

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

HNDS 332: GENERAL DIETETICS

STREAMS: HNDS

TIME: 2 HOURS

DAY/DATE: MONDAY 16/12/2024

8.30 A.M. – 10.30 A.M.

SECTION A: MULTIPLE CHOICE QUESTIONS [ONE MARK EACH] [10 MARKS]

1. Which of the following is the indigestible portion of the diet but essential to the gastrointestinal tract?

- a) Carbohydrate
- b) Protein
- c) Roughage
- d) fats

2. Vegetarian Diet includes the following except?

- a) Eggs
- b) Nuts
- c) Fruits
- d) Liver

3 Which of the following statements is not true?

- a) Vegan diets are likely to be deficient in protein
- b) Cereals are deficient in lysine
- c) Legumes are deficient in methionine
- d) Dairy products are rich source of tryptophan

4. Which of the following mineral is mainly associated with building strong bones and teeth?
- a) Calcium
 - b) Sodium
 - c) Iron
 - d) None of the above
5. Which of the following is the main reason why the body need vitamins and minerals?
- a) For energy
 - b) To carry out metabolic reactions
 - c) To insulate the body organs
 - d) All the above
6. What is the definition of obesity?
- a) BMI = 21 kg/m²
 - b) BMI = 25 kg/m²
 - c) BMI >29.9 kg/m²
 - d) BMI 25-30 kg/m
7. Which of the following disease is not associated with obesity?
- a) Type 2 diabetes
 - b) Tuberculosis
 - c) Cardiovascular disease
 - d) All of the options given are correct
8. What is the average caloric requirement of an adult per day?
- a) 1250 kcal/day
 - b) 1350 kcal/day
 - c) 1525 kcal/day
 - d) 2100 kcal/day

9. What is leptin resistance?
- a) Deficiency of leptin caused by a mutation in the leptin gene
 - b) Lack of leptin release from the adipose tissue
 - c) High concentrations of leptin without reduction in energy intake
 - d) Low concentrations of leptin with increased energy intake
10. Which of the following disease is caused by iron deficiency?
- a) Anaemia
 - b) Malaria
 - c) Rabies
 - d) Cholera

SECTION B: SHORT ESSAY QUESTIONS [30 MARKS]

- 1. Outline five gastrointestinal complications in tube feeding (5 marks)
- 2. Identify four (4) indications of low protein diet. (4 marks)
- 3. State 2 characteristics and 3 examples of a clear Liquid diet. (5 marks)
- 4. Highlight four indications of a low sodium diet (4 marks)
- 5. Outline four indications of enteral nutrition. (4 marks)
- 6. Recall five aspects of prevention/management of pulmonary aspiration (5 marks)
- 7. Recall 3advantages of enteral nutrition. (3 marks)

SECTION C: LONG ESSAY QUESTIONS [30 MARKS]

- 1. Discuss five components of nutrition assessment. [10 Marks]
 - 2. Explain nutrition interventions in the management and prevention of lifestyle diseases. [10 Marks]
 - 3. Explain five principles governing meal planning. [10Marks]
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