



MACHAKOS UNIVERSITY

University Examinations for 2021/2022

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FIRST YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (FOOD, NUTRITION AND DIETETICS)

HFN 140: INTRODUCTION TO FOOD, NUTRITION AND DIETETICS

DATE: 1/2/2022

TIME: 8:30 – 10:30 AM

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- The question is compulsory
- The question is 30 marks

QUESTION ONE (30 MARKS)

- Define the following terms:
 - Nutrition
 - Dietetics (3 marks)
- Outline the characteristics of Food, Nutrition and Dietetics as a profession. (3 marks)
- Highlight the contributions of Dr. James Lind to the growth of Nutrition. (3 marks)
- Outline the importance of code of ethics for Food, Nutrition and Dietetics professionals. (3 marks)
- Explain ethical considerations in individual food choices. (3 marks)
- Highlight the benefits of interprofessional relationships in the practise of nutrition and health. (3 marks)
- Food composition tables are the basis of the science of Nutrition. Explain their historical development. (3 marks)
- Explain the purpose of Kenya Nutritionists and Dieticians Act (2007). (3 marks)

- i) Outline challenges in Nutrition research and practice. (3 marks)
- j) Explain the role of food, nutrition and health in addressing malnutrition in developing countries. (3 marks)

SECTION B:

Specific Instructions

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

QUESTION TWO (20 MARKS)

- a) Grace is a newly employed Nutritionist at Kenyatta National Hospital, describe roles and responsibilities likely to be assigned to her. (10 marks)
- b) Describe the evolution of Nutrition and Dietetics as a profession, whereas highlighting the major milestones. (10 marks)

QUESTION THREE (20 MARKS)

- a) David is in charge of the Nutrition Department in Kiambu County, he receives complains from the Public Health Department on the conduct of the Nutritionists under him. Identify and explain professional related factors that may be contributing to this. (10 marks)
- b) Explain the role of Kenya Nutrition and Dietetics Institute (KNDI) in the regulation of Nutrition and Dietetics profession. (10 marks)

QUESTION FOUR (20 MARKS)

- a) You are preparing a speech on areas of speciality practice in the field of Food, Nutrition and Dietetics. Describe the content of your presentation. (10 marks)
- b) COVID-19 pandemic is a contemporary issue in Food, Nutrition and Dietetics. Discuss. (10 marks)

QUESTION FIVE (20 MARKS)

- a) You have been hired by Company X that has set up a Nutrition wellness clinic for its workforce. Explain ethical principles that you would observe in carrying out your day-to-day duties. (10 marks)
- b) Explain the barriers in implementation of policy actions in addressing Nutrition professional related issues in Kenya. (10 marks)