



MAASAI MARA UNIVERSITY

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

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

**COURSE CODE: FND 2231
COURSE TITLE: NUTRITION IN DISEASE
MANAGEMENT II**

DATE: 17TH APRIL, 2024

TIME: 1430-1630HRS

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 6 printed pages. Please turn over.

FND 2231: Nutrition in Disease Management II

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

1. Identify an unpreventable cause of chronic disease from the choices below.
 - A. Poor nutrition
 - B. Advancing age
 - C. Decreased physical activity
 - D. Tobacco use
2. Severe acute malnutrition in young children is defined as:
 - A. Weight-for-age Z score < -3
 - B. Height-for-age Z score < -3 and oedema
 - C. Height-for-age Z score < -3 or weight-for-height Z score < -3 or oedema
 - D. Height-for-age Z score < -3 or weight-for-age Z score < -3 or oedema
3. Deficiency of vitamin A in children causes?
 - A. Goitre
 - B. Poor cognitive development
 - C. Poor bone growth
 - D. Increased risk of mortality
4. Which of the following could lead to iodine deficiency??
 - A. Low intake of fruits and vegetables
 - B. Intake only of locally grown food in central Africa
 - C. Insufficient caloric intake
 - D. Inadequate sunlight exposure
5. Deficiencies of which of the following nutrients can lead to anaemia??
 - A. Iodine and vitamin C
 - B. Copper and iron
 - C. Zinc and protein
 - D. Vitamin D and zinc
6. When food is given directly into the veins it is called??
 - A. Parenteral nutrition
 - B. Enteral nutrition
 - C. Gastrostomy
 - D. Ileostomy
7. Which of the following will be included in diabetic menu?
 - A. Natural honey
 - B. Artificial sweeteners
 - C. White rice
 - D. Fatty beef
8. When food is given directly into the stomach or intestines it is called?
 - A. Colostomy
 - B. Ileostomy
 - C. Enteral nutrition
 - D. Palliative care
9. A person who has had a renal transplant should regulate intake of?

FND 2231: Nutrition in Disease Management II

- A. Protein
 - B. Fats
 - C. Vitamins
 - D. Carbohydrates
10. When one has constipation, they should eat more of?
- A. Water, vegetables and fruits
 - B. Fast foods
 - C. Avoid salty foods
 - D. Eat small quantities of foods
11. To be able to cut weight, one should?
- A. Take a caloric deficit diet
 - B. Take foods less often but in large portions
 - C. Exercise less and eat less
 - D. It is not possible to lose weight
12. BMI measures the nutrition status but it is not applicable in?
- A. Women
 - B. Infants
 - C. Adults aged between 30 - 40 years
 - D. Old age
13. For cancer patients they should eat
- A. High protein low salt
 - B. High energy low fat
 - C. High protein high energy
 - D. High fiber and more water
14. Those suffering from dementia should be given a diet rich in
- A. Magnesium
 - B. Sodium
 - C. Calcium
 - D. Potassium
15. A person suffering from hypertension should cut on
- A. Magnesium
 - B. Sodium
 - C. Calcium
 - D. Potassium
16. Long periods of parenteral nutrition is not recommended because
- A. It increases toxicity of blood
 - B. It puts pressure on the heart
 - C. It puts pressure on the kidney
 - D. It causes the GIT to degenerate
17. Choose the INCORRECT statement about BMR
- A. BMR increases in warm climates
 - B. BMR is directly related to the surface area
 - C. BMR is inversely related to age

FND 2231: Nutrition in Disease Management II

D. People with high BMR tend to be skinny

18. The percentage of total calories to be obtained from carbohydrates should be.

A. 80 – 100%

B. 25 – 30%

C. 50 – 60%

D. 12 – 15%

19. Which of the following symptoms is not associated with marasmus?

A. Watery diarrhea with acid stools

B. Subnormal temperature

C. Visible peristalsis from thin abdominal walls

D. Generalized edema

20. Which of the following has the highest glycemic index?

A. Dextrose

B. Ice cream

C. Bread

D. Cucumber

FND 2231: Nutrition in Disease Management II

SECTION B: SHORT ANSWER QUESTION (ANSWER ALL THE QUESTIONS).

1. Describe the role of nutrients in disease pathology. (5marks)
2. Write short notes on nutrition and the immune system. (5marks)
3. Explain the aim of nutrition management in PUD. (5marks)
4. Describe a bland diet. 4 marks
5. What are symptoms associated with dumping syndrome? (6marks)
6. Describe a model plate for a diabetic patient. (5marks)
7. Explain the nutritional management for hypertension. (6marks)
8. What are the special concerns for burns patients? (4marks)

FND 2231: Nutrition in Disease Management II

SECTION C: LONG ANSWER QUESTIONS (ANSWER ANY 2 QUESTIONS)

1. Discuss the general risk factors for cardiovascular diseases. (20marks)
2. Describe both preoperative and postoperative nutritional care. State at least 10 points and explain. (20marks)
3. Write an essay on parenteral nutrition. (20marks)

//END