

2916/104

**DIET THERAPY I,
PRINCIPLES OF HUMAN NUTRITION,
INTRODUCTION TO NUTRITION AND
DIETETICS, ANATOMY AND PHYSIOLOGY**

June/July 2023

Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

DIPLOMA IN NUTRITION AND DIETETICS

MODULE I

**DIET THERAPY I, PRINCIPLES OF HUMAN NUTRITION,
INTRODUCTION TO NUTRITION AND DIETETICS,
ANATOMY AND PHYSIOLOGY**

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any THREE questions from section B in the answer booklet provided.

Each question in section A carries 4 marks, while each question in section B carries 20 marks.

Maximum marks for each part of a question are indicated.

Candidates should answer the questions in English.

This paper consists of 3 printed pages.

**Candidates should check the question paper to ascertain that
all the pages are printed as indicated and that no questions are missing.**

SECTION A (40 marks)

Answer ALL the questions in this section.

1. Explain the meaning of the following terms:
 - (a) nutrient supplement; (2 marks)
 - (b) nutrition support. (2 marks)
2. State **four** ways in which the presence of food in the gastrointestinal tract may reduce drug absorption. (4 marks)
3. Distinguish between acute gastritis and chronic gastritis. (4 marks)
4. Explain the following properties of starch;
 - (a) gelatinization; (2 marks)
 - (b) taste. (2 marks)
5. Differentiate between transfat and hydrogenated fat. (4 marks)
6. Describe **two** forms of vitamin B₁ deficiency. (4 marks)
7. Explain **two** factors that influence nutrient utilization in the body. (4 marks)
8. Explain the meaning of the following reference values.
 - (a) recommended dietary allowance; (2 marks)
 - (b) tolerable upper level limit. (2 marks)
9. Identify **four** organs of the skeletal system. (4 marks)
10. State **four** functions of the urinary system. (4 marks)

SECTION B (60 marks)

*Answer any **THREE** questions from this section.*

11. (a) Examine **five** causes of involuntary weight loss for individuals. (10 marks)
- (b) Explain **five** functions of Vitamin C in the body. (10 marks)
12. (a) Explain **five** factors that predispose individuals to anaemia. (10 marks)
- (b) Examine **five** enzymes used in the digestion process. (10 marks)
13. (a) Describe **five** features of puberty in females. (10 marks)
- (b) Explain **five** dietary modifications that involve alteration of nutrient intake in the body. (10 marks)
14. (a) Explain **three** factors that determine how much of an ingested nutrient is absorbed. (6 marks)
- (b) Explain the role of any **three** layers of the skin. (6 marks)
- (c) Examine **five** ways in which a nutrition practitioner can exhibit competence in their nutrition practice. (8 marks)
15. (a) Explain **four** ways of minimizing colic in breast fed infants. (8 marks)
- (b) Enumerate **four** contra-indications of enteral feeding (4 marks)
- (c) Explain **four** functions of the nervous system. (8 marks)

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