



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

**UNIVERSITY EXAMINATIONS
2022/2023 ACADEMIC YEAR**

**THIRD YEAR, SECOND SEMESTER MAIN EXAMINATION
FOR THE DIPLOMA**

OF

DIPLOMA IN NUTRITION AND DIETETICS

COURSE CODE: DND 087

COURSE TITLE: DIET THERAPY III

DATE: 21ST APRIL 2023

TIME: 8.00 – 10.00 A.M

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTION A and B

Answer TWO questions from section C.

TIME: 2Hours

MMUST observes ZERO tolerance to examination Cheating
This paper consists FOUR printed Pages. Please Turn Over

SECTION A: Answer all questions in this section. (10 Marks)

1. Where does digestion of carbohydrates start
 - A. Stomach
 - B. Ileum
 - C. Mouth
 - D. colon

2. Proteins should contribute what percentage of the total calories for a diabetic diet?
 - A. 25-30%
 - B. 45-60%
 - C. 15-20%
 - D. 20-30%

3. Which of the following is a risk factor for stroke
 - A. Diabetes
 - B. Hypertension
 - C. heart attack
 - D. cerebral palsy

4. What's the recommended diet for burns patients?
 - A. Bland diet
 - B. High calorie low protein
 - C. High energy high iron
 - D. High protein high calorie

5. Down syndrome may result as a result of the deficiency of?
 - A. Iron
 - B. Folate
 - C. Vitamin A
 - D. Calcium

6. Which one among the following is NOT a risk factor for Gout?
 - A. Genetics
 - B. Vitamin C deficiency
 - C. Age and sex
 - D. Vitamin B deficiency

7. What's the recommended mode of feeding in ICU patients?
- A. Parenteral nutrition.
 - B. Enteral nutrition.
 - C. Oral feeding.
 - D. Normal feeding.
8. What are the most important nutrients in prevention and management of osteoporosis?
- A. Iron and Folate
 - B. Vitamin D and Calcium
 - C. Riboflavin
 - D. Vitamin C
9. Pyridoxine is an important supplement for patients with which condition?
- A. HIV AIDS
 - B. Diabetes
 - C. Cancer
 - D. TB
10. The correct order of steps occurring in nutrition in humans is:
- A. Ingestion → Absorption → Digestion → Assimilation → Egestion
 - B. Ingestion → Digestion → Assimilation → Absorption → Egestion
 - C. Ingestion → Digestion → Absorption → Assimilation → Egestion
 - D. Ingestion → Assimilation → Digestion → Absorption → Egestion

SECTION B Answer ALL the Questions in this section. (Total = 30 Marks)

11. Using Curreri Formula, calculate the energy requirements of a Burns adult patient who's entire arms have been burnt. Weight 60Kgs (6marks)
12. What are the nutritional implications of burns (6marks?)
13. Define the following conditions (6marks)
 - a. Osteoporosis (2marks)
 - b. Osteomalacia (2marks)
 - c. Rheumatoid arthritis (2marks)
14. Explain three factors that should be considered while planning diet for a cancer patient (6marks)
15. State six benefits of physical activity in the body (6marks)

SECTION C: Answer ANY TWO Questions in this section. (Total = 30 Marks)

16. a. List any three lifestyle diseases (3marks)
 - b. Discuss the nutrition management of the above named disorders (12marks)
17. a. Give the nutritional implications of Alzheimer's disease (3marks)
 - b. What are the aims of nutrition management in the above named Disease. (12marks)
18. a. Give some of the risk factors of GOUT (3marks)
 - b. Discuss the nutritional management of GOUT (12marks)