



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

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

**FIRST YEAR, FIRST SEMESTER MAIN EXAMINATION
FOR THE DIPLOMA**

OF

HUMAN NUTRITION AND DIETETICS

COURSE CODE: DND 055

COURSE TITLE: NUTRITION AND HIV/AIDS

DATE: 14/12/2023

TIME: 2:00PM

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTION A and B

Answer any TWO questions from section C.

TIME: 2Hours

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

SECTION A: ANSWER ALL QUESTIONS IN THIS SECTION. (10 MARKS)

SECTION A: Answer ALL the Questions in this section. (Total = 10 Marks)

1. HIV affects which cells in the body?
 - A. Blood cells.
 - B. P24 Cells.
 - C. CD4 Cells.
 - D. All of the above.

2. HIV is thought to have originated from?
 - A. Birds.
 - B. Mosquitos.
 - C. Chimpanzees.
 - D. Monkeys.

3. Eating a nutritious diet has various benefits for people with HIV or AIDS, **EXCEPT?**
 - A. boosting resistance to infections and complications.
 - B. decreasing side effects of medications.
 - C. alleviating HIV symptoms.
 - D. Prevent spread of HIV infection.

4. Which of the following is not a drug used for management of HIV?
 - A. Efavirenz.
 - B. Amlodipine.
 - C. Dolutegravir.
 - D. Lamivudine.

5. HIV is a retrovirus that infects and colonizes cells in the _____
 - A. Immune system.
 - B. Immune system and the central nervous system.
 - C. Endocrine system.
 - D. Immune system and endocrine system.

6. Which one among the following is **NOT** an extra precaution when cooking and eating for HIV infected people?

- A. Avoid eating packaged foods if the expiration date has passed.
- B. Thawing food at room temperature.
- C. Cook fish, poultry, and meat until well done.
- D. Do not eat sushi or unpasteurized dairy products.

7. The following are measures of prevention and control of HIV&AIDS **EXCEPT**?

- A. Abstinence.
- B. Being faithful.
- C. Stigmatization.
- D. Condom use.

8. Which measure will you use to check the nutrition status of a HIV positive pregnant woman?

- A. Weight.
- B. MUAC.
- C. BMI.
- D. Height.

9. the most common cause of inpatient admission to hospital for those living with HIV is _____.

- A. Tuberculosis and other mycobacterial infections
- B. Cardiovascular disorders
- C. Bacterial infections
- D. None of these

10. Which of the following minerals are mostly deficient in HIV positive persons?

- A. Potassium, Chloride, Calcium.
- B. Calcium, Phosphorus, Zinc.
- C. Zinc, Selenium, Iron.
- D. Sodium, Iron, Phosphorus.

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

11. Describe the cycle of benefits of nutrition intervention in the context of HIV/AIDS (6marks)
12. List the myths and misconceptions in HIV& AIDS(6marks)
13. Discuss the cycle of poor nutrition and infection in the context of HIV/AIDS (6marks)
14. Give **SIX** guidelines and rationale for nutrition status assessment for PLHIV (6marks)
15. Give a brief history of HIV/aids (6Marks)

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

16. Describe the Nutrition implications of HIV? (15marks)
17. a. How can PMTCT be achieved? (3marks)
b. Describe the nutritional management of HIV/AIIDS. (12marks)
18. Using the nutrition care process, describe how you will handle a HIV positive pregnant mother who comes to you for nutrition assistance. (15marks)