



# TECHNICAL UNIVERSITY OF MOMBASA

*Faculty of Humanities and Social Studies*

**DEPARTMENT OF HOSPITALITY & TOURISM**

**CERTIFICATE IN CATERING AND ACCOMMODATION (CCA J16)**

**AFS 1120 FOOD AND NUTRITION**

END OF SEMESTER EXAMINATIONS

**SERIES: MAY 2016**

**TIME: 2 HOURS**

## **INSTRUCTIONS:**

- This paper consists of **TWO** Sections **A** and **B**.
- Section **A** is Compulsory. Answer **ALL** questions.
- Answer any **TWO** questions in Section **B**.

## SECTION A (Compulsory) 30 Marks

Answer ALL questions in this section

1. (a) Define the following terms
  - (i) Nutrients (2 marks)
  - (ii) Nutrition (2 marks)
  - (iii) Malnutrition (2 marks)
  - (iv) Food (2 marks)
  - (v) Balanced diet (2 marks)
- (b) (i). Explain THREE points on the function of protein in the body (6 marks)
- (ii) Mention FOUR different types of Amino-acids that are essential to the body. (4 marks)
- (c) Discuss FIVE properties of protein (10 marks)

### Section B

Answer only TWO questions in this section

2. (a) Giving TWO examples in each case classify carbohydrates (10 marks)
- (b) Mention TEN sources of vitamin A (10 marks)
3. Draw and label the digestive tract system of a human being (20 marks)
4. (a) Trace the digestion of starch from the mouth to the large intestine explaining what happens at each stage. (10 marks)
- (b) Discuss the following deficiency disorders their causes and symptoms.
  - (i) Beriberi (3 marks)
  - (ii) Kwashiokor (4 marks)
  - (iii) Night blindness (3 marks)
5. Define Basal Metabolic Rate and Discuss factors that influence it. (20 marks)