



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

**UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

MAIN EXAM

**FIRST YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

COURSE CODE: HND104

**COURSE TITLE: INTRODUCTION TO NUTRITION AND
DIETETICS**

DATE: 21/04/2022

TIME: 12:00- 2:00

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: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

SECTION A - 10 MULTIPLE CHOICE QUESTIONS, ANSWER ALL QUESTIONS, EACH 1 MARK –TOTAL 10MARKS.

1. Vitamin C was discovered and isolated from lemons by _____ in 1928.
 - A. Albert Szent-Gyorgi
 - B. Lenna Cooper
 - C. Fredrick Stohmann
 - D. Galen

2. The following people founded American Dietetic Association (ADA) In October 1917.
 - A. Edward Smith and Lyon Playfair.
 - B. Lenna Cooper and Lulu Graves.
 - C. William Henneberg and Fredrick Stohmann.
 - D. McCance and Widdowson.

3. A hospital is participating in a sustainability platform and they are receiving monetary benefits from the company that is certifying them as sustainable. Some of the standards to receive the certification have got limited scientific evidence. As the RDN, you know that the science behind the platform is incomplete. What will you do? Do you
 - A. support the platform as an employee of the hospital.
 - B. seek employment elsewhere.
 - C. speak up that there is not enough science behind the guidelines.
 - D. mind your own business.

4. _____ 1877, ran extensive analyses of foods in America that led to the publication of the first food composition tables.
 - A. Plato
 - B. William Henneberg
 - C. Fredrick Stohmann
 - D. Atwater

5. Which of the following is **NOT** a skill that employers are seeking in the job market.
 - A. Excellent non-communication skills.
 - B. Technical proficiency.
 - C. Leadership and Teamwork.
 - D. Interpersonal skills and personal traits.

6. Which of the following is the **CORRECT** set of steps for assessing your major accomplishments when compiling a portfolio?

- A. What did I do wrong?, Who/what is to blame/ and how to mitigate the one at fault?
 B. Where did I school?, How popular is the program I took? Which program will I do next?
 C. What I Did?, What I Learned? And What is Next?
 D. Who ? What ? and Why?
7. What is the CORRECT order of steps a nutrition student will follow before becoming a registered Nutritionist (RN)
- I. KNDI exam registration and Sitting the KNDI exam
 - II. Indexing
 - III. KNDI graduation
 - IV. Admission into an accredited Human nutrition and dietetics program
 - V. One year Internship
 - VI. Graduating with a Bachelor of Science in Human Nutrition and Dietetics degree
- A. VI, V, IV, III, II, I.
 B. IV, VI, II, V, I, III.
 C. I, II, III, IV, V, VI.
 D. IV, II, VI, V, I, III.
8. The following is FALSE about Dietary hosts .Dietary hosts _____
- A. require technical training.
 - B. are also known as food service aides .
 - C. assist in patient tray services in hospitals and other health care settings.
 - D. Are usually under the supervision of the dietary manager.
9. An RDN (Registered Dietary Nutritionist) is eligible to have conference expenses paid by KNDI. The RDN's employer has previously agreed to cover meeting expenses. The RDN decides to file identical expense claims to each organization. The RDN rationalizes this by saying that that the Academy expenses can be considered an "honorarium" for work done at the meeting. The RDN shares this information with a colleague RDN. Which ethical principle is the RDN violating?
- Principle 1: Competence and professional development in practice
 Principle 2: Integrity in personal and organizational behaviors and practices
 Principle 3: Professionalism
 Principle 4: Social responsibility for local, regional, national, global nutrition and well-being
- A. 1 and 2
 - B. 1, 2, 3 and 4
 - C. 2 and 3
 - D. 2 and 4
10. Code of ethics DOES NOT do the following.
- A. Protect the profession and the credential

- B. Identify and reprimand all unqualified nutrition and dietetics practitioners
- C. Influence public and private policy
- D. Improve professional practice

SECTION B: ANSWER ALL QUESTIONS, EACH QUESTION, 6 MARKS (30 MARKS)

11. Define the following:-

- i. Portfolio [1 mark]
- ii. Soft skills [1 mark]
- iii. Non-Maleficence [1 mark]
- iv. Dietician [1 mark]
- v. Nutritionist [1 mark]
- vi. Beneficence [1 mark]

12. i) Name **THREE** ways in which a nutritionist can acquire transferrable skills [3 marks]
- ii) List **THREE** Artifacts a nutritionist can include in their portfolio that are proof of acquisition of transferable skills. [3 marks]
13. Highlight **SIX** factors one should remember/ consider when compiling a portfolio [6 marks]
14. i) Name **THREE** tools used by dieticians in their daily operations. [3 marks]
- ii) List **THREE** areas of specialization for registered dietician (RD) and registered nutritionist (RN). [3 marks]
15. Outline **THREE** ethical standards under
- a) Professionalism [3 marks]
 - b) Integrity in personal and organizational behaviors and practices [3 marks]

SECTION C: ANSWER ANY TWO QUESTIONS; EACH QUESTION 15 MARKS (30 MARKS)

16. i) Define KNDI. [2 marks]
- ii) Discuss **TWO** functions of the KNDI accreditation board. [4 Marks]
- ii) Discuss the functions of KNDI. [9 marks]
17. Discuss the contribution of the following person's/ institutions in the development of nutrition and dietetics profession.
- i) Florence nightingale [2marks]
 - ii) Alexis Soyer (1809–1858) [2 marks]
 - iii) Sarah Tyson Rorer (1849–1937) [2 marks]
 - iv) Hippocrates (460 BC) [2 marks]
 - v) Boussin-Gault's [1 marks]
 - vi) Plato (5th–4th century BC) [2 Marks]
 - vii) American Dietetic Association (ADA) [4 Marks]

18.

- i. Explain any **ONE** example of conflict of interest in the nutrition profession. [1 marks]
- ii. Why is collaboration with other professionals important? [2 marks]
- iii. Discuss the **SIX** steps that should be followed when working through an ethical issue. [12 marks]