



DEDAN KIMATHI UNIVERSITY OF TECHNOLOGY

UNIVERSITY EXAMINATIONS 2019/2020

**THIRD YEAR SECOND SEMESTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF NUTRITION AND DIETETICS**

TTH 3207: MEAL PLANNING AND SERVICE MANAGEMENT

DATE

TIME

INSTRUCTIONS: Answer all questions in section A and any two in section B.

SECTION A (30 MARKS)

QUESTION ONE

- a) Distinguish between a food guide and a food exchange list (2mks)
- b) Describe five main steps in meal planning (5mks)
- c) Discuss the concept of a balanced diet (7mks)
- d) Explain factors that put people at risk of hypothyroidism (6mks)
- e) Highlight five foods to include in low FODMAP diet (5mks)
- f) Explain the importance of taking tongue meat to kidney diseases patients (5mks)

SECTION B (40 MARKS)

QUESTION TWO

- a) Illustrate *table d'hote* table set up (10mks)

b) Discuss the guidelines recommended by the American cancer society for people who are undergoing cancer treatment (10mks)

QUESTION THREE

Discuss five types of service (20mks)

QUESTION FOUR

a) Using examples describe the predominant nutrients supplied by liquid diet (10mks)

b) Discuss five complications of diverticulitis (10mks)