

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN
NUTRITION AND DIETETICS**

HNDS 131: INTRODUCTION TO NUTRITION AND DIETETICS

STREAMS: BSC NDS

TIME: 2 HOURS

DAY/DATE: FRIDAY 13/12/2019

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Answer ALL questions**

SECTION I: ANSWER ALL QUESTIONS PROVIDED (40 MARKS)

1. Define the following terms; (6 marks)
 - (a) Nutrition
 - (b) Nutrigenomics
 - (c) Assessment
 - (d) Fitness to practice
 - (e) Professional autonomy
 - (f) Standard of professional practice
2. Giving practical examples, describe the difference between the following terms, “reflection on action” and “reflection in action”. (4 marks)
3. Explain the overlapping roles and responsibilities of nutritionists and dietitians. (3 marks)
4. Outline the three mandatory cluster subjects required for one to be admitted to a bachelor in nutrition and dietetics programme. (3 marks)
5. Describe three characteristics of a “proficient” nutritionist in the Dreyfus Model of Skill acquisition. (3 marks)

6. Explain what the following competencies that are necessary for a competent dietitian mean. (3 marks)
 - (a) Critical thinking
 - (b) Social perceptiveness
 - (c) Customer and personal

7. Describe how dietitians relate with allied health professionals in a clinical setting. (3 marks)

8. Name three competencies that a professional dietitian adhering to the first standard of “professional practice” should possess. (3 marks)

9. Describe the following ethical principles as used in the Nutrition and Dietetics profession. (4 marks)
 - (a) Autonomy
 - (b) Beneficence
 - (c) Justice
 - (d) Non-Maleficence

10. Describe three emerging issues in the Nutrition and Dietetics Profession. (6 marks)

11. Briefly describe the contribution of the following scientist to the history and growth of the nutrition and dietetics profession. (2 marks)
 - (a) Casimir Funk
 - (b) Sir Edward Mellanby

SECTION B (30 MARKS)

1. Describe five areas of practice that dietitians may choose to specialize in. (15 marks)
 2. Describe the code of ethics for the profession of dietetics. (15 marks)
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