

2802/202

**NUTRITION, DIET THERAPY
AND HOME NURSING**

June/July 2017

Time: 3 hours



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.

Answer Question 1 (compulsory) and any other FOUR questions in the answer booklet provided.

Maximum marks for each part of question are as indicated.

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) Enumerate **four** physiological functions of food. (4 marks)
- (b) State **four** factors that affect absorption of iron in the body. (4 marks)
- (c) Outline **four** characteristics of spoilage in fish. (4 marks)
- * (d) Identify **four** causes of indirect transmission of contamination in food. (4 marks)
- (e) Describe a full fluid diet. (4 marks)
2. (a) Explain the meaning of each of the following terms: (6 marks)
- (i) diet therapy;
- (ii) therapeutic diet;
- (iii) mal-absorption.
- (b) State **four** nutritional goals in preventing heart disease. (4 marks)
- (c) Highlight **five** symptoms of riboflavin deficiency. (5 marks)
- (d) Identify **five** conditions where tube feeding is desirable. (5 marks)
3. (a) As a nutritionist, advise a home nurse on **four** guidelines to follow when administering oral rehydration salts. (4 marks)
- (b) (i) State the primary aim in the diet therapy of liver disease. (2 marks)
- (ii) Outline the diet modification for diet therapy for liver disease. (4 marks)
- * (c) Explain **three** factors that increase absorption of calcium. (6 marks)
- (d) Distinguish between monosaccharides and disaccharides. (4 marks)
4. (a) Explain **two** situations where increased thiamine is required in humans. (4 marks)
- (b) Highlight **six** points to note when feeding the elderly. (6 marks)
- (c) State **four** conditions under which bacteria grow and multiply once in contact with food. (4 marks)
- (d) Highlight **six** factors that aid in digestion of food. (6 marks)
5. (a) Enumerate **five** precautions to take in the use of canned foods. (5 marks)
- (b) State **five** ways of reducing fat consumption in the diet. (5 marks)
- (c) Identify **six** symptoms of anorexia nervosa. (6 marks)

- (d) Differentiate between ingestion and egestion. (4 marks)
6. (a) Explain **two** causes of poor appetite in children. (4 marks)
- (b) Describe the following growth phases of bacteria:
- (i) log phase;
 - (ii) decline phase. (6 marks)
- (c) Explain **three** sources of chemicals that cause food poisoning. (6 marks)
- (d) Distinguish between primary and secondary food processing. (4 marks)

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