

**W1-2-60-1-6**

## JOMO KENYATTA UNIVERSITY

**OF**

**AGRICULTURE AND TECHNOLOGY**

# University Examinations 2014/2015

**YEAR II SEMESTER II EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT**

**AFM 2203: NUTRITION AND DIET THERAPY**

**DATE: APRIL 2015 TIME: 2 HOURS**

**INSTRUCTIONS: ANSWER ALL QUESTIONS IN SECTION A AND**

**ONLY ONE QUESTION IN SECTION B.**

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**SECTION A:**

Q1. Explain six diet planning principles. (6 marks)

Q2. Explain the roles of the following nutrients in the body.(2 marks each)

i) Vitamin A

ii) Proteins

iii) Vitamin D

iv) Zinc

v) Iodine

Q3. Explain nutritional symptoms of the following nutrients(2 marks each)

i) Vitamin B1

ii) Folic acid

iii) Vitamin C

iv) Calcium

v) Vitamin E

Q4. Describe strategies of meeting RDA of essential amino acids among the following: (2 marks each)

i) Strict vegetarians

ii) Lacto vegetarians

**SECTION B: (EACH QUESTION CARRIES 22 MARKS]**

Q9. Discuss energy requirement for the following: (4 marks each)

i) Pregnant woman

ii) Older person

iii) Lactating women

iv) Infants 0 – 6 months

vi) Children 6 – 23 months

Q10. Describe methods for nutritional status assessment in a healthy community. (20 marks)

Q11. You are a food service directors in a stabilization center providing nutritional and hospice care for patients with terminal illness and HIV infected patients.

i) Describe two feeding modes that is likely to be recommended for those who become critically ill. (6 marks)

ii) Describe nutritional disorders for the patients admitted in the stabilization centre. (6 marks)

iii) Describe nutritional management of patients in clinical stage III of HIV infection. (6 marks)