



(University of Choice)

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

MAIN CAMPUS

**UNIVERSITY MAIN EXAMINATIONS
2021/2022 ACADEMIC YEAR**

**SECOND YEAR SECOND SEMESTER
EXAMINATIONS**

**FOR THE DIPLOMA
OF
HUMAN NUTRITION AND DIETETICS**

COURSE CODE: DND 071

COURSE TITLE : DIET THERAPY 1

DATE: 19/04/2022

TIME: 12:00-2:00 PM

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTION A and B

Answer only TWO questions in SECTION C

Read additional instructions under various sections

TIME: 2 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 3 Printed Pages. Please Turn Over.

SECTION A: THIS SECTION CONSISTS OF TEN MULTIPLE CHOICE QUESTIONS EACH ONE MARK. ANSWER ALL THE QUESTIONS (10 MARKS).

1. A Clear fluid diet should not continue for more than?
 - A. 4-6 hrs.
 - B. 6-8 hrs.
 - C. 10-16 hrs.
 - D. 24 to 48 hrs.
2. Patients with diarrhea are treated with Oral Rehydration Salt (ORS) because?
 - A. ORS contains soluble fibre to stop diarrhea.
 - B. ORS contains antibiotics.
 - C. ORS contains insoluble fibre to stop diarrhea.
 - D. To replenish lost electrolytes and fluids.
3. Which of the following is the first step in the Nutrition Care Process?
 - A. Diagnosis.
 - B. Intervention.
 - C. Etiology.
 - D. Assessment.
4. Unstable blood sugar levels can be described as risk factor to?
 - A. Cancer.
 - B. Diabetes.
 - C. Arthritis.
 - D. Hypertension.
5. People who have no teeth require a..... diet?
 - A. soft diet
 - B. high fibre diet
 - C. solid diet
 - D. fried foods
6. Protein malnutrition leads to a condition called
 - A. marasmus
 - B. anaemia
 - C. kwashiorkor
 - D. Stroke
7. Vitamin A is a key vitamin that is supplemented. Identify the statement that properly shows the correct dose for children at age of 6 months
 - A. 300,000 IU green capsule
 - B. 100,000 IU blue capsule
 - C. 50,000 IU yellow capsule
 - D. 200,000 IU red capsule
8. During A high protein high calorie diet is prescribed for patients with?
 - A. Kwashiorkor
 - B. Kidney disorders
 - C. Cancer
 - D. Burns

9. When free water loss exceeds free water intake, usually due to exercise or disease it results in?
 - A. diarrhea
 - B. dehydration
 - C. thirst
 - D. sweating
10. Of the following statements, which one clearly describes a very low birth weight infant?
 - A. An infant with a birth weight below 2500 grams.
 - B. An infant with a birth weight below 2000 grams.
 - C. An infant with a birth weight below 1500 grams.
 - D. None of the above.

SECTION B: THIS SECTION CONSISTS OF FIVE QUESTIONS EACH SIX MARKS EACH. ANSWER ALL THE QUESTIONS (30 MARKS).

11. Define the following diets and state indications (6 Marks).
 - a) High calorie high protein diet.
 - b) Low protein diet.
 - c) Fiber restricted diet
12. list any **SIX** actors that may determine dietary modification. (6 Marks)
13. State **SIX** Indications of fat restricted diet (6 Marks).
14. Outline any **SIX** instructions in Tube feeding (6 Marks)
15. Describe **SIX** indications of enteral nutrition (6 Marks).

SECTION C: THIS SECTION CONSISTS OF THREE QUESTIONS EACH FIFTEEN MARKS. ANSWER ANY TWO QUESTIONS (30 MARKS).

16. Discuss gastrointestinal complications associated to tube feeding (15 marks)
17. Discuss the role of Nutrition Personnel in diet therapy (15 Marks)
18. a) Give five clinical characteristics marasmus (5 Marks).
 - b) Discuss the ten steps approach in the management of severe acute malnutrition with medical complications. (10 Marks)

