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KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT
DHM 1622-DIET THERAPY

Date: 14th August 2023

Time: 8.30am-10.30am

INSTRUCTIONS TO CANDIDATES:

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Differentiate between over nutrition and under nutrition (4 marks)
- b) Explain the three principles of the fruit pyramid (6marks)
- c) Differentiate between essential and non-essential amino acids (4 marks)
- d) Explain the five characteristics of proteins (5 marks)
- e) There are good and bad fats one can consume. Give 5 functions of good fats in our bodies. (5marks)
- f) Diets are modified for various reasons. Give 6 reasons why they are modified (6marks)

QUESTION TWO(20 MARKS)

- a) Briefly explain how carbohydrates spare proteins in providing energy to our bodies (4marks)
- b) *Minerals are required in very small amounts yet they are essential for life. Enumerate factors Affecting Absorption of Iron in the Body* (8marks)
- c) Our body requires nutrients to replace what is lost daily, explain four factors that cause deficiencies even when these nutrients are taken. (8marks)

QUESTION THREE (20 MARKS)

- a) Good nutrition is an important part of a healthy lifestyle. Discuss 4 benefits of good nutrition (8marks)
- b) A diet may need to be altered and adjusted in many ways before it meets the therapeutic needs of an individual patient explain 4 ways diets can be modified/ changed (8marks)
- c) Water is very important in our bodies although not a nutrient, list 4 of its functions (4marks)

QUESTION FOUR (20 MARKS)

- a) Fat soluble vitamins can cause toxicity in our bodies. Outline Symptoms of Hypervitaminosis due to vitamin A. (6marks)
- b) Deficiency of vitamin C leads to one being susceptible to infections etc, A severe deficiency leads to scurvy. outline the symptoms of scurvy (6 marks)
- c) *Iodine is an essential trace element that is a constituent of the thyroid hormones, explain its deficiencies* (8 marks)

QUESTION FIVE (20 MARKS)

- a) Therapeutic diets are necessary for nutrition needs, explain the main purposes of the diet (4 marks)
- b) Beriberi is one of the deficiency diseases treatable by diet, outline 4 symptoms of each type of the disease (8marks)
- c) Kwashiorkor is caused by a lack of protein in the diet, explain how the disease can be treated using a therapeutic diet (8marks)

