

2802/202  
NUTRITION, DIET THERAPY  
AND HOME NURSING  
June/July 2016  
Time: 3 hours

03 OCT 2017



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN FOOD AND BEVERAGE MANAGEMENT

MODULE II

NUTRITION, DIET THERAPY AND HOME NURSING

3 hours

**INSTRUCTIONS TO CANDIDATES**

*This paper consists of SIX questions.*

*Question 1 is compulsory.*

*Answer question ONE and any other FOUR questions.*

*Each question carries 20 marks.*

*Write all your answers in the answer booklet provided.*

*Candidates should answer the questions in English.*

**This paper consists of 3 printed pages.**

**Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.**

1. (a) Highlight **four** reasons why a person may become a vegetarian. (4 marks)
- (b) Identify **four** causes of eating disorders. (4 marks)
- (c) State **four** ways of conserving nutrients in fresh vegetables. (4 marks)
- (d) State **four** principles of food preservation. (4 marks)
- (e) Explain **four** causes of anaemia. (4 marks)
2. (a) Explain **two** ways in which bacteria causes food poisoning. (4 marks)
- (b) Describe **four** types of diets which may be prescribed in a hospital. (8 marks)
- (c) Explain **four** effects of malnutrition on the child. (8 marks)
3. (a) Describe the **two** types of diabetes. (4 marks)
- (b) Describe **two** ways of breaking the food poisoning chain. (4 marks)
- (c) Explain the relationship between the following:
- (i) vitamin A and carotene;
- (ii) vitamin D and calcium. (4 marks)
- (d) As a nutritionist in a hospital, propose **eight** guidelines on catering for patients. (8 marks)
4. (a) Explain the following terms:
- (i) pasteurization;
- (ii) metabolism. (4 marks)
- (b) Explain **two** factors that may lead to food rejection by children. (4 marks)
- (c) Describe **four** nutrition related problems of elderly persons. (8 marks)
- (d) Differentiate between anorexia nervosa and bulimia. (4 marks)

5. (a) Explain the importance of dietary control in dialysis treatment. (4 marks)
- (b) Advise a patient on prevention of digestive disturbances. (4 marks)
- (c) Explain the following terms:
- (i) ketosis;
  - (ii) modified diet;
  - (iii) coeliac disease. (6 marks)
- (d) Explain **three** nutritional needs of micro-organisms. (6 marks)
6. (a) Explain **two** functions of vitamin B<sub>12</sub>. (4 marks)
- (b) As a nutritionist, advise new mothers on the benefits of breast milk to a baby. (8 marks)
- (c) Describe **four** signs of food spoilage. (8 marks)

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