



TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

BHC 2304: NUTRITION & DIETETICS

END OF SEMESTER EXAMINATIONS

SERIES: DECEMBER 2013

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) What are the general clinical signs of poor nutrition? (6 marks)
- b) Differentiate between nutritional assessment, monitoring and surveillance. (6marks)
- c) Describe the various types of hospital diets and their uses. (8marks)

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) Describe the steps in the nutritional care process of an individual. (8marks)
- b) What is the role of nutritional counseling in diet therapy. (12marks)

QUESTION 3

- a) Outline the functions of the liver. (6marks)
- b) Discuss the various factors considered in the planning of therapeutic diets. (14marks)

QUESTION 4

- a) What are the causes of obesity? (10marks)
- b) Give the advantages and disadvantages of anthropometry as a method of nutritional assessment. (10marks)

QUESTION 5

- a) What are the factors considered in the planning of the diet of a diabetic? (8marks)
- b) What are the causes of anemia among the following?
 - i) Expectant mothers
 - ii) The aged
 - iii) Adolescents (12marks)