



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Department of HOSPITALITY & Tourism MANAGEMENT

UNIVERSITY EXAMINATION FOR THE:
DIPLOMA IN CATERING AND ACCOMMODATION MANAGEMENT DCAM S24 &
DHIM S24

FOOD SCIENCE AND NUTRITION

UNIT CODE: AFS 2120

SPECIAL & SUPPLEMENTARY SEMESTER EXAMINATION

SERIES: JULY 2025

TIME: 2 HOURS

DATE: Pick Date JULY 2025

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 **question ONE (Compulsory)** and any other **TWO** questions.

Do not write on the question paper.

SECTION A (Answer all the questions.)

30 POINTS

- | | |
|---|-------------------|
| a) Describe five functions of carbohydrates in an individual's body | (10 marks) |
| b) State four symptoms associated with iron deficiency in the body. | (4 marks) |
| c) Explain three Disaccharides that are important for human nutrition | (6 marks) |
| d) Explain five importance of fats in the diet | (10 marks) |

SECTION B (Answer only TWO Questions.)

(40marks)

QUESTION 2

- a) Explain five factors that determines the amount of energy required for basic life processes to take place. **(10marks)**
- b) State four food sources of vitamin K. **(4marks)**
- c) Explain three major functions of food in the body. **(6marks)**

QUESTION 3

- a) Explain three noticeable changes on the effect of heat on fats. **(6marks)**
- b) Explain five functions of proteins in the diet. **(10marks)**
- c) Identify any four factors influencing vitamin A requirement in the body. **(4marks)**

QUESTION 4

- a) Discuss seven factors that contributes to food insecurity in the world. **(14marks)**
- b) Explain any three properties of sugars (monosaccharides and disaccharides). **(6marks)**

QUESTION 5

- a) Water is essential for life, state five functions of water in the human body. **(5marks)**
- b) Describe the process of nutrient absorption from the mouth to the large intestine. **(15marks)**