

2802/202

NUTRITION, DIET THERAPY
AND HOME NURSING

June/July 2018

Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN FOOD AND BEVERAGE MANAGEMENT

MODULE II

NUTRITION, DIET THERAPY AND HOME NURSING

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of SIX questions.

Answer question I and any other FOUR questions.

Answers must be written in the answer booklet provided.

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.

1. (a) Highlight four complications of too much glucose in the blood of a diabetic patient: (4 marks)
- (b) Explain the meaning of each of the following terms: (2 marks)
- (i) calorie;
 - (ii) enzyme.
- (c) State four functions of calcium in the body. (4 marks)
- (d) Explain two digestive functions of large intestines. (4 marks)
- (e) Differentiate between proteins of high biological value and proteins of low biological value. (4 marks)

2. (a) Highlight six principles to follow when planning a meal for peptic ulcers patients. (6 marks)
- (b) Explain three causes of obesity. *lifestyle → food excess genetic* (6 marks)
- (c) Explain how each of the following environmental factors influence malnutrition: (2 marks)
- (i) sanitation; *lack of so. poor sanitation*
 - (ii) culture; *muslims*
 - (iii) agriculture; *what is grown where*
 - (iv) social factors; *economic wise*

Major food disorder

genetic supposed

3. (a) Explain the meaning of each of the following terms: (2 marks)
- (i) food poisoning;
 - (ii) food preservation.
- (b) Describe three measures taken to reduce the risk of staphylococcus poisoning. (6 marks)
- (c) Explain five principles used in food preservation. (10 marks)

Served issue diseases issuing sensitive A peristalsis

FIFO LIFO sensitive perisal

4. (a) Explain the meaning of the term CD₄ count in relation to HIV/AIDS. (2 marks)
- (b) Describe four ways of managing HIV/AIDS patients. *balanced diet exercise medicine ARVs fluids* (8 marks)
- (c) Explain five ways through which bacteria can be transferred to food. (10 marks)

diseases antibiotics street obtain

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spoiled survive cockroach dehydration hydration. poor storage poor hygiene cross contamination Raw or not cook

consumption virus advise temperature absorbed excess tampered fumigated

diathoresis diathoresis

5. (a) State **five** changes that signify spoilage in milk. (5 marks)
- (b) (i) Explain the meaning of the term anaemia. (2 marks)
- (ii) Describe **four** types of anaemia. (8 marks)
- (c) As a nutritionist, advise on **five** ways of diet modification for cardiovascular disorder. (5 marks)

6. (a) Explain **four** roles of the liver in metabolism. (8 marks)
- (b) Describe **six** advantages of breast feeding. (12 marks)

pressure sensitive

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- Nutrite
- Health breast cancer

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