



TECHNICAL UNIVERSITY OF MOMBASA

School of Humanities and Social Sciences

Department of HOSPITALITY & Tourism MANAGEMENT

UNIVERSITY EXAMINATION FOR THE DEGREE IN:
BACHELOR OF TECHNOLOGY IN HOSPITALITY MANAGEMENT
(BTHM S24)

HHH 4105: FOOD AND NUTRITION

END OF SEMESTER EXAMINATION

Series: April 2025

Time: 2 Hours

DATE: Pick APRIL 2025

Instructions to Candidates

You should have the following for this examination

-Answer Booklet, examination pass and student ID

This paper consists of FIVE Question(s). Attempt question ONE (Compulsory) and any other TWO questions.

Do NOT write on the question paper.

Mobile phones are NOT allowed in the examination room

SECTION A (Answer all the Questions)

(30 Marks)

QUESTION ONE

- a) Give the major functions of the following nutrients: (5 mks)
- i. Vitamin A
 - ii. Ascorbic acid
 - iii. Vitamin K
 - iv. Thiamine
 - v. Iodine
- b) Give two advantages associated with the use of animals in the study of nutrition (2 marks)

- c) Explain the importance of a healthy diet in relation to health (5 mks)
- d) Outline five functions of dietary fibre in the body (5 mks)
- e) State the different ways in which dietary fat intake can be reduced (5 mks)
- f) State the factors that influence individual protein requirements (4 mks)
- g) Name four indicators of nutritional risk (4 mks)

QUESTION TWO

- a) Explain how each of the following influences affect food habits: (12 mks)
 - Cultural influences
 - Social influences
 - Psychologic influences
- b) Describe the various that influence the nutritional status of individuals (8 marks)

QUESTION THREE

- a) Discuss the socio-economic effects of hunger and malnutrition to the individual and society at large (15 mks)
- b) State any five factors that influence the basal metabolism of individuals (5 mks)

QUESTION FOUR

- a) Explain the factors that influence the rate of basal metabolism of individuals (10 mks)
- b) Describe the roles of carbohydrates in the maintenance of good health (10 mks)

QUESTION FIVE

Discuss the ways in which modern technology can be used to address the problem of hunger and malnutrition in the world today? (20 mks)