



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

DEPARTMENT OF HOSPITALITY & TOURISM

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

**BHH 4104: FOODS AND NUTRITION**

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES: JUNE/JULY 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*

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**SECTION A (Compulsory)**

**QUESTION 1**

- a) Describe the functions and deficiency disorders associated with Vitamin A. **(10 marks)**
- b) Write short notes concerning each of the following:  
i) Protein quality of food  
ii) The food pyramid guide. **(6 marks)**
- c) Briefly discuss the relationship between good nutrition and the socio-economic development of a country. **(6 marks)**
- d) Describe the various factors that influence the nutritional status of individuals. **(8 marks)**

**SECTION B (Answer any TWO questions)**

**QUESTION 2**

Discuss the practical uses of the R.D.A.

**(20 marks)**

**QUESTION 3**

a) What are the possible causes of anemia among individuals at the following stages in life.

i) Infancy

**(5 marks)**

ii) Pregnancy

**(5 marks)**

b) Describe the various concepts involved in the overall protein balance in the body.

**(10 marks)**

**QUESTION 4**

a) Explain the fate of carbohydrates, fats and proteins after digestion and absorption.

**(8 marks)**

b) Describe the various functions of body fats.

**(12 marks)**

**QUESTION 5**

In what ways can modern technology be used to foster a solution to the persistent hunger and malnutrition in the world today.

**(20 marks)**