



TECHNICAL UNIVERSITY OF MOMBASA
Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT
(DHIM J13)

BHC 2304: DIET THERAPY

SPECIAL/SUPPLEMENTARY EXAMINATIONS

SERIES: FEBRUARY 2015

TIME: 2 HOURS

INSTRUCTIONS:

- This paper consists of Sections **A** and **B**.
- Section **A** is **Compulsory**. Answer any **TWO** questions in Section **B**.
- Mobile phones are not allowed into the examination room.
- Cheating leads to disqualification.
- *This paper consists of Two printed pages.*

SECTION A (Compulsory) 30 Marks

QUESTION 1

- a) Describe the various states of nutritional health. **(6 marks)**
- b) What are the purposes of diet therapy? **(5 marks)**
- c) State the various hospital diets. **(4 marks)**
- d) What are the possible causes of constipation? **(5 marks)**
- e) Give the dietary guidelines in the management of gastric ulcers. **(5 marks)**
- f) Give the indications for the following types of diets:
 - i) High-fibre diet
 - ii) Very-low residue diet
 - iii) Bland diet
 - iv) High-calorie diet
 - v) Low-fat diet

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) Describe the phases of the nutritional care process. **(10 marks)**
- b) Outline the roles of a dietician as a counsellor. **(10 marks)**

QUESTION 3

Discuss the factors considered in the planning of therapeutic diets. **(20 marks)**

QUESTION 4

- a) Outline the possible causes of anemia among the following:
 - i) Infants **(4 marks)**
 - ii) The aged **(4 marks)**
- b) Discuss the influences that affect the success of dietary therapy. **(12 marks)**

QUESTION 5

- a) Describe the factors contributing to protein-energy malnutrition among children. **(10 marks)**
- b) Give the various situations that may necessitate the use of special feeding methods. **(10 marks)**