



# TECHNICAL UNIVERSITY OF MOMBASA

## *Faculty of Business & Social Studies*

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

(DHIM M/S12)

### **BHC 2304: DIET THERAPY**

END OF SEMESTER EXAMINATIONS

**SERIES:** APRIL 2014

**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 Three printed pages.***

## **SECTION A (Compulsory) 30 Marks**

### **QUESTION 1**

- a) Distinguish between the roles of a nutritionist and a dietician. **(4 marks)**
- b) Differentiate between enteral and perenteral nutrition. **(2 marks)**

### **QUESTION 2**

Outline the symptoms of kwashiorkor. **(6 marks)**

### **QUESTION 3**

- a) What are the advantages of tube feeding? **(4 marks)**
- b) State the relationship between the following:
- i) Iron and Vitamin C
  - ii) Thiamine and carbohydrates **(2 marks)**

### **QUESTION 4**

Outline the possible causes of constipation. **(6 marks)**

### **QUESTION 5**

Describe the causative factors associated with obesity. **(6 marks)**

## **SECTION B (Answer any TWO questions) 40 Marks**

### **QUESTION 6**

- a) Describe the various methods used to undertake nutritional assessment. **(8 marks)**
- b) Discuss the steps of the nutritional care process. **(12 marks)**

### **QUESTION 7**

- a) Explain the causes of underweight. **(8 marks)**
- b) Describe the dietary considerations in the management of ulcers. **(12 marks)**

### **QUESTION 8**

- a) Describe the various types of hospital diets and their uses. **(12 marks)**
- b) Explain the various factors considered in the planning of therapeutic diets. **(8 marks)**

### **QUESTION 5**

- a) Describe the methods used in the assessment of nutritional intake of humans. **(10 marks)**

b) What is the role of nutritional counseling in diet therapy?

**(10 marks)**