

2802/202
NUTRITION, DIET THERAPY
AND HOME NURSING
June/July 2019
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.

Question 1 is compulsory.

Answer question ONE and any other FOUR questions.

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) State **four** causes of malnutrition in Kenya. (4 marks)
- (b) (i) Identify **four** types of food that are prone to spoilage. (2 marks)
- (ii) Explain the meaning of the term food spoilage. (2 marks)
- (c) Highlight **four** changes in an egg as it ages. (4 marks)
- (d) Highlight **four** factors that trigger anorexia nervosa. (4 marks)
- (e) Distinguish between osteomalacia and osteoporosis. (4 marks)
2. (a) Explain **four** stages when an increase in protein intake is necessary. (8 marks)
- (b) Explain **four** principles of diet therapy for patients with celiac disease. (8 marks)
- (c) Differentiate between micro and macro nutrients. (4 marks)
3. (a) Enumerate six points on the importance of diet therapy. (6 marks)
- (b) (i) Explain the meaning of the term 'food intolerance'. (2 marks)
- (ii) Highlight **two** causes of food intolerance. (2 marks)
- (c) Classify polysaccharides. (2 marks)
- (d) Explain the effect of moist heat on each of the following:
- (i) starch. (2 marks)
- (ii) sugar. (2 marks)
- (e) Highlight **four** skills a home nurse should possess. (4 marks)
4. (a) State **four** benefits of roughage in the diet. (4 marks)
- (b) Describe **three** gastro intestinal secretions that aid digestion. (6 marks)
- (c) Explain five factors to consider when preparing a meal for expectant mothers. (10 marks)
- Handwritten notes:*
Pepsin
- Lipase
- HCL
- Handwritten initials:* T.C



5. (a) Explain the meaning of each of the following terms:
- (i) food additives; (2 marks)
 - (ii) food preservation. (2 marks)
- (b) Describe **three** measures taken to reduce the risk of staphylococcus aureus poisoning. (6 marks)
- (c) Explain **five** duties of a home nurse. (10 marks)
6. (a) (i) State **five** reasons for good ventilation in a sick room. (5 marks)
- (ii) Highlight **five** preventive measures to observe when home nursing. (5 marks)
- (b) Explain the meaning of the term opportunistic disease in relation to HIV and Aids. (2 marks)
- (c) Describe **four** measures taken to prevent spread of HIV and AIDS in Kenya. (8 marks)

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THIS IS THE LAST PRINTED PAGE.

Osteomalacia - softening of bones Lack/Inadequate Calcium

Osteoporosis → bones becomes porous due to inadequate calcium