



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

END OF SEMESTER EXAMINATION

SERIES: APRIL 2025

TIME:2HOURS

DATE:Pick DateAPRIL 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 any five factors influencing protein requirements in the body **(10marks)**

b) Define the following terms: **(6 marks)**

i) Ideal nutrition

ii) Food

iii) Poor nutritional status

iv) Diet

v) Nutrients

vi) Balance diet

c) List Four functions of water in the body. (4marks)

d) Explain any five factors influencing an individual's food behavior. (10marks)

SECTION B (Answer only TWO Questions.)

(40marks)

QUESTION 2

a) Discuss seven factors that contributes to food insecurity in the world. (14 marks)

b) Describe three groups of mineral elements depending on their physiological functions.

(6marks)

QUESTION 3

a) Explain six factors influencing daily energy requirement of an individual. (12marks)

b) State four food sources of vitamin D. (2marks)

c) Explain three Monosaccharides that are important for human nutrition (6marks)

QUESTION 4

a) Describe the process of nutrient absorption from the mouth to the large intestine. (15marks)

b) State five functions of food in the body. (5marks)

QUESTION 5

a) Explain five properties of fats as a food component. (10marks)

b) State two factors influencing vitamin A requirement in the body. (2marks)

c) Describe four general categories of nutritional health. (8marks)