



UNIVERSITY EXAMINATIONS

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

HNDS 351: NUTRITION IN DISEASE MANAGEMENT 1

STREAMS:

TIME: 2 HOURS

DAY/DATE: THURSDAY 19/12/2024

8.30 P.M – 10.30 P.M

INSTRUCTIONS:

- Answer **ALL** questions
- Do not write anything on the question paper
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Which nutrient is crucial in the management of osteoporosis?
 - a. Sodium
 - b. Calcium
 - c. Iron
 - d. Zinc
2. What does the term “metastasis” refer to in cancer?
 - a) Formation of a benign tumor
 - b) Shrinkage of a tumor
 - c) Spread of cancer cells to other parts of the body
 - d) A non-cancerous growth
3. Which type of diet is recommended for patients with diabetes mellitus?
 - a. High-fat diet
 - b. Controlled-carbohydrate diet
 - c. High-protein diet
 - d. Low-calorie diet
4. For patients with heart disease, what is the main dietary goal?
 - a. Increase saturated fats
 - b. Reduce cholesterol and trans fats
 - c. Increase sodium
 - d. Increase sugar
5. Which food group is emphasized in a diet for managing hyperlipidemia?
 - a. Processed meats
 - b. Full-fat dairy

- c. Fruits and vegetables
 - d. Refined grains
6. Which treatment involves the use of high-energy rays to target cancer cells?
- a) Chemotherapy
 - b) Radiation therapy
 - c) Immunotherapy
 - d) Targeted therapy
7. What is a key nutritional recommendation for managing chronic kidney disease (CKD)?
- a. Restrict protein intake
 - b. Increase potassium intake
 - c. Increase phosphorus intake
 - d. Reduce fiber intake
8. For patients with iron-deficiency anemia, which nutrient should be increased?
- a. Calcium
 - b. Sodium
 - c. Iron
 - d. Vitamin D
9. Which nutrient is essential for managing osteoporosis?
- a. Iron
 - b. Calcium
 - c. Sodium
 - d. Potassium
10. In the management of inflammatory bowel disease (IBD), what should be limited during flare-ups?
- a. Fat
 - b. Fiber
 - c. Protein
 - d. Water
11. Which of the following is a major dietary recommendation for managing hypertension?
- a. High-sodium foods
 - b. Reduced-sodium intake
 - c. High-fat foods
 - d. Low-fiber foods
12. For patients with lactose intolerance, which dairy alternative is recommended?
- a. Lactose-free milk
 - b. Whole milk
 - c. Heavy cream
 - d. Butter
13. For patients with chronic obstructive pulmonary disease (COPD), which dietary approach is recommended?
- a. Small, frequent meals
 - b. High-sugar diet

- c. High-carbohydrate diet
 - d. Low-protein diet
14. Which of the following is an important nutritional consideration in managing heart failure?
- a. Increase in sodium intake
 - b. Fluid restriction
 - c. High-fat intake
 - d. Increased protein intake
15. In the dietary management of stroke prevention, which nutrient is crucial?
- a) Potassium
 - b) Fiber
 - c) Calcium
 - d) Vitamin B12
16. For patients with high cholesterol, which food should be avoided?
- a) Butter
 - b) Olive oil
 - c) Almonds
 - d) Fish
17. Which of the following nutrients is important in managing fatigue in patients with cancer?
- a) Protein
 - b) Fats
 - c) Carbohydrates
 - d) Sodium
18. What is a common nutritional deficiency in patients with short bowel syndrome (SBS)?
- a) Vitamin C
 - b) Vitamin B12
 - c) Calcium
 - d) Vitamin E
19. Which of the following is a primary dietary concern for patients with peptic ulcers?
- a) Avoiding spicy foods and caffeine
 - b) Increasing dietary fiber
 - c) Consuming more citrus fruits
 - d) Reducing water intake
20. Why is food safety particularly important for individuals with HIV/AIDS?
- a. To reduce calorie intake
 - b. To prevent foodborne infections due to a weakened immune system
 - c. To promote faster weight loss
 - d. To avoid nutrient deficiencies

SECTION B: SHORT ANSWER QUESTIONS (20 MARKS)

1. Define the following terms as used in nutrition

- a) Nutrition (2 marks)
- b) Food (2 marks)
- 2. Explain any two predisposing factors to diabetes type 2 (4 marks)
- 3. State four aims of nutrition management in peptic ulcers. (4 marks)
- 4. Distinguish between nephrotic syndrome and acute renal failure (4 marks)
- 5. Distinguish between carcinoma and sarcoma (4 marks)

SECTION C: LONG ANSWER QUESTIONS (30 MARKS)

- 1. Peter 50 years old man has been diagnosed with stomach cancer. Describe any four main cancer treatment options for cancer patients. (10 marks)
- 2. Describe the dietary consideration for a dialysis patient. (10 marks)
- 3. Mary has been complaining of stomach pain. Two weeks ago, she was diagnosed with chronic gastritis. As a nutritionist describe the dietary management of her condition. (10 marks)
