



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS 2020/2021 ACADEMIC YEAR FIRST YEAR FIRST TRIMESTER

SCHOOL OF PURE, APPLIED & HEALTH SCIENCES DIPLOMA IN FOOD, NUTRITION AND DIETETICS

COURSE CODE: DND 1303

COURSE TITLE: DIET THERAPY 1

DATE: 7TH DECEMBER 2021

TIME: 0830 – 1030HRS

INTRUCTIONS

- 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 piece of paper 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.

PART A: MCQ 20 MARKS

ALL QUESTIONS ARE COMPULSORY DEPARTMENT OF HEALTH SCIENCES

1. A substance needed by the body for growth, energy, repair and maintenance is called a
 - A. Nutrient
 - B. Carbohydrate
 - C. Calorie
 - D. Fatty Acid

 2. Which of the following nutrients is not found in food?
 - A. Plasma
 - B. Proteins
 - C. Carbohydrates
 - D. Vitamins

 3. A diet high in saturated fats can be linked to which of the following?
 - A. Kidney Failure
 - B. Bulimia
 - C. Anorexia
 - D. Cardiovascular Disease

 4. Which of the following is a highly prevalent global nutrition problem?
 - A. Vitamin A deficiency
 - B. Under nutrition
 - C. Obesity
 - D. HIV/AIDS

 5. A person who is suffering from high blood pressure should cut down on _____
 - A. Sodium
 - B. Potassium
 - C. Calcium
 - D. Magnesium

 6. The causes of malnutrition can be classified as immediate, underlying and root causes. Which of the following would be in the underlying class?
 - A. Low wages
 - B. Unclean drinking water
 - C. Sedentary life style
 - D. Unemployment.
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Which group of the global population is **NOT** mostly affected by anemia?

- A. Preschool children
- B. Pregnant women
- C. Non pregnant women
- D. Men.

7. The beverage that health experts recommend one to avoid altogether when taking medicine is?

- A. Green tea
- B. Alcoholic beverages
- C. Milk shakes
- D. Water

8. Which type of therapeutic diet reduces the calories of people who are overweight

- A. Nutrient modification
- B. **Low calorie diet**
- C. Food allergy or food intolerance modification.
- D. Tube feeding

9. B12 deficiency can result in:

- A. Pernicious anemia
- B. Neural tube defects
- C. Night blindness
- D. beriberi

10. Risk factors for hepatitis A include all of the following which one is NOT:

- A. Men who have sex with men
- B. Illegal drug users
- C. Overweight
- D. Persons who visit developing countries.

11. The **Commonest** indication of emergency abdominal surgery is:

- A. Inflammatory bowel disease
- B. Appendicitis
- C. Viral gastroenteritis
- D. Barrett's Esophagus.

12. Which of the following is not the Symptoms of ulcerative colitis?

- A. Anemia
- B. Weight loss
- C. Joint pain
- D. Bradycardia

13. Symptoms of peptic ulcer disease include all the following **EXCEPT**:

- A. Pain Is Relieved By Eating
- B. Pain Is Unrelenting And Quickly Worsens
- C. Pain Is Relieved By Antacids
- D. Pain Occurs At Night When The Stomach Is Empty.

14. Disorders that increase risk for chronic pancreatitis include all of the following **EXCEPT**:

- A. Cystic fibrosis
- B. Hypocalcaemia
- C. Excessive alcohol consumption
- D. Hyperthyroidism

15. Which of the following **is NOT** among the four common classes of symptoms and signs of GI (gastro intestinal disorders)

- A. Abdominal or Chest pain
- B. Altered Ingestion of Food
- C. Fainting
- D. Altered Bowel Movements

16. Excessive amounts of this common indulgence may make you happy but can interfere with treatment of depression.

- A. Ice cream
- B. Apple pie
- C. Chocolate
- D. Milk

17. Fruits, vegetables and cereals are potential sources of:

- A. Antioxidants
- B. Unsaturated fat
- C. Saturated fat
- D. Free radicals

18. Iron supplements are **NOT** frequently recommended for which group of people:

- A. Women who are pregnant
- B. Infants and toddlers
- C. Teenage girls
- D. Post-menopausal women

19. When scientists use the word “calorie”, what does it mean?

- A. One gram of fat
- B. One gram of carbohydrates
- C. Enough energy to raise the temperature of one gram of water by one degree Celsius.
- D. 10 grams of fat

SECTION B (40MARKS)

ANSWER ALL QUESTIONS IN THIS SECTION

1. State six causes of obesity. **(6mks)**
2. State five characteristics of parenteral nutrition **(5mks?)**
3. State the role of the following nutrients in diet therapy **(5mks)**
 - a) Vitamin A
 - b) Vitamin E
 - c) Vitamin C
 - d) VitaminB6
 - e) Zinc
4. State 5 principles of diet modification. **(5mks)**
5. Give 3 advantages of enteral nutrition in diet therapy in a hospital setup **(3mks)**
6. State 5 examples of drug nutrient absorption in nutrition **(5mks)**
7. Highlight the types of tube feeding in parenteral nutrition **(5mks)**
8. State and explain three methods of enteral feeding and how they are administered **(6mks)**

SECTION C (40MARKS)

ANSWER ANY 2 QUESTIONS IN THIS SECTION.

1a. In diet therapy describe five cardiovascular diseases. **(10mks)**

b, explain ten ways of reducing this conditions . **(10mks)**

2 the complications that may cause to a patient and how to prevent/manage the problem **(20 mks)**

3 Discuss some of the physiological and functions of the liver, one condition of the liver and the medical nutrition therapy of the disease chosen. **(20mks)**

4Discus three types of respiratory diseases in reference to their signs, symptoms and their nutrition therapy. **(20 mks)**

5Discuss five causes of fever in a patient and the general modification of diet during the fever. **(20mks)**

6As a Nutrition and Dietetics student, discuss TWO diseases/Disorders of the gastrointestinal tract (GIT), their causes, symptoms and dietary management.

(20mks)

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