

2916/103

DIET THERAPY I, MEAL PLANNING
AND MANAGEMENT AND PRINCIPLES
OF HUMAN NUTRITION PRACTICE

June/ July 2022

Time: 3 hours

H.O.D. HEALTH SCIENCES
RAMOGI INSTITUTE OF ADVANCED TECHNOLOGY

04 OCT 2022

P. O. Box 1738 - 40100, KISUMU

Sign:.....



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN NUTRITION AND DIETETICS

MODULE I

DIET THERAPY I, MEAL PLANNING AND MANAGEMENT AND PRINCIPLES OF HUMAN
NUTRITION PRACTICE

3 hours

INSTRUCTIONS TO CANDIDATES

*This paper consists of **FOUR** questions.*

*Question **ONE** carries 40 marks while questions 2, 3 and 4 carry 20 marks each.*

*Answer **ALL** the questions in the answer booklet provided.*

Candidates should answer the questions in English.

This paper consists of 4 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.

CASE STUDY I

Read the case study below and answer the questions that follow.

1. Keter, a 20 year old male college football player was recently diagnosed with Crohn's disease.

He has a long history of gastrointestinal distress, diarrhoea, pain, bloating and some nausea. Before his Crohn's diagnosis, Keter consumed lots of fried foods, dairy products, carbonated beverages and sugary snacks.

He lives in an apartment off campus and does not know how to cook. He eats meals at the training table during the training seasons and oftenly skips meals on weekends. He doesn't have a lot of money to spend on food and buys lower cost items, fast foods and chips.

Keter has been instructed to follow a diet high in protein, low in sugar, lactose free, low fat and low fibre with small, more frequent nutrient dense meals. He is also advised to prepare his own meals.

- (a) Describe:
- (i) A high protein diet; (4 marks)
 - (ii) low fibre diet; (4 marks)
 - (iii) low fat diet. (4 marks)
- (b) Explain Crohn's disease. (2 marks)
- (c) Explain the need for more proteins in Keter's diet. (10 marks)
- (d) Indicate **three** classes of equipment that Keter will require to set up his kitchen. (6 marks)
- (e) Highlight **five** benefits of reducing fats and sugar from Keter's diet. (10 marks)

CASE STUDY 2

Read the case study below and answer the questions that follow.

2. Tacy, a 3 year old has developed rough and scaly skin during the last year. After a clinical evaluation and dietary assessment, her physician suspects that she has a vitamin A deficiency.

Tacy's mother is surprised at the doctor's diagnosis. She remarks, "Doctor, there is nothing wrong with her eyes!"

She is however referred to a dietician for further advice.

- (a) Explain to Tacy's mother **five** reasons why Tacy had such diagnosis. (10 marks)
- (b) Elaborate **five** points you would advise Tacy's mother to consider when buying vegetables and fruits for Tacy's diet. (10 marks)

CASE STUDY 3

Read the case study below and answer the questions that follow.

3. The joint commission, an accreditation agency for health care organizations has recommended that all patients in Lingo referral hospital be educated about potential diet-drug interactions.

Health professionals are required to inform patients of precautions related to medications and watching for signs and problems that may arise.

- (a) Describe the effect of drugs on:
- (i) nutrient absorption; (5 marks)
- (ii) food intake. (5 marks)
- (b) Elaborate **five** ways in which the patients can minimize drug-nutrient interactions. (10 marks)



CASE STUDY 4

Read the case study below and answer the questions that follow.

4. Kairu loves her new home. Her family has been waiting to move in for close to two years now and they are overly excited.
- Kairu's mother has requested her to prepare a buffet to celebrate the move. Their grandmother will be joining them for the dinner. Kairu loves cooking and she is happy at the request.
- As much as their kitchen is brightly coloured, there is something about the surfaces that Kairu does not like.
- (a) Describe five factors that Kairu will consider when planning the family buffet. (10 marks)
- (b) Suggest five considerations that should have been made when constructing the kitchen work surfaces. (10 marks)

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