



# MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SECOND SEMESTER EXAMINATION FOR

DIPLOMA IN NUTRITION (TVET)

2802/202: FOOD NUTRITION AND HOME NURSING

DATE: 17/4/2019

TIME: 2.30-5.30 PM

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## INSTRUCTIONS

**Answer Question One and Any Other Two Questions**

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

- i calcium
  - ii iron (10 marks)
- b) State 6 main causes of eating disorders (6 marks)
- c) Define the home nursing and cite 2 example. (4 marks)
- 4 a) Explain 5 signs of digestive disorders (10 marks)
- b) Describe 5 lifestyle modifications in prevention of heartburns (10 marks)