



MACHAKOS UNIVERSITY

University Examinations for 2021/2022 Academic Year

DIRECTORATE OF TVET

SECOND YEAR FIRST TERM EXAMINATION FOR

DIPLOMA IN FOOD AND BEVERAGE

NUTRITION, DIET THERAPY AND HOME NURSING

DATE: 21/7/2022

TIME: 2:30 – 5:30 PM

INSTRUCTIONS

Answer All Questions In Section A

SECTION A (20 MARKS)

- 1 a) Identify four sources of thiamine (2 marks)
- b) Highlight six objectives' of diet therapy (6 marks)
- c) Describe two micro-organisms that cause food spoilage (4 marks)
- d) Explain four essentials of sickroom (8 marks)

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

- 2 a) Explain the meaning of term diabetes mellitus (2 marks)
- b) Describe the four types of diabetes mellitus (8 marks)
- c) As a nutritionist in hospital advise a patient with high blood pressure on diet modification (10 marks)
- 3 a) State four factors that dietary requirements of an individual (4 marks)
- b) Enumerate six factors leading to vegetarian in the society (6 marks)
- c) Explain FOUR stages when an increase in protein intake is necessary (8 marks)
- d) Explain two principles of diet therapy for patients with heart diseases (2 marks)
- 4 a) Differentiate between micro and macro nutrients (4 marks)
- b) Enumerate SIX points on the importance of home nursing (6 marks)

- c) Explain six causes of anemia among women (10 marks)
- 5 a) Highlight four skill a home nurse should poses (4 marks)
- b) Describe three measures to reduce the risk of staphylococcus aureus poisoning (6 marks)
- c) Explain five duties of a home nurse (10 marks)
- 6 a) State FIVE reasons for good ventilation in a sick room (5 marks)
- b) Highlight FIVE preventive measures to observe when home nursing (5 marks)
- c) Explain the meaning of the term opportunistic diseases in relation to HIV and Aids (2 marks)
- d) Describe FOUR measures taken to prevent spread of HIV and AIDS in Kenya (8 marks)