



**SCHOOL OF HEALTH AND APPLIED SCIENCES**

**DIPLOMA IN COMMUNITY HEALTH AND DEVELOPMENT**

**END OF SEMESTER EXAMINATIONS**

**JAN-APRIL 2021**

**NUTRITION AND DIET THERAPY**

**DCHD 4011**

**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)**

1. List four causes of PEM (4mks)
2. Differentiate between macro molecules and micro molecules (4mks)
3. (a) Define the term digestion (2mks)  
(b) Name any two body organs found in the alimentary canal (2mks)
4. Name the site/part of the alimentary canal where absorption of the following substances take place.
  - (i) Carbohydrates (1mk)
  - (ii) Proteins (1mk)
  - (iii) Water (1mk)
  - (iv) Salts (1mk)
5. Explain two functions of saliva in digestion (4mks)
6. Explain any two vulnerable groups to malnutrition (4mks)
7. Explain any two factors that influence the nutrient requirements of the adolescents (4mks)
8. State four functions of water in the body (4mks)
9. List four food sources of dietary fiber (4mks)
- 10.(a) Describe goiter (2mks)  
(b) Explain the causes of goiter in a person (2mks)

**SECTION B (60mks)**

11(a) Define the following terms as used in nutrition

- (i) Nutrients (2mks)
- (ii) Colostrum (2mks)
- (iii) Balanced diet (2mks)
- (iv) Engorgement (2mks)
- (v) Anthropometry (2mks)

(b) Explain four functions of carbohydrates in the body (8mks)

(c) Name two food sources of carbohydrates (2mks)

12 (a) Identify the six parts of the alimentary canal (6mks)

(b) Describe the process of digestion in the mouth (4mks)

(c) Explain three importance of consuming foods rich in fiber (6mks)

(d) Match the terms in column **A** to those in column **B** (4mks)

<b>A</b>	<b>B</b>
Vitamin C	osteoporosis
Iron	scurvy
Vitamin K	anemia
Calcium	fat

13. A 35 year old woman is 5 feet one inch tall and weighs 112 pounds.

(a) Calculate her BMI (6mks)

(b) Determine her nutritional status (1mk)

(c) Explain any three micronutrients and their health benefits (6mks)

(d) Differentiate between essential and non-essential nutrients (4mk)

(e) Compare the nutritional importance of fresh fruit juices with the commercially manufactured juices

(3mks)

14(a) Describe the procedure for positioning and attachment of the baby during breastfeeding.

(5mks)

(b) State any three problems or difficulties during breastfeeding and their prevention

(6mks)

(c) As a community health worker name four points you will tell a lactating mother who thinks she has 'insufficient milk'

(4mks)

(d) Name five nutrients needed by lactating mothers for their health and production?

(5mks)