



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

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

Date:28<sup>th</sup> July 2022  
Time:8.30am-10.30am

**INSTRUCTIONS TO CANDIDATES**

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

**QUESTION ONE COMPULSORY (30 MARKS)**

a) Define the following terms

- i. Food ( 2 marks)
- ii. Diet ( 2 marks)
- iii. Nutrition ( 2 marks)
- iv. Energy ( 2 marks)
- v. Diet therapy ( 2 marks)

b) Outline the principles of diet planning ( 5 marks)

c) Outline any five factors that influence food choices (5 marks)

d) Identify the tools that a person can use in diet planning (5 marks)

e) Identify the physiological functions of food (5 marks)

**QUESTION TWO (20 MARKS)**

a) Explain any five classes of nutrients and identify their primary functions (10 marks)

b) Discuss any five deficiency diseases and indicate the vitamin or mineral that is lacking (10 marks)

**QUESTION THREE (20 MARKS)**

a) Discuss any five cooking methods employed in hospitality industry (10 marks)

b) Explain any five factors affecting digestion (10marks)

**QUESTION FOUR (20 MARKS)**

a) Discuss the factors to consider in maintaining good health in pregnancy (10 marks)

b) Explain the factors that affect food acceptance (10 marks)

**QUESTION FIVE (20 MARKS)**

a) Describe any five lifestyle diseases (10 marks)

b) Explain the factors that lead to HIV/AIDs infections. (10 marks)