

2802/202  
NUTRITION, DIET THERAPY  
AND HOME NURSING  
Oct./Nov. 2018  
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 and any other FOUR questions.  
Answers must be written 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) State **four** functions of each of the following vitamins:
- (i) vitamins A; (2 marks)
  - (ii) vitamins C. (2 marks)
- (b) State **four** symptoms of marasmus. (4 marks)
- (c) Highlight **four** causes of food poisoning. (4 marks)
- (d) Differentiate between anabolism and catabolism. (4 marks)
- (e) Highlight **four** ways of reducing salt intake in the diet. (4 marks)
2. (a) Highlight **four** factors to consider when preparing a diet for thyroid disorder. (4 marks)
- (b) State **four** functions of each of the following in the body:
- (i) lipids; (4 marks)
  - (ii) proteins. (4 marks)
- (c) Describe each of the following nutritional disorders:
- (i) hyper vitaminosis; (2 marks)
  - (ii) liver cirrhosis; (2 marks)
  - (iii) keratomalacia; (2 marks)
  - (iv) osteomalacia. (2 marks)
3. (a) State **four** conditions of high thiamine intake. (4 marks)
- (b) Explain the meaning of the term food preservation. (2 marks)
- (c) Highlight five causes of malnutrition. (5 marks)
- (d) Describe **three** types of digestive enzymes secreted in the small intestines. (9 marks)
4. (a) As a nutritionist, advise a patient on guidelines for graduated bland diet for peptic ulcers. (10 marks)
- (b) Distinguish between each of the following:
- (i) monosaccharides and disaccharides; (4 marks)
  - (ii) ingestion and egestion. (4 marks)
- (c) Explain **two** measures taken to reduce the risk of staphylococcus aureus poisoning. (2 marks)



5. (a) Highlight **two** causes of food intolerance. (2 marks)
- (b) Describe **four** ways of managing HIV/AIDs. (8 marks)
- (c) Explain **five** causes of food contamination in food production. (10 marks)
6. (a) Explain **four** roles of the liver in metabolism. (8 marks)
- (b) Explain **six** advantages of breast feeding to the new born. (12 marks)

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