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(University of Choice)

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

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2022/2023 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: 17/4/2023

TIME: 2.00-5.00PM

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. Chronic diseases have largely contributed to the use of dietary supplements globally.
 - a) Using examples, discuss reasons why supplementation is ideally required for persons with chronic illnesses (10marks)
 - b) Discuss the controversies in the use of nutrient/dietary supplements globally (15marks).

2.
 - a) Discuss the role of nutrition in sports (5marks).
 - b) Using examples, explain any five nutrient requirements that need to be supplemented in sports (10marks)

3. Cancer and cancer treatment can adversely affect the nutritional status of patients.
 - a) Explain any **THREE** methods of treatment used in cancer treatment (9marks)
 - b) Justify the use of dietary supplementation in cancer patients (6marks).

4. Discuss the application of any **THREE** types of supplements for diabetes mellitus (15marks)

5.
 - a) “Attempts to provide the elderly with adequate nutrition encounter many practical problems”. Qualify this statement (5marks).
 - 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)