



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF AGRICULTURE, ENVIRONMENT AND HEALTH SCIENCES

DEPARTMENT OF HEALTH SCIENCES

FIRST YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (FOODS, NUTRITION AND DIETETICS)

HFN 141: INTRODUCTION TO FOOD, NUTRITION AND DIETETICS

DATE:

TIME:

INSTRUCTIONS:

This paper consists of two sections A and B

SECTION A

Specific Instructions

- This section has one question
- The question is compulsory
- The question is 30 marks

QUESTION ONE (30 MARKS)

- Define the following terms
 - Nutritional Status
 - Diet (3 marks)
- Outline the importance of code of ethics for food nutrition and dietetics professionals. (4 marks)
- Highlight the significance of Justus Liebig experiments to nutrition growth. (3 marks)
- Outline key stakeholders in nutrition policy development process. (4 marks)
- Highlight the benefits of interprofessional relationships in the practise of nutrition. (3 marks)

- f) Food composition tables are the basis of the science of Nutrition. Justify this statement (3 marks)
- g) Explain the purpose of Kenya Nutritionists and Dieticians Act (2007). (3 marks)
- h) Outline challenges in nutrition research and practice. (4 marks)
- i) Explain the role of food, nutrition and dietetics in addressing obesity. (3 marks)

SECTION B:

Specific Instructions

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks**

QUESTION TWO (20 MARKS)

- a) Discuss food, nutrition and dietetics professional ethics under the following headings;
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- I. Autonomy (5 marks)
- II. Beneficence (5 marks)
- b) You have been tasked with the responsibility of implementing a school feeding program policy in Machakos County. Discuss the factors that you would take into consideration to ensure successful implementation. (10 marks)

QUESTION THREE (20 MARKS)

- a) David is in charge of the Nutrition Department in Kiambu County, he receives complains from the Public Health Department on the conduct of the Nutritionists under him. Identify and explain individual related factors that may be contributing to this. (10 marks)
- b) Describe the role of Kenya Nutrition and Dietetics Institute in the regulation of Nutrition and Dietetics profession. (10 marks)

QUESTION FOUR (20 MARKS)

- a) You are preparing a speech on areas of speciality practice in the field of Food, Nutrition and Dietetics. Describe the content of your presentation. (10 marks)
- b) COVID-19 pandemic is a contemporary issue in Food, Nutrition and Dietetics. Discuss. (10 marks)

Question five (20 marks)

- a) You have been contracted by Company X for an employee's seminar presentation on Dreyfus Model of professional growth in the field of nutrition. Discuss the content of your presentation (10 marks)
- b) Explain measures that can be put in place to minimize interprofessional collaboration conflicts between health personnel. (10 marks)