

2916/203
DIET THERAPY II AND NUTRITION
IN LIFESPAN THEORY
Oct./Nov. 2022
Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL
DIPLOMA IN NUTRITION AND DIETETICS

MODULE II

DIET THERAPY II AND NUTRITION IN LIFESPAN THEORY

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any THREE questions from section B in the answer booklet provided.

Each question in section A carries 4 marks, while each question in section B carries 20 marks.

Maximum marks for each part of a question are 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 (40 marks)

Answer ALL the questions in this section.

1. Highlight **four** benefits of diet therapy. (4 marks)
2. Indicate **four** effects of iron-deficiency anaemia in pregnancy. (4 marks)
3. Identify **four** groups of adolescents who are at an increased risk for inadequate energy intake. (4 marks)
4. Highlight **four** lifestyle risk factors to development of cardiovascular diseases. (4 marks)
5. Mention **four** implications of cystic fibrosis in patients. (4 marks)
6. State **four** goals to be achieved in nutritional management of end-stage renal disease. (4 marks)
7. Highlight **four** roles played by the liver in carbohydrate metabolism. (4 marks)
8. Explore **four** causes of infants being born with low birth weight. (4 marks)
9. Indicate **four** consequences of short-term hunger in school-going children. (4 marks)
10. Identify **four** factors that can increase the longevity and robust life of the elderly. (4 marks)

SECTION B (60 marks)

Answer any THREE questions from this section.

11. (a) Indicate five benefits of maintaining physical activity in old age. (10 marks)
- (b) Outline five complications of gall stones development. (10 marks)
12. (a) Examine five characteristics of a high risk pregnancy. (10 marks)
- (b) Describe five adverse effects of lung disease on the nutritional status of an individual. (10 marks)
13. (a) (i) Explain exclusive breast feeding. (2 marks)
- (ii) Mention six benefits of exclusive breast feeding to the mother. (6 marks)
- (b) Give six reasons for increasing intake of fruits and vegetables in managing cardiovascular diseases. (12 marks)
14. (a) Elaborate five contra indications of lactation. (10 marks)
- (b) Give five reasons why oral feeding is contra indicated in severe pancreatic disease. (10 marks)
15. (a) Give five reasons why it is important to prevent obesity in children. (10 marks)
- (b) Explain five consequences of liver cirrhosis to the health of an individual. (10 marks)

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