTION FOUR

- a. Distinguish between the following terms (6marks)
- i. Anorexia and insomnia
 - ii. Toxic type and infective type of food poisoning
 - iii. Food contamination and food spoilage
- b) Identify any five major symptoms of keratomalacia in a person (5marks)
- c) You are appointed as a nutritionist in a county level five hospital. Advise a patient suffering from cancer on the 4(four) main types of food and beverages he/she should avoid. (4marks)

QUESTION FIVE

5. Describe the following types of modifications to the normal diets (15marks)
- i. Liquid diets
 - ii. Full liquid diets
 - iii. Soft diets
 - iv. Pureed diets
 - v. Dental soft diets