

2916/104
DIET THERAPY I,
PRINCIPLES OF HUMAN NUTRITION,
INTRODUCTION TO NUTRITION AND
DIETETICS, ANATOMY AND PHYSIOLOGY
June/July 2022
Time: 3 hours

H.O.D. HEALTH SCIENCES
RAMOGI INSTITUTE OF ADVANCED TECHNOLOGY

04 OCT 2022

P. O. Box 1738 - 40100, KISUMU

Sign:.....



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN NUTRITION AND DIETETICS

MODULE I

DIET THERAPY I, PRINCIPLES OF HUMAN NUTRITION,
INTRODUCTION TO NUTRITION AND DIETETICS,
ANATOMY AND PHYSIOLOGY

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any THREE questions from section B in the answer booklet provided.

Each question in section A carries 4 marks, while each question in section B carries 20 marks.

Maximum marks for each part of a question are 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.

SECTION A (40 marks)

Answer ALL the questions in this section.

1. Explain the meaning of the following terms:
 - (a) Food intolerance; (2 marks)
 - (b) inborn errors of metabolism. (2 marks)
2. State **four** ways of preventing obesity in children. (4 marks)
3. Indicate **four** guidelines to minimize nausea during feeding time. (4 marks)
4. Highlight **four** factors that may contribute to zinc deficiency. (4 marks)
5. State **four** functions of vitamin C in the body. (4 marks)
6. Differentiate between chemical digestion and mechanical digestion. (4 marks)
7. Explain the meaning of the following terms:
 - (a) Nutrient utilization; (2 marks)
 - (b) Nutrient density. (2 marks)
8. Describe the following diet planning tools:
 - (a) Food composition tables; (2 marks)
 - (b) Food guide pyramid. (2 marks)
9. Indicate **four** functions of lungs. (4 marks)
10. Name **four** examples of short bones. (4 marks)

SECTION B (60 marks)

Answer any THREE questions from this section.

11. (a) Explain **five** changes that occur during puberty in males. (10 marks)
- (b) Examine **five** effects of protein deficiency on the body. (10 marks)
12. (a) Explain **five** disease symptoms that may contribute to malnutrition in patients. (10 marks)
- (b) Examine **five** factors that determine food choices in individuals. (10 marks)

13. (a) Describe **four** constituents of blood. (8 marks)
- (b) Explain **four** reasons for conducting nutrition assessment in a population. (8 marks)
- (c) Describe the process of carbohydrate digestion. (6 marks)
14. (a) Explain **three** functions of vitamin A in the body. (6 marks)
- (b) Describe **three** functions of the large intestines. (6 marks)
- (c) Explore **four** factors that may predispose individuals to peptic ulcers. (8 marks)
15. (a) Explain **five** tube feeding instructions for enteral nutrition. (10 marks)
- (b) Outline **five** factors that affect heart rate. (10 marks)

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