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**KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR**  
**FIRST YEAR, FIRST SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT**  
**DHM 1622- NUTRITION AND 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) Classify nutrients and give two examples of each. (6 Marks)
- b) Differentiate between Osteomalacia and rickets. (4 Marks)
- c) State 4 sources of each of the following;
  - i) Vitamins (4 Marks)
  - ii) Minerals (4 Marks)
  - iii) Proteins (4 Marks)
  - iv) Fats (4 Marks)
  - v) Carbohydrates (4 Marks)

**QUESTION TWO (20 MARKS)**

- a) Minerals are very important nutrients in our bodies explain four of their functions. (8 Marks)
- b) Good nutrition is an important part of leading a healthy lifestyle, discuss FOUR benefits of good nutrition. (8 Marks)
- c) The B vitamins are a group of vitamins, each of which has its own role in the body. They work together as a team and are generally found together in foods. Discuss TWO of its three sources. (4 Marks)

**QUESTION THREE (20 MARKS)**

- a) The body requires about 30gms of minerals every day to replace what is lost daily, explain four deficiencies of each the following:
  - i) Iron (8 Marks)
  - ii) sodium (8 Marks)
- b) calcium deficiency is not only caused by not eating foods rich in the mineral, discuss TWO unavoidable factors that bring about osteoporosis. (4 Marks)

**QUESTION FOUR (20 MARKS)**

- a) Under nutrition causes diseases like kwashiorkor and marasmus advise a group of mothers the symptoms to look for in their children to detect:
  - i) Kwashiorkor (8 Marks)
  - ii) Marasmus (8 Marks)
- b) Nutrients eaten in excess are eliminated by the body naturally but some are not. They harm our bodies instead, explain TWO effects of excess intake of iodine. (4 Marks)

**QUESTION FIVE (20 MARKS)**

- a) Along with oxygen water is one of the two most important elements on earth that sustain health. Everything the body does require water. Explain 4 functions of water. (8 Marks)
- b) Dietary fibers are categorized into soluble fiber and insoluble fiber. They play a very important function in our bodies, explain to your young siblings why they should consume fiber in their diet. (8 Marks)
- c) The main cause of beriberi is a diet low in thiamine. The disease is very rare in regions with access to vitamin-enriched foods, such as certain breakfast cereals and breads. Discuss two categories of people who are at risk of getting it. (4 Marks)