



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF HOSPITALITY & TOURISM MANAGEMENT
UNIVERSITY EXAMINATION FOR THE DEGREE OF:
BACHELOR OF TECHNOLOGY IN HOTEL AND HOSPITALITY
MANAGEMENT (BTHM S14)

BHT 4304: THERAPEUTIC NUTRITION

END OF SEMESTER EXAMINATION

SERIES: DECEMBER 2016

TIME: 2 HOURS

DATE: Pick Date **DECEMBER 2016**

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FIVE** questions. Attempt **Choose** instruction.

Do not write on the question paper.

SECTION A (Answer all the questions)

30 POINTS

QUESTION ONE

- Why do sick people need good meals and plenty to drink (5 mks)
- Describe the various forms of nutritional health (10 mks)
- Describe the principles of planning therapeutic diets (10 mks)
- What is the importance of dietary assessment in nutritional care(5 mks)

SECTION B (Answer only TWO questions)

QUESTION TWO

Discuss the expected outcomes of nutritional care (20 mks)

QUESTION THREE

- Calculate the BMI of a person who's weight is 80 kg and height is 1.48m. What dietary advice would you give to such a person? (6 mks)

- b) Describe the predisposing factors to obesity (14 mks)

QUESTION FOUR

Discuss the steps followed in nutrition counseling (20 mks)

QUESTION FIVE

- a) Outline the possible causes of peptic ulcers (10 mks)
- b) Describe the dietary guidelines for persons suffering from ulcers (10 mks)