



SCHOOL OF HEALTH AND APPLIED SCIENCES

CERTIFICATE IN NUTRITION AND DIETETICS MANAGEMENT

MODULE II

END OF SEMESTER EXAMINATIONS

JAN-APRIL 2021

DIET THERAPY I THEORY

KNEC 1905/204

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. Answer **ALL** questions in **SECTION A** and **THREE** in **SECTION B**.
2. Any examination **IRREGULARITY** will lead to **DISQUALIFICATION**.
3. Indicate your **FULL ADMISSION NUMBER** in each Answer Sheet used.
4. **DOT NOT** write your **NAME** anywhere on the answer booklet.
5. Cell phones are **NOT** allowed in the examination room.
6. Ensure you have both **SCHOOL ID CARD** and examination card in the examination room.
7. Scientific calculators may be used where appropriate.

SECTION A (40mks)

Answer ALL the questions in this section.

1 Define the following terms as used in nutrition

(i) Diet therapy (2mks)

(ii) Exchange list (2mks)

2. (b) State the methods used in nutrition assessment (4mks)

3. (a) Define the term anthropometry (2mks)

(b) List any two anthropometric measures (2mks)

4. Differentiate between diet modification and therapeutic diet (4mks)

5. State any four changes involved in modification of diets (4mks)

6. Give four examples of a low fat diet (4mks)

7(a) Describe the following

(a) Nutrition counseling (2mks)

(b) Sparing of nutrients (2mks)

8. List any four importance of special feeding (4mks)

9. List three symptoms for each of the following:

(a) Kwashiorkor (3mks)

(b) Marasmus (3mks)

10. State four reasons as to why a lactating mother requires plenty of fruits and vegetables as part of her diet (4mks)

SECTION B (60mks)

Answer question 11, 12 and any other ONE question.

11. (a) Name two types of nutrition counseling (2mks)

(b) List and explain any four techniques of nutrition counseling (8mks)

(c) Mbithe is a nutrition student at MIT, during a practical lesson she prepared ugali from sorghum flour with fried salted fish. Discuss the process of digestion, absorption and excretion that took place. (10mks)

12. (a) Match the items in **A** with those in **B** (8mks)

A	B
Iron	Elderly
Night blindness	Villi
Hyperemesis gravidarum	Vitamin A
cretinism	PLWA
Geriatrics	Iodine
Wasting	Anaemia
Immune suppressed state	Nausea
Absorption	Body weight

(b) Define malnutrition (2mks)

(c) Explain any two causes of malnutrition (4mks)

(d) Explain any three factors that can lead to malnutrition (6mks)

13 (a) Briefly explain any five types of therapeutic diets (10mks)

(b) State any two complications of parenteral feeding (2mks)

(c) Explain four reasons that necessitate parenteral feeding (8mks)

14 (a) State and explain five health problems during pregnancy (10mks)

(b) Explain four factors why infants are a vulnerable group. (8mks)

(c) Why do medical doctors advise patients not to take certain drugs with certain kinds of food (2mks)

15(a) Define PEM (2mks)

(b) List three characteristics of PEM (3mks)

(c) Plan a one day diet for a patient with PEM (5mks)

(d) Mr. Nelson weighs 150 lb. and has a height of 6ft 2inches

(i) Calculate his BMI (6mks)

(ii) Determine his nutritional status (2mk)

(iii) Give two limitations of using BMI to determine the nutrition status (2mks)