



**TECHNICAL UNIVERSITY OF MOMBASA**  
***Faculty of Business & Social Studies***

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT  
(DHIM S14)

**AFS 2120: FOOD AND NUTRITION**

SPECIAL/SUPPLEMENTARY EXAMINATIONS

**SERIES:** FEBRUARY 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) Explain the following terms
- i) Nutrients
  - ii) Undernutrition
  - iii) Essential amino acids
  - iv) Natural foods
  - v) Nutritional status
  - vi) Dietetics
- (6 marks)
- b) List any **SIX** signs of good nutrition. (6 marks)
- c) You are what you eat. Explain. (4 marks)
- d) What are the advantages of using animals in the study of nutrition? (4 marks)
- e) Give the nutrient associated with the following deficiency disorder;
- i) Scurvy
  - ii) Pellagra
  - iii) Night blindness
  - iv) Osteomalacia
  - v) Delayed blood clotting
  - vi) Goiter
- (6 marks)
- f) Describe the functions of fats in the diet. (4 marks)

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

### QUESTION 2

Discuss the various causes of hunger and malnutrition in the world today. (20 marks)

### QUESTION 3

- a) What is the basal metabolic energy? (1 mark)
- b) Explain the factors that influence an individual's basal metabolic rate. (14 marks)
- c) Give any **FIVE** examples of trace elements; state the function of each of the trace elements given. (5 marks)

### QUESTION 4

- a) State and explain the factors that influence the rate of reaction of digestive enzymes. (15 marks)
- b) Outline the functions of water in the body. (5 marks)

## QUESTION 5

- a) Discuss the factors that influence individuals feeding behaviour. **(15 marks)**
- b) Why is breastmilk the best food for a baby/infants. **(5 marks)**