



TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

(DHIM J14)

AFS 2120: FOODS AND NUTRITION

END OF SEMESTER EXAMINATIONS

SERIES: APRIL 2014

TIME: 2 HOURS

INSTRUCTIONS:

- This paper consists of Sections **A** and **B**.
- Section **A** is **Compulsory**. Answer any **TWO** questions in Section **B**.
- Mobile phones are not allowed into the examination room.
- Cheating leads to disqualification.
- ***This paper consists of Three printed pages.***

SECTION A (Compulsory) 30 Marks

QUESTION 1

- a) What are the basic functions of food nutrients in the body? **(3 marks)**
- b) You are what you eat. Explain. **(3 marks)**

QUESTION 2

Describe factors that influence the rate of basal metabolism of individuals. **(6 marks)**

QUESTION 3

List down any **SIX** trace elements; state the function(s) of each of the **SIX** trace elements listed. **(6 marks)**

QUESTION 4

- a) State the relationship between each of the following nutrients:
- i) Vitamin C and Iron
 - ii) Thiamine and Carbohydrates
 - iii) Folic acid and Vitamin B12 **(3 marks)**
- b) What are the mineral elements considered by nutritionists to be of nutritional importance? **(3 marks)**

QUESTION 5

Give any **SIX** nutrient deficiency disorders; state the cause of each of the disorders stated. **(6 marks)**

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 6

What are the strategies that could be employed to solve the persistent problem of hunger and malnutrition in the country? **(20 marks)**

QUESTION 7

- a) Differentiate between the following terms:
- i) Essential and non-essential amino acids
 - ii) Diet and dietetics
 - iii) Secondary and primary deficiency
 - iv) Osteomalacia and osteoporosis
 - v) Micro and macro-nutrients
 - vi) Dry and wet beri beri **(6 marks)**
- b) Describe the functions of the following nutrients in the body:
- i) Calcium **(4 marks)**
 - ii) Vitamin C **(4 marks)**

- c) Explain the relationship between nutrition and human growth and development. **(6 marks)**

QUESTION 8

- a) What factors should a homemaker consider so as to ensure the preparation of nutritious and healthy foods for the family? **(12 marks)**
- b) Who are the people most affected by hunger and malnutrition in the world today and why? **(8 marks)**

QUESTION 5

- a) Describe the fate of carbohydrates, proteins and fats after digestion and absorption. **(12 marks)**
- b) Why is breastmilk the best food for infants? **(8 marks)**