



TECHNICAL UNIVERSITY OF MOMBASA
Faculty of Business & Social Studies
DEPARTMENT OF HOSPITALITY & TOURISM

UNIVERSITY EXAMINATIONS FOR DEGREE IN
BACHELOR OF TECHNOLOGY IN HOTEL & HOSPITALITY MANAGEMENT

BHH 4104: FOODS AND NUTRITION

END OF SEMESTER EXAMINATIONS

SERIES: APRIL 2015

TIME: 2 HOURS

INSTRUCTIONS:

- Answer question **ONE (Compulsory)** in Section **A** and any other **TWO** questions in Section **B**.

This paper consists of Two printed pages

SECTION A (Compulsory)

QUESTION 1

- a) Discuss the factors that influence the food selection and choice by individuals. **(15 marks)**
- b) State the possible causes/risk factors associated with deficiency of the following nutrients:
- i) Iron **(5 marks)**
 - ii) Iodine **(5 marks)**
- c) You are what you eat. Explain. **(5 marks)**

SECTION B (Answer any TWO questions)

QUESTION 2

Explain the following influences to food habits.

(20 marks)

- a) Cultural influences
- b) Social influences
- c) Psychologic influences
- d) Food safety concerns

QUESTION 3

a) Discuss the importance of dietary fibre in the promotional and maintenance of good health.

(10 marks)

b) Explain the functions of carbohydrates in the diet.

(10 marks)

QUESTION 4

Discuss the effects of hunger and malnutrition to the individual and society at large.

(20 marks)

QUESTION 5

Discuss the various factors that make up the ecology of PEM.

(20 marks)