



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES

DEPARTMENT OF HOSPITALITY & TOURISM

UNIVERSITY EXAMINATION FOR:

DIPLOMA IN HOTEL AND INSTITUTIONAL MANAGEMENT

AFS2120: FOOD AND NUTRITION

END OF SEMESTER EXAMINATION

SERIES: MAY 2016

TIME: 2 HOURS

DATE: Pick Date May 2016

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of **FIVE** questions. Attempt Choose instruction.

Do not write on the question paper.

SECTION A (Answer ALL the questions)

30 POINTS

Section A (Attempt all questions in this section)

1. a) State the general functions of nutrients in the body 3 mks
- b) You are what you eat. Explain 3 mks
- c) Give six examples of protein foods that have a high biological value (HBV). [3 marks]
- d) What are the effects of malnutrition on the body (4 mks)
- e) Water is a nutrient. Discuss (4 mks)
- f) Outline the factors that influence the daily energy requirements of individuals (5 mks)
- g) What are trace elements? Give at least four examples of such elements, stating the function of each (5 mks)
Mineral elements required in the body in very small amounts. They include Iron, Iodine, Zinc, Copper, Selenium, Manganese, Cobalt, Chromium,

h) State any three functions of water in the body (3 mks)

Section B (Attempt any TWO questions in this section)

2. a) Describe the functions of the following nutrients in the diet:

Proteins **4 mks**

Calcium **4 mks**

b) i. Give **four** reasons why foods containing fat are important in the diet. **[4 marks]**

ii. What are the health risks of a high fat diet? **[4 marks]**

c) Give any four symptoms of kwashiorkor (4 mks)

3. a) State the persons most vulnerable to hunger and malnutrition, giving a reason for each category of individuals (10 mks)

b) Give the various possible solutions to problems of hunger and malnutrition (10 mks)

4. Explain the factors that influence the basal metabolic rate of an individual (20 mks)

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a) Describe the various forms of nutritional health (8mks)

b) Describe the various factors that influence the rate of reaction of enzymes (12 mks)