

2802/202

**NUTRITION, DIET THERAPY  
AND HOME NURSING THEORY**

**June/July 2023**

**Time: 3 hours**



**THE KENYA NATIONAL EXAMINATIONS COUNCIL**  
**DIPLOMA IN FOOD AND BEVERAGE MANAGEMENT**  
**MODULE II**

**NUTRITION, DIET THERAPY AND HOME NURSING THEORY**

**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.*

*Maximum marks to each of part of a question is 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 the questions in this section.*

1. (a) Highlight the importance of food in the human body. (4 marks)
- (b) Describe the following stomach disorders:
  - (i) GERD; (2 marks)
  - (ii) heartburn. (2 marks)
- (c) State **four** advantages of nursing the sick at home. (4 marks)
- (d) Highlight **four** conditions which can be managed using a fat restricted diet. (4 marks)
- (e) State **four** causes of patient stress in a hospital. (4 marks)

**SECTION B (80 marks)**

*Answer any FOUR questions from this section.*

2. (a) State **six** cardiovascular diseases. (6 marks)
- (b) Describe the **three** types of diabetes. (6 marks)
- (c) Explain **four** quality features of a fresh poultry egg. (8 marks)
3. (a) Highlight **six** reasons for food preservation. (6 marks)
- (b) (i) State **four** animal protein sources. (2 marks)
- (ii) Discuss **six** functions of proteins in the human body. (12 marks)
4. (a) State **six** medical causes of chronic starvation. (6 marks)
- (b) (i) Define the term 'HIV'. (2 marks)
- (ii) Highlight **six** symptoms of HIV and AIDS. (6 marks)

- (c) (i) Highlight the **two** forms of radiations used in sterilization. (2 marks)
- (ii) Differentiate between sterilization and disinfection. (4 marks)
5. (a) Describe **four** preventive measures used to curb the spread of infections when taking care of the sick at home. (8 marks)
- (b) Describe **six** disorders of the lower gastro intestinal tract. (12 marks)
6. (a) Highlight the importance of diet therapy. (4 marks)
- (b) Differentiate between essential and non essential amino acids. (4 marks)
- (c) Describe **six** functions of the liver. (12 marks)

**THIS IS THE LAST PRINTED PAGE.**