

1905/105

**INTRODUCTION TO NUTRITION AND DIETETICS,
INTRODUCTION TO NUTRITION CARE PROCESS AND
PRINCIPLES OF HUMAN NUTRITION**

June/July 2023

Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

CRAFT CERTIFICATE IN NUTRITION AND DIETETICS

MODULE I

**INTRODUCTION TO NUTRITION AND DIETETICS,
INTRODUCTION TO NUTRITION CARE PROCESS AND
PRINCIPLES OF HUMAN NUTRITION**

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any TWO 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 (60 marks)

Answer ALL the questions in this section.

1. Explain the meaning of the following terms:
 - (a) Energy density of food; (2 marks)
 - (b) Normal diet. (2 marks)
2. Give **four** reasons why people become vegetarians. (4 marks)
3. Mention **four** ways in which illness may reduce food intake. (4 marks)
4. Distinguish between nutrition skills and nutrition competence. (4 marks)
5. Identify **four** speciality areas of practice for nutrition and dietetics professionals. (4 marks)
6. Explain the meaning of the following terms used in the nutrition care process.
 - (a) Evidence based practice; (2 marks)
 - (b) Nutrition assessment. (2 marks)
7. State **four** critical thinking skills required in the nutrition assessment step of the care process. (4 marks)
8. Differentiate between a nutrition etiology and nutrition diagnosis. (4 marks)
9. Enumerate **four** characteristics of a well written nutrition diagnostic statement. (4 marks)
10. Explain the following domains of nutrition intervention.
 - (a) Coordination of nutrition care; (2 marks)
 - (b) Nutrition education. (2 marks)
11. State **four** uses of water in the body. (4 marks)
12. Explain **two** functions of cholesterol in the body. (4 marks)
13. Differentiate between osteoporosis and rickets. (4 marks)
14. Recommend **four** ways of increasing the energy density of food. (4 marks)
15. Describe the following:-
 - (a) Complementary proteins; (2 marks)
 - (b) Lipid hydrolysis (2 marks)

SECTION B (40 marks)

Answer any TWO questions from this section.

16. (a) Explain **five** ways in which a nutritionist may uphold professionalism in nutrition practice. (10 marks)
- (b) Propose **five** activities undertaken when planning a nutrition intervention. (10 marks)
17. (a) Outline **five** functions of lipids in the body. (10 marks)
- (b) Describe **five** physical findings that can be used to detect micronutrients malnutrition. (10 marks)
- ~~18.~~ (a) Explain **five** characteristics of fat soluble vitamins. (10 marks)
- (b) Describe **five** diet planning tools. *Man* (10 marks)
- ~~19.~~ (a) Examine **five** factors that determine energy requirements for individuals. (10 marks)
- (b) Give **five** reasons for conducting nutrition assessment for clients. (10 marks)

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