



TECHNICAL UNIVERSITY OF MOMBASA
Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT

ANH 2120: FOOD AND NUTRITION

END OF SEMESTER EXAMINATIONS

SERIES: APRIL 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) Name the deficiency disorders associated with the following:
- i) Vitamin A
 - ii) Nicotinic acid
 - iii) Dietary fibre
 - iv) Proteins
 - v) Vitamin K
 - vi) Thiamine
- (6 marks)
- b) Give any **FIVE** signs of good nutrition. (5 marks)
- c) In what ways can loss of Vitamin C be minimized during food preparation? (3 marks)
- d) Briefly describe the following types of carbohydrates;
- i) Starch
 - ii) Glycogen
 - iii) Cellulose
- (6 marks)
- e) List any **SIX** essential amino acids. (3 marks)
- f) Describe the **TWO** methods used to determine the energy value of food. (4 marks)
- g) What are the functions of fats in the diet? (3 marks)

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) Describe the methods used in the study of human nutrition. (9 marks)
- b) What is the protein 'sparing' action of carbohydrates? (3 marks)
- c) What are the advantages of starch as a source of carbohydrates in the body? (8 marks)

QUESTION 3

- a) Describe the factors that influence nutrition behaviour of individuals. (15 marks)
- b) What are the roles of water in the body? (5 marks)

QUESTION 4

- a) Explain the fate of carbohydrates, proteins and fats after digestion and absorption. (10 marks)
- b) Describe the factors influencing the daily energy requirements of individuals. (10 marks)

QUESTION 5

Discuss the strategies that could be employed to end the persistent problems of hunger and malnutrition in the world today. **(20 marks)**