

Name: _____ Index No. _____ / _____

2802/202

NUTRITION, DIET THERAPY AND
HOME NURSING

Oct./Nov. 2015

Time: 3 hours

Candidate's Signature: _____

Date: _____



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN FOOD AND BEVERAGE MANAGEMENT

NUTRITION DIET THERAPY AND HOME NURSING

3 hours

INSTRUCTIONS TO CANDIDATES

Write your name and index number in the spaces provided above.

Sign and write the date of the examination in the spaces provided above.

This paper consists of SIX questions.

Answer any FIVE questions in the spaces provided in this question paper.

Maximum marks for each part of a question are as shown.

Do NOT remove any pages from this booklet.

Candidates should answer the questions in English.

For Examiner's Use Only

| Question | 1 | 2 | 3 | 4 | 5 | 6 | TOTAL SCORE |
|----------------------|---|---|---|---|---|---|----------------|
| Candidate's Score | | | | | | | |

This paper consists of 16 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) Identify **four** stages in life when an increase in protein consumption is necessary. (4 marks)
 - (b) Highlight **four** changes that take place in an egg as it ages. (4 marks)
 - (c) State **four** factors that affect utilization of protein in the body. (4 marks)
 - (d) Enumerate **four** characteristics of enzymes. (4 marks)
 - (e) Highlight the **four** elements involved in providing good nutritional care to a patient. (4 marks)
2. (a) Describe **three** types of obesity. (6 marks)
 - (b) As a **nutritionist** in a hospital, advice a patient with acute cardiovascular disorders on diet modification. (5 marks)
 - (c) Identify **five** changes in milk and milk products that signify spoilage. (5 marks)
 - (d) Distinguish between osteomalacia and osteoporosis. (4 marks)
3. (a) State **four** ways of thawing food. (4 marks)
 - (b) Enumerate **five** functions of minerals in the body. (5 marks)
 - (c) Explain the meaning of the following terms:
 - (i) atherosclerosis;
 - (ii) therapeutic diet;
 - (iii) home nursing. (6 marks)
 - (d) As a nutritionist, recommend diet therapy for constipation in adults. (5 marks)
4. (a) Explain how the following factors affect the growth of micro-organisms:
 - (i) food;
 - (ii) time;
 - (iii) sunlight;
 - (iv) temperature. (8 marks)

- (b) Distinguish between the following:
(i) hyperglycaemia and hypoglycaemia;
(ii) monosaccharides and disaccharides;
(iii) ingestion and egestion. (12 marks)

5. (a) Enumerate **three** functions of hydrochloric acid in the stomach. (3 marks)

(b) State **five** social functions of food. (5 marks)

(c) Describe the following nutritional disorders:

(i) Hypervitaminosis (1 mark)

(ii) Siderosis (4 marks)

(iii) Keratomalacia (7 marks)

6. (a) State **six** symptoms of Vitamin C deficiency. (6 marks)

(b) Explain **three** ways of preventing spoilage of food by lengthening the lag and logarithmic phases of the bacteria life cycle. (6 marks)

(c) Explain **four** responsibilities of home nursing. (8 marks)
