



Kasarani Campus  
Off Thika Road  
Tel. 2042692 / 3  
P. O. Box 49274, 00100  
NAIROBI  
Westlands Campus  
Pamstech House  
Woodvale Grove  
Tel. 4442212  
Fax: 4444175

**KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR**  
**FIRST YEAR, SECOND SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT**  
**DHM 1622- DIET THERAPY**

Date: 8<sup>TH</sup> DECEMBER, 2022  
Time: 2:30pm-4:30pm

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- a) Define the following key terms;
- i) Energy (2 Marks)
  - ii) Diet (2 Marks)
  - iii) Nutrients (2 Marks)
  - iv) Health (2 Marks)
  - v) Diet therapy (2 Marks)
- b) Food is important to ensure that one lives. In your own words, outline the reasons why one should eat. (5 Marks)
- c) You have a party at home and you are expected to come up with a menu for the event. Outline any five factors that will influence the food choices you will make. (5 Marks)
- d) Identify two classes of vitamins giving an example of each (4 Marks)
- e) Digestion is an important bodily process. Identify the major organs of the digestive system (6 Marks)

**QUESTION TWO (20 MARKS)**

- a) Discuss the functions of the digestive system. (10 Marks)
- b) Deficiency is a lack of proper amounts of nutrients in the body. Identify any five deficiency. Diseases and indicate the vitamin or mineral that is lacking. (10 Marks)

**QUESTION THREE (20 MARKS)**

- a) Macro nutrients are very important features to be ingested in the body. Discuss any five macronutrients that one should ingest and their duties. (10 Marks)
- b) A family member is going through a lot with regards to their health and they need help coming up with the right diet. Explain to them any five factors to consider in selection of diets. (10 Marks)

**QUESTION FOUR (20 MARKS)**

- a) A schoolmate has just discovered that she is pregnant and she approaches you for assistance. As a diet therapy student, explain the factors of concern in pregnancy (10 Marks)
- b) The above student also wants to know how and when he child will be ready for solid foods. Inform them of the factors to look out for as indicators that an infant is ready for solid foods. (5 Marks)
- c) Lifestyle diseases are ailments that are primarily based on the day to day habits of people. Outline any five lifestyle diseases. (5 Marks)

**QUESTION FIVE (20 MARKS)**

- a) Your younger twin siblings have just reached the adolescent stage and are unsure of what to expect. Tell them the elements that accompany adolescent stage in life. (5 Marks)
- b) Outline any five factors that lead to HIV/AIDs infections. (5 Marks)
- c) Weight loss is a journey that may not be easy as expected. Identify the behavior modifications an obese person needs to employ to lose weight. (10 Marks)