

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

**EXAMINATION FOR AWARD OF DIPLOMA OF SCIENCE IN HUMAN
NUTRITION AND DIETETICS**

HNDS 0141: DIET THERAPY 1

STREAMS: DIP. HNDS Y1S2

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 16/04/2025

8.30 A.M. – 10.30 A.M.

INSTRUCTIONS:

- Answer **all** questions in section A, B and C
- Do **NOT** write anything on the question paper
- No use of phones and unauthorized materials

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. A high protein high calorie diet is prescribed for patients with?
 - A. Kwashiorkor
 - B. Kidney disorders
 - C. Cancer
 - D. Burns
2. Which of the following is the first step in the Nutrition Care Process?
 - A. Diagnosis
 - B. Intervention
 - C. Etiology
 - D. Assessment
3. A clear liquid diet should not continue for more than?
 - A. 4-6 Hours
 - B. 6-8 Hours
 - C. 10-16 Hours
 - D. 24- 48 Hours
4. What is the primary purpose of code of ethics for dietitians?
 - A. Ensuring profit maximization
 - B. Protecting patient confidentiality
 - C. Promoting competitive practices
 - D. Encouraging self-promotion

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5. What is the key component of patient education in the Nutrition Care Process
 - A. Identifying areas of need
 - B. Evaluating dietary trends
 - C. Providing information and guidance to patients
 - D. Prescribing dietary recommendations
6. Which of the following is NOT a clinical symptom of obesity?
 - A. Increased waist circumference
 - B. Elevated BMI
 - C. Decreased risk of cardiovascular diseases
 - D. Presence of metabolic syndrome
7. What is the primary indicator used in assessing diarrhea
 - A. Increased bowel movements
 - B. Normal hydration levels
 - C. Lower abdominal pains
 - D. Reduced stool frequency
8. Which of the following is a contraindication to enteral nutrition?
 - A. Intestinal blockage
 - B. Difficulty swallowing
 - C. Malnutrition
 - D. Poor appetite
9. One of the basic factors to consider when planning diets for intestinal disorders is
 - A. The ability of the individual to take in the appropriate diet
 - B. The nutrition state of the individual
 - C. The ability of the absorptive mechanisms to take in food nutrients for circulation
 - D. The actual nutrition needs of the individual
10. The backflow of food materials from the stomach to the esophagus is referred to as
 - A. Gastritis
 - B. Gastroesophageal reflux
 - C. Esophagitis
 - D. Esophageal reflux
11. Of the following statements, which one clearly describes a very low birth weight infant?
 - A. An infant born with a birth weight below 2500 grams
 - B. An infant born with a birth weight below 2000 grams
 - C. An infant born with a birth weight below 1500 grams
 - D. An infant born with birth weight of below 1000 grams
12. Which dietary recommendation is typically suggested for managing constipation?
 - A. Low fiber diet
 - B. High fat diet
 - C. Increased fiber intake
 - D. Limiting water intake

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13. What factor is NOT associated with being underweight?
 - A. Low BMI
 - B. Reduced muscle mass
 - C. Increased risk of metabolic syndrome
 - D. High metabolic rate
14. Which aspect guides therapeutic diets for lactose intolerance?
 - A. Increasing dairy consumption
 - B. Limiting dairy products
 - C. Promoting high lactose diets
 - D. Encouraging fermented foods
15. Which one of the following describes an inborn error of iron metabolism due to excessive iron absorption and accumulation in the liver?
 - A. Carnitine transporter deficiency
 - B. Hemochromatosis
 - C. Galactosemia
 - D. Hypertyrosinemia
16. Which of the following BMI ranges describes an obese class 1 individual?
 - A. BMI 30.0- 34.9 KG/M²
 - B. BMI 18.5- 24.5 KG/M²
 - C. BMI 25- 29.9 KG/M²
 - D. BMI 35.5- 39.9 KG/M²
17. Enteral formulas with high protein content may not be well tolerated in patients with
 - A. Renal disorders
 - B. Gastrointestinal disorders
 - C. Neurological disorders
 - D. Respiratory disorders
18. The diet planning principle that provides all the essential nutrients in sufficient amounts to support health is
 - A. Balance
 - B. Variety
 - C. Adequacy
 - D. Moderation
19. Which of the following is a macronutrient?
 - A. Fat
 - B. Riboflavin
 - C. Iron
 - D. Thiamine
20. A person who chooses a chicken leg that provides 0.5 milligram of iron 95 kcalories instead of two tablespoons of peanut butter that also provides 0.5 milligram of iron but 188kcalories is using the principle of nutrient:
 - A. Control
 - B. Density
 - C. Adequacy
 - D. Moderation

SECTION B: SHORT ANSWER QUESTIONS (20 Marks)

1. Outline two indications of a low protein diet (2 marks)
2. Differentiate between normal and therapeutic diet (4 marks)
3. State three indications for enteral nutrition support (3 marks)
4. Outline two symptoms of dehydration from diarrhea in children (2 marks)
5. Highlight three examples of inborn errors of metabolism (3 marks)
6. State three symptoms of food allergies (3 marks)
7. State three problems one would encounter while feeding an infant with a cleft lip and palate (3 marks)

SECTION C: LONG ANSWER QUESTION (30 Marks)

1. Explain five ways of preventing diarrhea in tube fed patients (10 marks)
 2. Discuss the roles of nutritionists and dietitians in the well-being of an individual (10 marks)
 3. Explain the factors that contribute to peptic ulcers and the nutrition therapy of the peptic ulcers disease (10 marks)
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