



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS SEPTEMBER - DECEMBER 2021 SEMESTER

DIPLOMA IN NUTRITION AND DIETETICS

COURSE CODE: DIND 010

**COURSE TITLE: INTRODUCTION TO NUTRITION AND
DIETETICS**

DATE: 19 NOVEMBER 2021

TIME: 3.00 PM - 6.00 PM

INSTRUCTIONS TO CANDIDATES

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

CAUTION: All exam rooms are under CCTV surveillance during the examination period.

SECTION A: COMPULSORY

MULTIPLE CHOICE QUESTIONS

[ONE MARK EACH]

-
1. Which of the following is not a micronutrient
 - A. Vitamin D
 - B. Calcium
 - C. Glucose
 - D. Selenium
 2. Which of the following nutrients helps in blood clotting
 - A. Vitamin K
 - B. Potassium
 - C. Vitamin C
 - D. Sodium
 3. Which of the following is a key function of carbohydrates
 - A. Repair of worn out tissues
 - B. Energy production
 - C. Boosting the body's immunity
 - D. Transportation
 4. Which of the following is a form of undernutrition?
 - A. hypervitaminosis
 - B. overweight
 - C. Obesity
 - D. Marasmus
 5. Which of the following statements regarding macronutrient energy value is TRUE:
 - A. Carbohydrates provide 9kcal/gram consumed
 - B. Protein provides 2 kcal/gram consumed
 - C. Fat provides 7kcal/gram consumed
 - D. Protein provides 4 kcal/gram consumed

SHORT ANSWER QUESTIONS: ANSWER ALL QUESTIONS IN THIS SECTION

1. Outline five roles of a community nutritionist [5 marks]
2. Explain five factors affecting human dietary requirements [5 marks]
3. Highlight four functions of carbohydrates [4 marks]
4. Differentiate between saturated and unsaturated fats giving one example of each [4 marks]
5. List five examples of minerals [5 marks]
6. Outline four examples of fat soluble vitamins [4 marks]
7. Highlight five branches of nutrition [5 marks]
8. Differentiate between food fortification and food supplementation giving one example of each [5 marks]
9. Outline three functions of zinc in the body [3 marks]

SECTION B: CHOOSE ANY THREE QUESTIONS]

QUESTION ONE

- a) Discuss five factors that influence nutrient requirements of a person [10 marks]
- b) Explain five functions of nutrients in the body [10 marks]

QUESTION TWO

- a) Every professional division is guided by a strong code of conduct and ethics. Discuss the standards and ethics that govern the practice of nutrition and dietetics. [10 marks]
- b) Explain five roles of a physician in nutritional care of a patient [10 marks]

QUESTION THREE

- a) Explain five factors influencing dietary choices [10 marks]
- b) Explain the challenges faced by nutrition and dietetics professionals in Kenya [10 marks]

QUESTION FOUR

- a) Discuss the relationship between nutrition and medicine [10 marks]
- b) Explain why nutrition is a profession [10 marks]

QUESTION FIVE

- a)
 - i) Outline four dietary sources of vitamin A [4 marks]
 - ii) Explain three functions of Vitamin A [6 marks]
- b) Explain five consequences of nutrients deficiency in the body [10 marks]