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NUTRITION AND DIETETICS LEVEL 6

MED/OS/NUD/CR/04/6

Perform Dietetics Operations

March/April 2026



**TVET CURRICULUM DEVELOPMENT, ASSESSMENT AND CERTIFICATION
COUNCIL (TVET CDACC)**

WRITTEN ASSESSMENT

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATE

1. This paper consists of TWO sections: A and B.
2. Answer ALL questions in section A and ANY THREE (3) questions in section B.
3. Marks for each question are indicated in the brackets.
4. Candidates are provided with a separate answer booklet
5. Do not write on the question paper.

This paper consists of THREE (3) printed pages

**Candidate should check the question paper to ascertain that all pages are printed as
indicated and that no questions are missing.**

SECTION A: (40 MARKS)

Attempt ALL questions in this section.

1. Food intolerances are non-immune reactions that mainly affect the digestive system. List FOUR symptoms of food intolerances in adolescents. (4 Marks)
2. Patient Y attended Sawa Health Center and was diagnosed with complications due to overconsumption of a high-fiber diet. Identify FOUR complications of overconsumption of fiber in patients. (4 Marks)
3. The decision regarding the type of feeding tube depends on the patient's medical status and the anticipated length of time that the tube feeding will be required. Identify FOUR types of mechanically placed tubes used in enteral nutrition. (4 Marks)
4. The Dietary Supplement Health and Education Act officially defined supplements as a product (other than tobacco) that is intended to supplement the diet. State FOUR advantages of using dietary supplements. (4 Marks)
5. A previously high-achieving student has recently stopped attending lectures and displays significant fatigue and a sense of hopelessness. Identify FOUR ways mental health conditions can impair a student's cognitive performance. (4 Marks)
6. A high protein-high calorie diet is tailored to provide higher amounts of calorie and protein than usual diet. Give FOUR purposes of a high protein -high calorie diet in individuals. (4 Marks)
7. Enteral formulas are liquid food mixtures categorized based on their nutrient complexity and the specific needs of the patient. List FOUR examples of enteral formulas used in hospitals. (4 Marks)
8. A patient scheduled for a gastrointestinal procedure has been prescribed a clear liquid diet. State FOUR characteristics of a clear liquid diet. (4 Marks)
9. Diet modification involves changing the normal diet to meet specific health or nutritional needs. State FOUR factors influencing diet modification for a patient. (4 Marks)
10. A patient admitted in a medical ward is receiving enteral nutrition through a feeding tube due to inability to feed orally. Give FOUR gastrointestinal complications that may arise in a patient receiving enteral feeding. (4 Marks)

SECTION B: (60 MARKS)*Attempt ANY three questions in this section*

11. Mr. J.O. is a taxi driver diagnosed with Type 2 Diabetes Mellitus and hypertension. He frequently consumes refined carbohydrates such as white rice and chapati, sugary drinks and fried foods. Due to long working hours, he eats irregular meals and rarely includes fruits and vegetables in his diet. Recent clinic visits show poor blood sugar control and weight gain. A nutritionist advised him to modify his diet to improve his health.
- Describe FOUR benefits of dietary modification on overall health. (8 Marks)
 - Describe FOUR challenges commonly encountered during diet modification. (8 Marks)
 - Discuss TWO practical dietary changes Mr. J.O. can make to improve his blood sugar control. (4 Marks)
12. Mia is a patient with advanced gastric cancer receiving palliative care. She has persistent nausea, early satiety and fatigue, leading to poor food intake. Recently, she started refusing meals, stating that eating worsens her discomfort and does not improve her condition. Her family is concerned about her nutrition and emotional state.
- Discuss TWO ways to address emotional distress in terminally ill patients. (4 Marks)
 - Describe FOUR benefits of providing nutrition support to terminally ill patients. (8 Marks)
 - Explain FOUR dietary strategies to help manage Mia's persistent nausea. (8 Marks)
13. Madam, a 50-year-old female, was admitted after a stroke causing severe swallowing difficulties. She was started on parenteral nutrition via a central venous catheter. After a few days, she developed complications raising concern among the healthcare team.
- Describe FIVE complications associated with parenteral nutrition. (10 Marks)
 - Explain FIVE aspects to monitor during parenteral nutrition administration. (10 Marks)
14. Medications, whether prescribed or self-administered, may interfere with nutrition in patients by affecting appetite, digestion, absorption, metabolism or excretion of nutrients.
- Describe FIVE mechanisms through which drugs can affect nutrient intake. (10 Marks)
 - Discuss FIVE benefits of preventing food–drug interactions among patients with multiple comorbidities. (10 Marks)