



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

INSTITUTIONAL BASED PROGRAMME (IBP) DECEMBER SESSION

EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE

HFN 311: CLINICAL DIETETICS

DATE: Friday, 29th April, 2011

TIME: 2.00 p.m. – 4.00 p.m.

INSTRUCTIONS:

- (a) Answer question **1** and **2** (20 Marks each)
- (b) Choose another **2** questions (15 Marks each)

1.
 - (i) Define the following terms
 - (a) Under nutrition (3 Marks)
 - (b) Malnutrition (3 Marks)
 - (c) Over nutrition. (3 Marks)
 - (d) Boderline – nutrition (3 marks)
 - (ii) Describe the **four** methods used to assess energy and nutrition deficiencies. (8 Marks)
2.
 - (i) State the diet-planning principles and briefly describe how each principle helps in diet planning. (10 Marks)
 - (ii) Name the **five** food groups in a food guide pyramid and identify several foods in each group. (5 Marks)
 - (iii) How are food group plans used in planning meals? (5 Marks)
3.
 - (i) What atoms are carbohydrates made of? State the monosaccharides and disaccharides important in nutrition. In what foods are these sugars found? (5 Marks)

- (ii) What are the health benefits of fibres in the diet? (5 Marks)
 - (iii) What are some of the harmful effects of excessive fibre intake? (5 Marks)
- 4.
- (i) Which food lists supply protein (5 Marks)
 - (a) In abundance?
 - (b) In moderation?
 - (c) Not at all.
 - (ii) (a) Describe five roles that proteins play in the body. (5 Marks)
 - (b) Explain how the symptoms of protein-energy malnutrition (PEM) are related to the above roles of protein. (5 Marks)
- 5.
- (a) (i) State the 3 Key nutrients involved in synthesis and formation of healthy red blood cells. (3 Marks)
 - (ii) Explain the three types of nutritional anaemia caused by a primary or secondary deficiency of the above nutrients. (6 Marks)
- (b) (i) What is an antioxidant? State the nutrients that play a role as antioxidants in the body. (4 Marks)
 - (ii) Briefly describe the role of one of the nutrients as an antioxidant. (2 Marks)