



MASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

SECOND YEAR 1TRIMESTER

**SCHOOL OF PURE APPLIED & HEALTH
SCIENCES**

**DIPLOMA IN FOOD, NUTRITION AND
DIETETICS**

COURSE CODE: DND2102

**COURSE TITLE: INTRODUCTION TO
NUTRITION AND DIETETICS**

DATE: 5TH APRIL, 2022

TIME: 1430-1730

INSTRUCTIONS TO CANDIDATES

- i. This end of year examination consists of three sections; namely section A, B and C.
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions.
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on the piece of papers provided.
- iv. Section C is Long Essay Questions (LEQs). 40 marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and NOT your name on all the pages of your answer sheet.

SECTION A

1. The substance whose deficiency makes it difficult to see things in dim light is
 - A. Opsin
 - B. Rhodopsin
 - C. Acetyl
 - D. Pepsin

2. Which statement about the nutritional impact of alcohol is incorrect?
 - A. Alcohol provides few kilocalories so its consumption may lead people to be deficient in energy
 - B. Alcohol is typically substituted for fat in the diet
 - C. As the percent of kcals from alcohol increases, the risk of vitamin deficiency increases
 - D. Alcohol contains B vitamins so it is an acceptable substitute for grain product

3. Which of the following is NOT a known advantage of fiber in the diet?
 - A. Reduced risk of brain cancer
 - B. Prevents constipation and diarrhea
 - C. Reduces hunger by making you feel full longer
 - D. Reduced risk of colon cancer

4. Which of the following is considered an easily digestible source of protein?
 - A. Egg albumin
 - B. Soya beans
 - C. Fish flesh
 - D. Red meat

5. Anthropometric measures include measure of
 - A. Iron status
 - B. Fluid intake
 - C. Client income
 - D. Weight

6. Which of the following is not the characteristic of the successful dietician?
 - A. Maintaining a daily food journal
 - B. Counting calories
 - C. Adhering to a strict eating plan
 - D. Eliminating all carbohydrates from their diets

7. Which of the following is an energy yielding nutrient?
 - A. Carbohydrates
 - B. Minerals
 - C. Vitamins
 - D. Water

8. What is the main factor causing death in Kenya?
 - A. Drought
 - B. Water and sanitation

- C. Obesity
- D. Poverty

9. The following calories per gram that each macronutrient contains are correct. Which one is not?

- A. Protein 4kcal/g
- B. Water 10kcal/g
- C. Carbohydrate 4kcal/g
- D. Lipids 9kcal/g

10. Which of the following is a trace mineral?

- A. Potassium
- B. Iron
- C. Chlorine
- D. Sulphur

11. Which of the following is not the manifestation of zinc deficiency.

- A. Diarrhea
- B. Dysgeusia
- C. Ulopecia
- D. Rash

12. The nutritional recommendation for a patient transiting from total parenteral nutrition is

- A. Initiate nutrition support
- B. Initiate a regular meal plan
- C. Initiate clear fluids
- D. Initiate a low fiber meal plan

13. Which of the following formulas would you recommend for a patient with head trauma, weight loss and high fever admitted the ICU?

- A. Arginine enriched semi- elemental formula
- B. A calorie rich formula limited in protein
- C. A formula enriched with protein and calories
- D. A low electrolyte formula enriched with energy

14. The most appropriate measurement for assessing nutritional status of women is

- A. Weight
- B. Height
- C. Waist circumference
- D. Hip circumference

15. Which of the following dietary assessment methods is most practical for use in clinical settings?

- A. 24 hour recall
- B. Food frequency questionnaire
- C. Food record
- D. Diet history

16. A 46 year old female who weighs 82 kg and is 158 cm tall is classified as
- Very obese
 - Very overweight
 - Moderate overweight
 - Obese
17. In root words used in introduction to nutrition and dietetics which one is the odd one out?
- Hemo- blood
 - Gastro- stomach
 - Osteo- bone
 - Scopy- gastroscopy
18. Which of the following prefixes is not well matched with its definition.
- Dys- painful
 - Endo- outside
 - Hyper – high
 - Peri- around
19. Which of the following suffix is correctly matched with the example
- Osis-nephrosis
 - Oma-cardiopathy
 - Pathy-splano megally
 - Lasis-carconoma
20. A response of the body's immune system to a food protein.
- Food allergy
 - Medical diet
 - Diabetes mellitus
 - Food intolerance

SECTION B (40 MKS)

INSTRUCTION: ANSWER ALL THE QUESTIONS IN THIS SECTION

- State 5 common signs experienced by the people who are malnourished. (6 mks)
- Define the following terms used in introduction to nutrition and dietetics. (6 mks)
 - Micronutrients
 - Macronutrients
 - Dietetics
 - Calorie
 - A serving
 - Malnutrition
- State 6 specific roles of the nutritionist in the clinical set up. (6 mks)
- State 6 roles of the dietician. (6 mks)
- What are the 5 branches of nutrition? (5 mks)
- State 6 core competencies for entry level of dieticians. (6 mks)

7. Give the scientific names of the following vitamins. (5 mks)

B1

B2

B3

B6

B9

SECTION C

INSTRUCTIONS: ANSWER ANY 2 QUESTIONS IN THIS SECTION

1. a) As a student who is pursuing this career of nutrition and dietetics under the guiding principles/ ethical issues in nutrition and dietetics profession, discuss ten of them. (10 mks)

b) Explain what some of the disciplinary actions for unethical behavior. (10 mks)
2. a) Discuss five standards in nutrition and dietetics profession. (10 mks)

b) Discuss five differentiate between the nutritionist and the dietician 10mks
3. a) Discuss 6 principles of diet planning. (12 mks)

b) Briefly explain the 4 diet planning guide tools. (8 mks)

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