



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

DIRECTORATE OF TVET

SECOND YEAR FIRST TERM EXAMINATION FOR
DIPLOMA IN CATERING AND ACCOMODATION

DIETTHERAPY

DATE: 21/7/2022

TIME: 2:30 – 5:30 PM

INSTRUCTIONS

Answer all questions in section A

SECTION A (20 MARKS)

- 1 a) Define the following terms
- i. Diet therapy
 - ii. Malnutrition
 - iii. Nutrition
 - iv. Diet (4 marks)
- b) Highlight six objectives' of diet therapy (6 marks)
- c) Factors to consider in planning diet therapy (10 marks)

SECTION B (80 MARKS) ANSWER ANY FOUR QUESTIONS FROM THIS SECTION

- 2 a) Explain three types of diet (6 marks)
- b) Enumerate four components of a nursing bag (4 marks)
- c) Describe feeding methods used in the hospital (10 marks)
- 3 a) Explain eight diet patterns that help reduce considerably the risk of developing cancer (8 marks)
- b) Enumerate two examples of soft diet (2 marks)
- c) Explain five functions of liver in the body (10 marks)
- 4 a) Explain diet modification for cardiovascular diet (10 marks)

- b) Explain factors to consider in preparation for the visit in home nursing (10 marks)
- 5 a) Explain effects of drugs on food intake in diet therapy (10 marks)
- b) Explain importance of the feeding methods (10 marks)
- 6 a) Explain causes of stress experienced by patients in the hospital (10 marks)
- b) Describe five measures taken to prevent spread of HIV and AIDS in Kenya (10 marks)