



*(University of Choice)*

**MASINDE MULIRO UNIVERSITY OF  
SCIENCE AND TECHNOLOGY  
(MMUST)**

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS  
2021/2022 ACADEMIC YEAR**

**FIRST YEAR SECOND SEMESTER EXAMINATIONS  
FOR THE DEGREE  
OF  
MASTER OF SCIENCE IN MEDICAL DIETETICS**

**COURSE CODE: HMD 816**  
**COURSE TITLE: FOOD AND FOOD/NUTRIENT  
SUPPLEMENT SELECTION AND  
PREPARATION**

**DATE: 21/04/2022**

**TIME: 2.00-5.00PM**

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**INSTRUCTIONS TO CANDIDATES**

Answer question one (COMPULSORY) and any other three questions.

TIME: 3Hours

MMUST observes ZERO tolerance to examination cheating

## INSTRUCTIONS

**Answer question one (COMPULSORY) and any other three questions. TOTAL; 70mks**

1. a) Discuss the controversies in the use of nutrient/dietary supplements globally (15marks).  
b) Using examples, highlight the actions that have been taken by various regulatory authorities to deal with the violations in use of nutrient/dietary supplements (10marks)
2. While on a regular checkup, Cherry, who is a professional swimmer was diagnosed with stage one breast cancer. Although she has no severe symptoms, the doctors have recommended that some adjustments be made in his lifestyle in order to delay the progression into full blown cancer. As a nutritionist/dietician, discuss the nutrients and supplements that should be recommended for Cherry, giving reasons for the selection (15marks).
3. Justify the use of dietary supplementation in HIV positive patients (15marks).
4.
  - i) Using examples, differentiate the following:
    - a) Probiotics (2marks)
    - b) Prebotics (2marks)
    - c) Synbiotics (2mks)
    - d) Nutraceuticals (2mks)
  - ii) Explain the importance of each of the above in intestinal health (7marks)
5. a) “Attempts to provide the elderly with adequate nutrition encounter many practical problems”. Qualify this statement (5mks).  
b) A 65 year old woman has been referred to you for nutritional counselling and supplementation. Summarize the key points that you will highlight in the counselling session (10marks)