

2802/202
NUTRITION, DIET THERAPY
AND HOME NURSING
June/July 2021
Time: 3 hours

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P. O. Box 1738, KISUMU



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 ONE (compulsory) and any other FOUR questions in the answer
booklet provided.
Maximum marks to each part of a 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.**

SECTION A (20 marks)

Answer ALL questions from this section.

1. (a) Outline **four** practices taken to minimise loss of vitamin C in vegetables during preparation. (4 marks)
- (b) Highlight **four** ways of reducing salt intake in the diet. (4 marks)
- (c) Identify **four** changes in milk and milk products that signify spoilage. (4 marks)
- (d) Enumerate **four** factors that may trigger anorexia. (4 marks)
- (e) Explain the meaning of each of the following terms:
- (i) Haemosiderosis;
- (ii) Hypervitaminosis. (4 marks)

SECTION B (80 marks)

Answer any **FOUR** questions from this section.

2. (a) Highlight **five** causes of indigestion. (5 marks)
- (b) State **six** ways of modifying diets (6 marks)
- (c) Describe **two** types of anaemia. (4 marks)
- (d) As a nutritionist advice a patient with gall stones on diet modification. (5 marks)
3. (a) Describe the absorption of macro-nutrients in the body. (6 marks)
- (b) Explain **five** causes of food spoilage. ^{high/low temperatures}
^{- Physical (contamination)} = Chemicals ^{- presence of light}
^(bacteria no mold) - Moisture (10 marks)
- (c) Differentiate between diabetes mellitus and diabetes insipidus. (4 marks)
4. (a) Describe **five** physical needs that enhance patient motivation techniques. (10 marks)
- (b) Explain **five** effects of illness on an individual. (10 marks)

5. (a) Explain five benefits of food preservation. (10 marks)
- (b) Describe five ways through which bacteria can be transferred to foods. (10 marks)
6. (a) (i) Identify two symptoms of food allergy. (2 marks)
- (ii) Enumerate four ways of managing food allergies. (8 marks)
- (b) (i) Explain the meaning of the term 'opportunistic disease' in relation to the HIV/AIDS. (2 marks)
- (ii) Explain four diet therapy principles of follow for a patients with HIV and AIDS. (8 marks)

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