

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

HNDS 0333: FOOD FOR INVALIDS AND CONVALESCENTS

STREAMS: DIPLOMA HNDS

TIME: 2 HOURS

DAY/DATE: MONDAY 16/12/2024

8.30 A.M – 10.30 A.M.

INSTRUCTIONS:

- **ALL QUESTIONS ARE COMPULSORY**
- **THE PAPER HAS THREE SECTIONS**
- **DO NOT WRITE ANYTHING ON THE QUESTION PAPER**
- **THE PAPER WILL TAKE TWO HOURS**

SECTION A: MULTIPLE ANSWER QUESTIONS (10 MARKS)

1. Why should spicy foods be avoided for invalids and convalescents
 - a) They can cause dehydration
 - b) They can upset the digestive system
 - c) They are too high in calories
 - d) They are difficult to digest

2. Which type of diet is most suitable for convalescents?
 - a) High-fat diet
 - b) Soft and easily digestible diet
 - c) High-sugar diet
 - d) Spicy diet

3. Why should fluids be included in meals for invalids?
 - a) To increase calorie intake
 - b) To prevent dehydration
 - c) To add flavor to meals
 - d) To improve digestion

4. Which nutrient is particularly important for wound healing in invalids?
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin D
 - d) Vitamin E

5. What type of foods should be avoided for invalids?
 - a) High-fiber foods
 - b) High-protein foods
 - c) High-calorie foods
 - d) Low-fat foods

6. Why should high-fiber foods be limited in the diet of invalids?
 - a) They are low in calories
 - b) They can cause digestive discomfort
 - c) They are high in fat
 - d) They are low in nutrients

7. What type of meal plan is ideal for invalids and convalescents?
 - a) High-fat, low-protein diet
 - b) Balanced diet with a variety of nutrients
 - c) Low-carb, high-sugar diet
 - d) High-protein, low-calorie diet

8. Which of the following beverages is recommended for convalescents?
 - a) Coffee
 - b) Carbonated sodas
 - c) Herbal tea
 - d) Alcoholic drinks

9. Why are vitamin-rich foods important for convalescents?
 - a) They increase calorie intake
 - b) They support overall health and recovery
 - c) They add variety to the diet
 - d) They are high in fat

10. Which of the following foods can help improve digestive health in invalids?
 - a) Yogurt with probiotics
 - b) Processed cheese
 - c) Fried fish
 - d) Candy

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. State five (5) types of food that are beneficial for convalescents. (5 marks)
2. State five (5) roles of fluids in the diet of invalids. (5 marks)
3. State five reasons why high-fiber foods should be limited in the diet of convalescents. (5 marks)
4. State five (5) benefits for frequent meals for invalids and convalescents. (5 marks)
5. State five (5) reasons why soups are often recommended for invalids. (5 marks)
6. State five (5) potential benefits of including probiotic foods in the diet of convalescents (5 marks)

SECTION C: LONG ANSWER QUESTIONS (30 MARKS)

1. Explain why a balanced diet is important for convalescents. (10 marks)
 2. Describe the characteristics of a suitable diet for someone recovering from surgery. (10 marks)
 3. Discuss the benefits of providing small, frequent meals to convalescent. (10 marks)
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