



TECHNICAL UNIVERSITY OF MOMBASA

SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF HOSPITALITY & TOURISM MANAGEMENT
UNIVERSITY EXAMINATION FOR THE DEGREE OF:
BACHELOR OF TECHNOLOGY IN HOTEL AND HOSPITALITY
MANAGEMENT (BTHM S16)
BHH 4104: FOOD AND NUTRITION
SPECIAL SUPPLEMENTAR EXAMINATION

SERIES: SEPT. 2017

TIME: 2 HOURS

DATE: Pick Date Sep 2017

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

QUESTION ONE

- a) State the diet- planning principles and briefly describe how each principle helps in diet planning. **[10 marks]**
- b) Describe the synergistic relationship between nutrition and health. **(5 marks)**
- c) Describe the roles of carbohydrates in the maintenance of good health (10 marks)
- d) Briefly describe the factors that influence the availability and utilization of vitamins by the body: (5 marks)

SECTION B (Answer only TWO questions)

QUESTION TWO

Discuss the ecology of protein energy malnutrition (20 marks)

QUESTION THREE

Discuss the various by which modern technology could be used foster a solution to the persistent hunger and malnutrition in the world today (20 marks)

QUESTION FOUR

Discuss the various influences which operate within a country or community in altering the diet. [20 marks]

QUESTION FIVE

- a). Briefly describe the functions of water in the body (4 marks)
- b) Describe the process of digestion and absorption of proteins (10 marks)
- c) State and explain the various factors that influence the requirements of the following vitamins in the diet
 - i. Vitamin A (3 marks)
 - ii. Vitamin D (3 marks)