



# **THE MOMBASA POLYTECHNIC UNIVERSITY COLLEGE**

(A CONSTITUENT COLLEGE OF JKUAT)

(A Centre of Excellence)

**Faculty of Applied and Health Sciences**

DEPARTMENT OF **ENVIRONMENT AND HEALTH SCIENCE**

DIPLOMA IN NUTRITION AND HEALTH  
(DNH 12J)

## **ANH 2203: NUTRITION AND DISEASE DISORDERS I**

**SPECIAL/SUPPLEMENTARY: EXAMINATIONS**

**SERIES:** February 2013

**TIME:** 2 HOURS

### **INSTRUCTIONS:**

You should have the following for this paper

- *Answer booklet*

This paper consists of **FIVE** questions.

Answer Question **ONE (compulsory)** and any other **TWO** questions

*This paper consists of 2 PRINTED pages*

### Question ONE

- a) (i) Define cancer (2marks)
- (ii) Identify TWO categories of obesity (2marks)
- b) (i) Explain the relationship between obesity and diabetes (2marks)
- (ii) Give FOUR factors considered in designing a menu for a burn patient (4marks)
- c) State FIVE symptoms associated with the cancer disease (2 ½ marks)
- d) Describe the role of THREE nutrients required by a burn patient (4 ½ marks)
- e) (i) Identify THREE modes of feeding for cancer patient (3marks)
- (ii) List down FOUR causes of burns (2marks)
- (iii) Explain the precautions to be taken when a severe burn occurs (2marks)
- f) (i) State FOUR symptoms associated with diabetes mellitus.
- (ii) Differentiate between obesity and diabetes (2marks)

### Question TWO

Aisha is admitted at Coast general with severe burns of the head and upper limbs. Her pre-burn weight is 60Kg.

- a) Calculate the total calories she requires in a day. (5marks)
- b) Determine the amount of protein and carbohydrates included in her diet (7marks)
- c) Recommend three steps to be taken to promote faster healing (3marks)

### Question THREE

- a) Cancer is associated with various compounds in food and environment. Identify FOUR such compounds. (6marks)
- b) Highlight SIX prevention measures to control cancer (6marks)
- c) Explain the medical intervention in serious cases of obesity (3marks)

### Question FOUR

- a) Identify TWO conditions associated with sugar level in diabetes mellitus (3marks)
- b) Highlight FOUR steps to be taken to control diabetes in adults (4marks)
- c) Design 24hours menu to cater for an 1800 calories diet of a diabetes patient (8marks)

### Question FIVE

“Life style” diseases have become very common in the community. As a nutritionist outline THREE areas and the emphasis to make to the patients to control the diseases. (15marks)