

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**FOURTH YEAR EXAMINATION FOR THE AWARD OF DEGREE
OF BACHELOR OF TOURISM MANAGEMENT AND BACHELOR OF HOTEL
MANAGEMENT**

BTOM 441: DIETETICS MANAGEMENT

STREAMS: BTHM & (Y4S1)

TIME: 2 HOURS

DAY/DATE: MONDAY 09/12/2019

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- Answer **ALL** questions in section A and any **TWO** questions in section B
- Do not write anything on the question paper

SECTION A (30 MARKS)

1. Giving reasons, identify possible dietary indications for the following health conditions:

[6

marks]

- Post operation
 - Ulcers
 - Renal failure
2. Give one main reason why it is important not to take a protein as the only diet [2 marks]
3. Explain the important role that foods of low glycemic index play on health [4 marks]
4. Explain the following terms:
- Complementary proteins
 - High density lipoproteins
 - Non-essential amino acids

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5. Describe six components of a diet aimed at preventing or managing hypertension [6 marks]

6. Explain health effects of the following: [6 marks]
- (a) A low carbohydrate diet
 - (b) Giving low protein diet to a child continuously
 - (c) Diet lacking low density lipoproteins

SECTION B (40 MARKS)

7. Discuss the health implications of the following diets: [20 marks]
- (a) Low fibre diet
 - (b) High calorie diet
 - (c) High fibre diet
 - (d) High fat diet

8. (a) As the head of the production unit, you have been asked to plan one week menu for your healthy customers. Discuss six guidelines you will follow in this activity

[12 marks]

- (b) Explain how a chef would help a customer whose blood sugar levels are not normal [8 marks]

8. (a) Explain why a Chef should always ensure meals prepared are rich in vitamin A [10 marks]

- (b) Discuss five conditions for a chef to ensure they always prepare a meal which will promote the health of their customers [10 marks]