



**TECHNICAL UNIVERSITY OF MOMBASA**  
***School of Humanities & Social Studies***

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT

**ANH 2120: FOOD AND NUTRITION**

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES:** JUNE/JULY 2015

**TIME:** 2 HOURS

**INSTRUCTIONS:**

- This paper consists of Sections **A** and **B**.
- Section **A** is **Compulsory**. Answer any **TWO** questions in Section **B**.
- Mobile phones are not allowed into the examination room.
- Cheating leads to disqualification.
- *This paper consists of Three printed pages.*

## SECTION A (Compulsory) 30 Marks

### QUESTION 1

- a) Give any **FIVE** signs of poor nutrition. **(5 marks)**
- b) State the meaning of the following terms as used in the study of nutrition:
- i) Nutrients
  - ii) Digestion
  - iii) Food
  - iv) Balanced diet
  - v) Micro nutrients
  - vi) Food additives **(6 marks)**
- c) Outline the general functions of mineral elements in the body. **(5 marks)**
- d) Give the factors that influence the rate of reaction of enzymes. **(5 marks)**
- e) State any **SIX** factors considered by a homemaker when planning family meals so as to ensure healthy and adequate diet. **(6 marks)**
- f) You are what you eat. Explain. **(4 marks)**

## SECTION B (Answer any **TWO** questions) 40 Marks

### QUESTION 2

- a) Explain how the following factors influence food selection and choice.
- i) Peer group
  - ii) Nutritional knowledge
  - iii) Media
  - iv) Customs and traditions. **(12 marks)**
- b) Give the importance of the following in the diet:
- i) Calcium **(4 marks)**
  - ii) Dietary fibre **(4 marks)**

### QUESTION 3

Discuss the effects of hunger and nutrition to the individual and society at large. **(20 marks)**

### QUESTION 4

- a) Explain the advantages and disadvantages of use of animals in the study of nutrition. **(12 marks)**
- b) Outline the factors influencing the rate of basal metabolism of individuals. **(8 marks)**

## QUESTION 5

Discuss the causes of the persistent hunger and malnutrition in the world today.

**(20 marks)**