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

Date: 12th April, 2022
Time: 8.30 am – 10.30am

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Define the following terms
 - i) Nutrition (1 Mark)
 - ii) Malnutrition (1 Mark)
 - iii) Health (1 Mark)
 - iv) Nutritional status (1 Mark)
 - v) Diet therapy (1 Mark)
 - vi) Essential nutrients (1 Mark)
- b) Giving example in each case, differentiate between macro-nutrients and micro-nutrients (6 Marks)
- c) Outline six limitations and misuse of Required Dietary Allowance. (6 Marks)
- d) Highlight six common reasons why therapeutic diet may be ordered (6 Marks)
- e) Identify six water soluble vitamins listing at least one function for each (6 Marks)

QUESTION TWO (20 MARKS)

- a) Examine four concepts of nutrition (8 Marks)
- b) Explain four factors that may influence food choice of an individual. (8 Marks)
- c) Discuss four reasons why food should be cooked (4 Marks)

QUESTION THREE (20 MARKS)

- a). Assess five food groups with the correct recommended serving (10 Marks)
- b). Analyze five functions of vitamin C in the body (10 Marks)

QUESTION FOUR (20 MARKS)

- a). Explain five factors determining dietary modification (10 Marks)
- b). Evaluate five roles of a dietician (10 Marks)

QUESTION FIVE (20 MARKS)

- a) Discuss the diet planning principles (10 Marks)
- b) Examine five objectives of diet therapy (10 Marks)