



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2008/2009

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE (FOODS, NUTRITION AND DIETETICS)

HFN 311 – CLINICAL DIETETICS

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DATE: FRIDAY 11TH SEPTEMBER 2009

TIME: 11.00 A.M. – 1.00 P.M.

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INSTRUCTIONS:

Answer ALL Questions.

1. Briefly explain the following terms.
 - a) Supplemental nutrition (1 mark)
 - b) Food exchange system (1 mark)
 - c) Protein isolates (1 mark)
 - d) High caloric density formulators (1 mark)
 - e) Dietetics (1 mark)

2. Distinguish between the following
 - a) Enteral and Parenteral nutrition (4 marks)
 - b) Food allergy and Food dislikes (4 marks)
 - c) Quantitative and Qualitative diet modification (4 marks)
 - d) Hydrolyzed and intact formulators (4 marks)
 - e) Provocative food test and elimination diets. (4 marks)

3. Describe the characteristics and applications of the following modified diets
- a) Calorie restricted diets (5 marks)
 - b) Low protein diets (5 marks)
 - c) High energy diets (5 marks)
 - d) Fluid diets (5 marks)
 - e) Sodium restricted Diets (5 marks)

SECTION B

4. Using the food exchange provided,
- a) Work out a days food plan for an overweight sedentary lady providing 1800 Kcal. (10 mark)
 - b) Display the meal pattern (5 marks)
 - c) Indicate the menu plan (5 mark)