



THE MOMBASA POLYTECHNIC UNIVERSITY COLLEGE

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

CERTIFICATE IN CATERING

(CC J10)

FOOD SCIENCE AND NUTRITION

END SEMESTER EXAMS

SERIES: APRIL/MAY 2010.

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. The paper consists of **TWO** Sections **A** and **B**.
2. Section **A** is compulsory. Answer **ALL** questions.
3. Answer any **TWO** questions from Section **B**.
4. Switch off your mobile phones
5. Cheating in examination leads to disqualification.

SECTION A
(COMPULSORY)

- Q.1 Define the following Terminologies.
- (i) Food (2 marks)
 - (ii) Nutrients (2 marks)
 - (iii) Balanced diet (2 marks)
 - (iv) Nutrition (2 marks)
 - (v) Malnutrition (2 marks)
- Q.2 (a) List down **FOUR** properties of SUGARS. (4 marks)
- (b) List down **THREE** sources of digestive juices in the Duodenum. (3 marks)
- (c) List down **NINE** sources of proteins in our diets. (9 marks)
- Q.3 List down **FOUR** uses of Energy. (4 marks)

SECTION B

Answer any **TWO** questions from this Section.

- Q.4 (a) With an Aid of a diagram, draw and label the digestive system in Man. (10 marks)
- (b) What are the functions of the large intestine? (10 marks)
- Q.5 Below is the list of major digestive enzymes. List where they are active and the Nutrients they act on.
- (i) Ptylin
 - (ii) Pepsin
 - (iii) Renin
 - (iv) Trypsin
 - (v) Chemotrypsin
 - (vi) Lipase
 - (vii) Amylase
 - (viii) Maltase
 - (ix) Sucrose
 - (x) Lactase. (20 marks)
- Q.6 (a) Explain the symptoms of protein deficiency and name the disorder it leads to. (10 marks)
- (b) Anaemia is a deficiency disorder due to Iron deficiency, Folic acid and B₁₂ deficiencies. List **TEN** major sources of iron in the diet. (10 marks)
- Q.7 (a) List **SIX** sources of milk and **FOUR** milk products. (10 marks)
- (b) What are the functions of the large intestines? (5 marks)

