



TECHNICAL UNIVERSITY OF MOMBASA
School of Humanities & Social sciences

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

ANH 2231: FOOD SCIENCE AND NUTRITION

SUPPLEMENTARY/SPECIAL 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.
- *This paper consists of Two printed pages.*

SECTION A (Compulsory) 30 Marks

QUESTION 1

- a) Define the following terms as used in nutrition:
- i) Food
 - ii) Dietetics
 - iii) Nutrition
 - iv) Nutrients
 - v) BMI
 - vi) Micro nutrient **(6 marks)**
- b) Explain the importance of good nutrition in relation to the following:
- i) Life
 - ii) Growth and development
 - iii) Good health **(6 marks)**
- c) Describe any **SIX** factors that influence our feeding behaviour. **(12 marks)**
- d) i) Differentiate between saturated and unsaturated fatty acids. **(2 marks)**
- ii) State the functions of fats in the diet. **(4 marks)**

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) The world is capable of producing enough food for everyone. Discuss. **(15 marks)**
- b) State the considerations that one should take in planning to ensure the provision of adequate and satisfying meals for all family members. **(5 marks)**

QUESTION 3

- a) Describe the digestive processes that take place in the following parts of the digestive system:
- i) Mouth **(2 marks)**
 - ii) Stomach **(3 marks)**
 - iii) Small intestines **(3 marks)**
- b) Discuss the factors that influence the rate of reaction of enzymes. **(12 marks)**

QUESTION 4

- Discuss the factors that influence the daily energy requirements of individuals. **(20 marks)**

