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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT
YEAR ONE, SEMESTER ONE
DHM 1622 – DIET THERAPY

Date: 13TH December 2024
Time: 2:30PM – 1:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) A diet can be modified to suit an individual's health needs and wants. 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) Individuals have varying disorders and diseases. Describe Five factors to consider when modifying a diet (5 marks)
- d) Therapeutic diets if used well can eliminate the use of medicine in treating certain disease. Highlight Five importance of therapeutic diet (5 marks)
- e) The nutritional team play a very important role in ensuring overall health of patients. Identify Five members of the nutritional team (5 marks)
- f) Tube feeding refers to the delivery of a nutritionally complete food through a tube, explain 5 risks of tube feeding (5 marks)

QUESTION TWO (20 MARKS)

- a) DASH diet, is a therapeutic diet used to treat high blood pressure, Discuss (8 marks)
- b) Pellagra is a disorder that is associated with lack of specific nutrient in the body. Explain four signs and symptoms of pellagra (4 marks)
- c) Write a short paragraph explaining the relevance of insulin in the body (4 marks)
- d) Bland diet is given to a patient with sensitive digestive track. 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) 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) In today's world, people experience various illnesses like diabetes. Various tests can help diagnose diabetes, elaborate (8 marks)
- b) Kwashiorkor is caused by lack of enough protein in the body, Explain four conditions that may lead to kwashiorkor (8 marks)
- c) Diet therapy involves the use of food to eliminate a condition. Highlight four purposes of a good diet in our body (4 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 contract HIV/AIDS, Discuss (8 marks)
- c) Highlight four conditions that may require parenteral feeding (4 marks)