



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS**

**2022/2023 ACADEMIC YEAR**

**SECOND YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH  
SCIENCES**

**DIPLOMA IN FOOD, NUTRITION AND DIETETICS**

**COURSE CODE: DND 2102**

**COURSE TITLE: INTRODUCTION TO NUTRITION  
AND DIETETICS**

**DATE: 18/4/2023**

**TIME: 1430-1630 HRS**

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**INSTRUCTION TO CANDIDATES**

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer ANY TWO Questions

*This paper consists of 5 printed pages. Please turn over.*

**SECTION A (20MARKS). ANSWER ALL THE QUESTIONS IN THIS SECTION.**

1. When the food is directly given in the veins, it is called \_\_\_\_ nutrition.
  - A Parenteral
  - B Enteral
  - C Intravenous
  - D Saline
2. When food is given in the stomach or intestines directly then it is \_\_\_\_\_ nutrition.
  - A Intravenous
  - B Saline
  - C Enteral
  - D Parenteral
5. To overcome diabetes, a person can increase the intake of \_\_\_\_ and reduce the intake of \_\_\_\_?
  - A Carbohydrates, proteins
  - B proteins, fats
  - C fats, carbohydrates
  - D carbohydrates, fats
6. A person who is suffering from high blood pressure should cut down on \_\_\_\_?
  - A sodium
  - B potassium
  - C calcium
  - D magnesium
7. The percentage of total calories obtained from carbohydrates should be between?
  - A 15- 20%
  - B 20-35%
  - C 50-60%
  - D 5-10%
8. A 68- year- old male has been brought to the emergency in a state of coma. The patient is a known alcoholic from the past 10 years. A diagnosis of hepatic encephalopathy has been made. Which of the following nutrient should be avoided so as to reduce the ammonia formation in the body?
  - A Protein
  - B Carbohydrates
  - C Fats
  - D Minerals and vitamins
9. Deficiency of proteins and carbohydrates in infants leads to?
  - A. Obesity
  - B. Rickets
  - C. Scurvy
  - D. Marasmus
10. Night blindness is caused by deficiency of ?
  - A. Vitamin D
  - B. Vitamin C

- C. Vitamin A
- D. Vitamin B1

11. Some diseases may sometime play an important role in precipitating the onset of kwashiorkor in already malnourished child. Except?

- A. Gastrointestinal tract infection
- B. Diarrhea
- C. HIV/AIDS
- D. Intestinal worms share the diet and cause other ill-health and poor appetite

12. ....helps to maintain constant body temperature in our body.

- A. Energy giving foods
- B. Roughage
- C. Water
- D. Vitamins

13. The highest concentration of minerals is found in?

- A. Legs and arms
- B. None of these
- C. Skin

14. Bones and teeth Foods like burger, noodles and pizza are rich in?

- A. Vitamins
- B. Fats
- C. Carbohydrates
- D. Proteins

15. The disease caused by iron deficiency is?

- A. Scurvy
- B. Anaemia
- C. Rickets
- D. Marasmus

16. Which of the following statements is true about contamination?

- A. Contamination is caused by the entry of germs by an insect bite
- B. Contamination is caused by the entry of germs by an animal bite
- C. Contamination is caused by the entry of germs into drinking water or edible foods.
- D. None of the above

17. Which of the following factors is necessary for a healthy person?

- A. Vaccination
- B. Balanced diet
- C. Personal hygiene
- D. All of the above

18. **Which of the following is the main cause for transmission of the Hiv virus?**

- A. The bite of a mosquito
- B. Sharing drug needles
- C. Drinking contaminated water
- D. All of the above

19. A diet high in saturated fats can be linked to the following?
- Anorexia
  - Kidney failure
  - Cardiovascular diseases
  - Bulimia
20. A (n).....is a unit of energy that indicates the amount of energy contained in food
- Label
  - Food guide pyramid
  - Basket
  - Calorie

**SECTION B (40MARKS).**

**ANSWER ALL THE QUESTIONS IN THIS SECTION.**

- Define the following terms. 4mks
  - Cognitive functions.
  - Health
  - Therapeutic diet
  - RDIs (Recommended Dietary Intakes)
- Distinguish between skills and competences. 4mks
- Differentiate between the following terminologies 4mks
  - Professional ethics
  - Medical ethics
  - Bioethics
  - International code of ethics and code of good practice for Dietitians-Nutritionists
- Outline four (4) purpose of standards and ethics of professional conduct 4mks
- Outline six (6) principles of planning a diet of a patient 6mks
- Highlight six (6) deficiency diseases on their causes and food sources that can prevent them. 6mks
- Identify four (4) strategies that KNDI can promote/increase job enrolment for her members. 4mks
- Describe six disciplinary action that KNDI can take to any member guilt of their enlisted offences 6mks.
- Specify two (2) factors to consider when choosing and planning meals for an individual. 2mks.

**SECTION C (40 MARKS). CHOOSE ANY TWO (2) QUESTIONS IN THIS SECTION.**

- Discuss five different skills in nutrition and dietetics. 20mks
- Discuss five (5) International Code of Good Practice for nutritionists and dieticians. 15mks
  - Enumerate five (5) preventive measures of non-communicable diseases 5mks
- Discuss four (4) factors affecting the recommended dietary allowances (RDA) 8mks
  - Describe factors that affect nutrient intake 12mks