



**TECHNICAL UNIVERSITY OF MOMBASA**  

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**SCHOOL OF HUMANITIES AND SOCIAL SCIENCES**  
**DEPARTMENT OF HOSPITALITY & TOURISM MANAGEMENT**  
**UNIVERSITY EXAMINATION FOR THE DIPLOMA IN:**  
**HOTEL AND INSTITUTIONAL MANAGEMENT**  
**AFS 1120: FOOD SCIENCE AND NUTRITION**  
**END OF SEMESTER EXAMINATION**  
**SERIES: AUGUST 2019**

**TIME: 2HOURS**

**DATE: Pick DateAug2019**

**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.**

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**SECTION A (Answer all the questions)**

**30 POINTS**

**QUESTION ONE**

a) Define the following terms

- i) Secondary malnutrition [1 pts]
- ii) Saturated fatty acids [1 pts]
- iii) Over nutrition [1 pts]
- iv) Basal metabolic rate [1 pts]
- v) Amino acids [1 pts]

b) State the roles of carbohydrates in the diet. [5pts]

c) List down any five signs of good nutrition (5mks)

- d) Why do some people need more protein than others? [5 marks]
- e) Outline the factors that influence the daily energy requirements of individuals (5 mks)
- f) Describe the various methods used in the study of human nutrition. (5 mks)

**Section B (Attempt any TWO questions in this section)**

**QUESTION TWO**

- a) Discuss the various factors that influence the nutritional status of individuals (15 mks)
- b) Outline the causes of hunger and malnutrition in the world today (5 mks)

**QUESTION THREE**

- a) Discuss the various factors that influence the dietary behavior of individuals (15 mks)
- b) Explain the relationship between diet and health (5 mks)

**QUESTION FOUR**

- a) Describe the various factors that influence the basal metabolic rate of an individual (12 mks)
- b) Describe the various states of nutritional health (8mks)

**QUESTION FIVE**

- a) Describe the various factors that influence the rate of reaction of enzymes (15 mks)
- b) What are the factors associated with lack of the following proteins in the diet (5 mks)