

2802/202
NUTRITION, DIET THERAPY
AND HOME NURSING
Oct./Nov. 2022
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 TWO sections; A and B.
Answer ALL questions in section A and any FOUR questions from section B in the answer booklet provided.
All questions carry equal marks.
Maximum marks for each part of a question are indicated.
Candidates should answer the question 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 in this section.

1. (a) Explain the meaning of each of the following terms:
 - (i) body mass index; (2 marks)
 - (ii) digestion. (2 marks)
- (b) Highlight **four** characteristics of enzymes. (4 marks)
- (c) Highlight **four** functions of minerals in the body. (4 marks)
- (d) Explain **four** effects of illness to an individual. (4 marks)
- (e) Differentiate between deficiency and self inflicted diseases. (4 marks)

SECTION B (80 marks)

Answer any FOUR questions from this section.

2. (a) Explain the meaning of the term 'pureed diet'. (2 marks)
- (b) Discuss **four** types of food spoilage. (8 marks)
- (c) Explain **five** functions of proteins in the body. (10 marks)
3. (a) Highlight **six** conditions that lead to tube feeding. (6 marks)
- (b) Explain **three** dangers of poor ventilation in a sick room. (6 marks)
- (c) Elaborate **four** principles of food preservation. (8 marks)
4. (a) State **four** qualities of a home nurse. (4 marks)
- (b) Explain **three** factors to consider when planning meals for the elderly. (6 marks)
- (c) Discuss **five** sources of biological food poisoning. (10 marks)
5. (a) Highlight **six** emotional needs of a patient. (6 marks)
- (b) Distinguish between disinfection and sterilisation. (4 marks)
- (c) Describe diabetes type I and II. (4 marks)

- (d) Discuss **three** principles of diet therapy. (6 marks)
- 6 (a) Elaborate **four** factors to consider in management of hypertension. (8 marks)
- (b) Describe **three** factors that put an individual at a higher risk of being anaemic. (6 marks)
- (c) Discuss **three** advantages of exclusive breast feeding. (6 marks)

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