



# MACHAKOS UNIVERSITY

## TVET END OF TERM EXAM YR 1TM 2

### DIP IN NUTRITION

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#### FOOD NUTRITION AND HOME NURSING

Instructions to candidates

Answer question **1** and any other **two**.

- 1.a) Define the following terms;      Nutrition                      calories  
   Nutrients                      malnutrition  
   balanced diet                      10mks
- b) Differentiate between overweight and obesity      4mks
- c) Outline 6 functions of water                      6mks
- d) Describe 5 nutrients needed by the body      10mks
- 2) Describe the following nutritional disorders
- a. kwashiorkor
  - b.marasmus
  - c. anemia      12mks
- b) Explain 4 function of fat in the body      8mks
- 3a) outline five major sources of the following nutrients      i) calcium

ii) iron 10mks

b) State 6 main causes of eating disorders 6mks

c) Define the home nursing and cite 2 example. 4mks

4a) Explain 5 signs of digestive disorders 10mks

b) Describe 5 lifestyle modifications in prevention of heartburns 10 mks.