



MASAAI MARA UNIVERSITY
REGULAR UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR
SECOND YEAR 1TRIMESTER

SCHOOL OF PURE APPLIED & HEALTH SCIENCES
DIPLOMA IN FOOD, NUTRITION AND DIETETICS
COURSE CODE: DND2105

COURSE TITLE:FUNDAMENTALS OF DIET THERAPY II

DATE: _____ **TIME:** _____

INSTRUCTIONS TO CANDIDATES

- i. This end of year examination consists of three sections; namely section A, B and C.
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions.
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on the piece of papers provided.
- iv. Section C is Long Essay Questions (LEQs). 40 marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and NOT your name on all the pages of your answer sheet.

SECTION A

1 -----Forms fatty deposits in the arteries which may lead to narrowing of the arteries, restricted blood flow and eventually to heart attack or stroke.

- A. Alcohol
 - B. Smoking
 - C. Cholesterol
 - D. Fatty acid
2. Which dietary component has been shown to improve hypertension in human?
- A. Potassium
 - B. Sodium
 - C. polyunsaturated fatty acid
 - D. cholesterol
3. Which of the following is not among the foods that belongs to the insoluble fiber.
- A. potato skin
 - B. lignin's
 - C. nut and seeds
 - D. oats
4. What is the most common cause of chronic liver disease in Kenya.
- A. genetics
 - B. alcohol abuse
 - C. bacteria
 - D. viruses
5. which of the following are substances in plant foods that are not digested in the stomach or small intestine?
- A. Dietary fiber
 - B. Dextrose
 - C. Disaccharides
 - D. Simple sugar
6. Margaret, an elderly woman, needs to limit her kcalorie intake without sacrificing needed nutrients. Keeping in mind the Food Guide Pyramid, which of the following could she do?
- A. Eliminate carbohydrate

- B. Count kcalories and not worry about the food groups
 - C. Eliminate Dairy foods.
 - D. Carefully select foods rich in nutrients but low in kcalories
7. If the diet is lacking an essential amino acid, what will be the course of action?
- A. Body cells will synthesize it
 - B. Health will not be affected as long as other nutrients are adequate
 - C. Protein synthesis will be limited
 - D. Proteins will be made but they will lack that particular amino acid
8. Which of the following is true about the way we should eat to achieve good nutritional status?
- A. Eat only plant products because animal products are bad and generally filled with hormones for animal growth
 - B. Eat fruits and vegetables because we can get all the nutrients, we need from these
 - C. Eat a wide variety of foods because no single natural food meets all human nutrient needs
 - D. Do the best we can but take supplements to fill in the deficient areas
9. Lowering blood pressure is associated with which of the following minerals?
- A. Potassium
 - B. Sodium
 - C. Chloride
 - D. Cadmium
10. Which type of therapeutic diet reduces the calorie intake for people who are overweight?
- A. Nutrient Modification
 - B. Low calorie diet
 - C. Food allergy or food intolerance Modification
 - D. Tube feeding
11. For hospitalized patients in the ward, who may order or plan for the therapeutic diets?
- A. Nutritionist
 - B. Doctor
 - C. Pharmacist

D. Dietician

12. In diet therapy which of the following information is not true?

A. It helps us support in healing and recovery of a patient.

B. It helps in managing certain medical conditions.

C. It is used as the first tool for First Aid management.

D. Helps in the prevention of health problems.

13. Among the following definitions of key terms associated with vitamins is incorrect

A. coenzymes

B. megadose

C. anticoagulant

D. reabsorptive

14. There are 20 different _____ that can be combined to make different types of proteins.

A. sugar monomers

B. nucleic acids

C. fatty acids

D. amino acids

15. Below are the 3-antioxidant vitamin, choose the odd one out?

A. vitamin A

B. vitamin C

C. vitamin E

D. vitamin K

16 Which of the following is not a good alternative to the word diet.

A. Eating pattern

B. Eating procedure

C. Eating style

D. The foods you eat

17. The brain and central nervous system requires _____ for memory

- A. Glucose
- B. Amino acids
- C. Oxygen
- D. Nucleic acid

18. Which type of the food below provides the best cholesterol and phospholipids?

- A. Vegetables
- B. Beef
- C. Eggs
- D. Fish

19. The main reason people choose the foods they eat is?

- A. Growth
- B. Satiety
- C. Taste
- D. Colour

20. The primary role of carbohydrates in the human body is to _____

- A. Provide the body with energy
- B. Provide the body with oxygen
- C. Provide the body with required growth
- D. Provide the body with repair and maintenance of tissues

SECTION B (40MARKS)

ANSWER ALL QUESTIONS IN THIS SECTION 40MKS

1. State 3 functions of the liver in diet therapy and explain each function? (6mks)
2. Mention two diseases that can occur when the liver is damaged or destroyed. (2 mks)
3. What is the meaning of the suffix 'cardio'. (2mks)
4. List 5 diseases that are commonly in this group (cardio vascular diseases) (5mks)
5. Outline seven reducing factors with therapeutic lifestyle changes in management of CHD. (Chronic heart disease) (7mks)
6. State six signs and symptoms of typhoid fever in diet therapy.(6mks)

7. List seven nutrition- related side effects of cancer in advanced stages (7mks)

SECTION C (40MARKS)

ANSWER ANY TWO QUESTIONS IN THIS SECTION

1. A patient going in for major surgery which is planned requires a nutrition intervention.
 - a) Discuss nutrition requirement of the patient before surgery(10mks)
 - b) Discuss nutrition assessment parameters of the patient(10mks)
 2. Explain 5 nutrition implication of surgery (10 mks)
 - b) Explain some of the nutrition requirements before surgery/ preoperative nutrition? (10mks)
 3. Rheumatoid Arthritis is one of the diseases of the musculoskeletal system.
 - a) Discuss the nutrition management of the disease. (10mks)
 - b) Discuss the signs and symptoms of the mentioned disease(10mks)
3. Tom is a patient who has some of the nutritional complications due to cancer cachexia,
- a)
 - (a) Discuss how these complications can affect his overall health. (10 mks)
 - b) Discuss how to control this side effects of cancer . (10 mks)

GOOD LUCK.