



(University of Choice)

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

**MAIN CAMPUS**

**UNIVERSITY EXAMINATIONS**

**2023/2024 ACADEMIC YEAR**

**MAIN EXAMINATION**

**THIRD YEAR FIRST TRIMESTER EXAMINATIONS**

**FOR THE DEGREE OF**

**BSC. HUMAN NUTRITION AND DIETETIC**

**BSC. SPORT SCIENCE AND HEALTH PROMOTION**

**COURSE CODE: HND 307**

**COURSE TITLE: THERAPEUTIC DIETS**

**DATE: 5<sup>TH</sup> TUESDAY DECEMBER, 2023 TIME: 12.00- 2.00PM**

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***INSTRUCTIONS TO CANDIDATES***

Answer ALL Question in section A and B

Answer ONLY TWO Questions in section C

**TIME: 2Hours**

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over



**SECTION I: Multiple Choice Questions. Total 10 Marks. ANSWER ALL QUESTIONS**

1. Balance of foods and nutrients in the diet means;
  - a. All nutrients to meet the recommended nutrients
  - b. Not over consuming any one food
  - c. A amount of energy in kilocalories in a food
  - d. Not consuming more or less of any one food
  
2. Dietary Reference intake consists of;
  - a. Recommended dietary allowances
  - b. Adequate estimates
  - c. Tolerable upper intakes
  - d. Tolerable lower intakes
  
3. Which one is not true about food guide for regular diets
  - a. 8 servings per adult for water
  - b. 6-11 servings of cereals per child
  - c. 2 servings of milk and milk products per child
  - d. 2-4 servings of meat per adult
  
4. Foods in a food exchange list are approximately equal in
  - a. Proteins, carbohydrates and fat
  - b. Proteins, vitamins and minerals
  - c. Proteins, water and fat
  - d. Proteins, fat and carbohydrates
  
5. In a milk food group, there are----- number of servings per kilocalorie needs
  - a. 3
  - b. 6
  - c. 2
  - d. 5
  
6. One of the key characteristic of a clear liquid diet is ;
  - a) Provides approximately 400-500kcal
  - b) Provides approximately 10-15g proteins
  - c) Provides approximately 120 – 150g of carbohydrates
  - d) It is high in concentration
  
7. A typical soft diet will consist of;
  - a. Cooked fruits
  - b. Roasted cereals
  - c. Raw vegetable salad
  - d. Fruit juices



8. What are indications for fibre restricted diet
  - a. Ulcerative colitis in its initial stages
  - b. Weight reduction
  - c. Diabetes mellitus
  - d. Cancer prevention
  
9. The following will be provided while planning high energy dense diet;
  - a. Fruit juice
  - b. Low fat yoghurt
  - c. Ghee
  - d. Vegetable salad
  
10. ----- is an Indications for high calorie diet
  - a. Obesity
  - b. Gout
  - c. Gallbladder disease
  - d. Hypolipidemia

**SECTION B: FIVE SHORT ANSWER QUESTIONS, EACH QUESTION IS 6 MARKS (TOTAL 30MARKS)**

11. Differentiate between hydrolyzed formulas and polymeric formulas ( 6 marks)
12. Explain central parenteral nutrition ( 6 marks)
13. Describe 6 principles in meal planning (6 marks)
14. Explain various recommended dietary allowances ( 6 marks)
15. Normal diet can be modified in various ways. Explain ( 8 marks)

**SECTION C: LONG ANSWER QUESTIONS. ANSWER ONLY TWO (TOTAL 30 Marks )**

16. A decision on whether to put a patient on enteral or parenteral nutrition is based on various factors. Discuss (15 marks)
  
17. Guided by meal planning principles, plan a whole day therapeutic diets of a diabetic patient who has pancreatitis and is waiting to undergo surgery the after 24hours from the time he will have the last meal ( 15 marks)
  
18. Describe various parenteral formulas that can be used by infants and adults in nutrition care and support (15 Marks)

