



**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)