



TECHNICAL UNIVERSITY OF MOMBASA
School of Humanities & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT

ANH 2120: FOOD AND NUTRITION

SPECIAL/SUPPLEMENTARY 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**.
- 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) Give any **FIVE** signs of poor nutrition. (5 marks)
- b) State the meaning of the following terms as used in the study of nutrition:
- i) Nutrients
 - ii) Digestion
 - iii) Food
 - iv) Balanced diet
 - v) Micro nutrients
 - vi) Food additives (6 marks)
- c) Outline the general functions of mineral elements in the body. (5 marks)
- d) Give the factors that influence the rate of reaction of enzymes. (5 marks)
- e) State any **SIX** factors considered by a homemaker when planning family meals so as to ensure healthy and adequate diet. (6 marks)
- f) You are what you eat. Explain. (4 marks)

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) Explain how the following factors influence food selection and choice.
- i) Peer group
 - ii) Nutritional knowledge
 - iii) Media
 - iv) Customs and traditions. (12 marks)
- b) Give the importance of the following in the diet:
- i) Calcium (4 marks)
 - ii) Dietary fibre (4 marks)

QUESTION 3

Discuss the effects of hunger and nutrition to the individual and society at large. (20 marks)

QUESTION 4

- a) Explain the advantages and disadvantages of use of animals in the study of nutrition. (12 marks)
- b) Outline the factors influencing the rate of basal metabolism of individuals. (8 marks)

QUESTION 5

Discuss the causes of the persistent hunger and malnutrition in the world today.

(20 marks)