



Kasarani Campus  
Off Thika Road  
P. O. Box 49274, 00101  
NAIROBI  
Westlands Campus  
Pamstech House  
Woodvale Grove  
Tel. 4442212  
Fax: 4444175

**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR**  
**FIRST YEAR, FIRST SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT**  
**DHM 1622: DIET THERAPY**

Date: 11<sup>th</sup> April 2024  
Time: 11.30am-1.30pm

**INSTRUCTIONS TO CANDIDATES:**

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

**QUESTION ONE (30 MARKS)**

- a) Explain Five reasons for modifying the diets (5 marks)
- b) A diet may need to be altered and adjusted in many ways before it meets the therapeutic needs of an individual patient. Elaborate Five adaptations of diets (5 marks)
- c) Describe Five factors to consider when modifying a diet (5 marks)
- d) Highlight Five importance of therapeutic diet (5 marks)
- e) Identify Five members of the nutritional team (5 marks)
- f) Tube feeding refers to the delivery of a nutritionally complete food through a tube, explaining 5 risks of tube feeding (5 marks)

**QUESTION TWO (20 MARKS)**

- a) The Dietary Approaches to Stop Hypertension, also known as the DASH diet, is a therapeutic diet used to treat high blood pressure, Discuss (8 marks)
- b) Explain four signs and symptoms of pellagra (8 marks)
- c) State four foods that should be avoided in a bland diet (4 marks)

**QUESTION THREE (20 MARKS)**

- a) Varying factors can cause stress in a patient as they receive treatment in a hospital, elaborate (8 marks)
- b) Obesity is caused by consumption of more food than the body needs, explain four body mass index statements that will help determine an individual's weight (8 marks)
- c) Explain four characterises of a soft diet (4 marks)

**QUESTION FOUR (20 MARKS)**

- a) Various tests can help diagnose diabetes, elaborate (8 marks)
- b) Elucidate four conditions that may lead to kwashiorkor (8 marks)
- c) Highlight four purposes of food in our body (8 marks)

**QUESTION FIVE (20 MARKS)**

- a) Food allergy is an abnormal response to a food triggered by your body's immune system. Explain four ways food allergies can be managed (8 marks)
- b) If a person is HIV negative there are preventive measures, they can use not to contact HIV/AIDS, Discuss (8 marks)
- c) Highlight four conditions that may require parenteral feeding (4 marks)