



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
SECOND YEAR FIRST TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH
SCIENCES
DIPLOMA IN FOODS, NUTRITION AND
DIETETICS**

**COURSE CODE: DND 2102
COURSE TITLE: INTRODUCTION TO
NUTRITION AND DIETETICS**

DATE: 6TH DECEMBER, 2023

TIME: 0830-1030

INSTRUCTION TO CANDIDATES

Section A: Multiple Choice Questions. Answer ALL Questions

Section B: Short Answer Questions. Answer ALL Questions

Section C: Long Answer Questions. Answer Question ONE and any other ONE question. *This paper consists of 5 printed pages. Please turn over.*

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS). SELECT THE CORRECT ANSWER.

1. A person who is suffering from high blood pressure should cut down on _____?
 - A sodium
 - B potassium
 - C calcium
 - D magnesium
2. The percentage of total calories obtained from proteins should be between?
 - A 15- 20%
 - B 20-35%
 - C 50-60%
 - D 5-10%
3. A 72- year- old male has been brought to the emergency in a state of coma. The patient is a known alcoholic from the past 10 years. A diagnosis of hepatic encephalopathy has been made. Which of the following nutrient should be avoided so as to reduce the ammonia formation in the body?
 - A Protein
 - B Carbohydrates
 - C Fats
 - D Minerals and vitamins
4. Deficiency of proteins and carbohydrates in infants leads to?
 - A. Obesity
 - B. Rickets
 - C. Scurvy
 - D. Marasmus
5. Night blindness is caused by deficiency of ?
 - A. Vitamin D
 - B. Vitamin C
 - C. Vitamin A
 - D. Vitamin B1

6. Some diseases may sometime play an important role in precipitating the onset of kwashiorkor in already malnourished child. Except?
- A. Gastrointestinal tract infection
 - B. Diarrhea
 - C. HIV/AIDS
 - D. Intestinal worms share the diet and cause other ill- health and poor appetite
7.helps to maintain constant body temperature in our body.
- A. Energy giving foods
 - B. Roughage
 - C. Water
 - D. Vitamins
8. The highest concentration of minerals is found in?
- A. Legs and arms
 - B. None of these
 - C. Skin
 - D. Bones and teeth
9. When the food is directly given in the veins, it is called _____ nutrition.
- A Parenteral
 - B Enteral
 - C Intravenous
 - D Saline
10. When food is given in the stomach or intestines directly then it is _____ nutrition.
- A Intravenous
 - B Saline
 - C Enteral
 - D Parenteral

11.

To overcome diabetes, a person can increase the intake of ___ and reduce the intake of ___?

- A Carbohydrates, proteins
- B proteins, fats
- C fats, carbohydrates
- D carbohydrates, fats

12.

Foods like burger, noodles and pizza are rich in?

- A. Vitamins
- B. Fats
- C. Carbohydrates
- D. Proteins

13.

The disease caused by iron deficiency is?

- A. Scurvy
- B. Anaemia
- C. Rickets
- D. Marasmus

14.

Which of the following statements is true about contamination?

- A. Contamination is caused by the entry of germs by an insect bite
- B. Contamination is caused by the entry of germs by an animal bite
- C. Contamination is caused by the entry of germs into drinking water or edible foods.
- D. None of the above

15.

Which of the following factors is necessary for a healthy person?

- A. Vaccination
- B. Balanced diet
- C. Personal hygiene
- D. All of the above

16.

Which of the following is the main cause for transmission of the Hiv virus?

- A. The bite of a mosquito
- B. Sharing drug needles
- C. Drinking contaminated water
- D. All of the above

17.

A diet high in saturated fats can be linked to the following?

- A. Anorexia
- B. Kidney failure
- C. Cardiovascular diseases
- D. Bulimia

18.

A (n).....is a unit of energy that indicates the amount of energy contained in food

- A. Label
- B. Food guide pyramid
- C. Basket
- D. Calorie

19.

The oils subgroup contributes to;-

- A. kilocalories and vitamin E only
- B. vitamin A and minerals
- C. carbohydrates and Albumin
- D. vitamin D and kilocalories

20. Nutrient that may be insufficient in a vegetarian diet?

- A. Magnesium
- B. Iron
- C. Vitamin A
- D. Selenium
- E. Calorie

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. State four (4) advantages of learning this unit
4mks
2. Distinguish between skills and competences.
4mks
3. Outline four (4) purpose of standards and ethics of professional conduct
4mks
4. Outline four (4) principles of planning a diet of a patient
4mks
5. Highlight four (4) deficiency diseases on their causes and food sources that can prevent them.
4mks
6. Identify four (4) strategies that KNDI can promote/increase job enrolment for her members.
4mks
7. Describe four (4) disciplinary action that KNDI can take to any member guilt of their enlisted offences
4mks.
8. Specify two (2) factors to consider when choosing and planning meals for an individual.
2mks.

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. Discuss five different skills in nutrition and dietetics.
20mks
2. a. Discuss five (5) International Code of Good Practice for nutritionists and dieticians.
15mks
b. Enumerate five (5) preventive measures of non-communicable diseases
5mks
3. a. Discuss four (4) factors affecting the recommended dietary allowances (RDA)
8mks
b. Describe factors that affect nutrient intake
12mks

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