



# TECHNICAL UNIVERSITY OF MOMBASA

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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: July 2025**

**Time: 2 Hours**

**DATE: Pick 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 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**

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

**(30 Marks)**

**QUESTION ONE**

- a) You are what you eat. Explain (3 mks)
- b) Outline any four effects on health associated with excessive dietary fat intake  
  
(4 mks)
- c) Describe four physiological functions of food nutrients in the body (4 mks)
- d) Outline five general guidelines for healthy eating (5 mks)

- e) State five factors that affect food digestion in the digestive system (5 mks)
- f) State any five factors that may lead to protein malnutrition (5 mks)
- g) Mention any four factors that influence the bioavailability of nutrients (4 mks)

## **QUESTION TWO**

Explain **eight** different ways in which the government could intervene in order to help find a solution to the persistent problems of hunger and malnutrition in the country (20 marks)

## **QUESTION THREE**

- a) Discuss the factors that influence the nutritional behavior of individuals (15 marks)
- b) "Food is also used to satisfy social and psychological needs". Giving examples, explain this statement. (5 mks)

## **QUESTION FOUR**

- a) Distinguish between the different types of anemia (4 mks)
  - i. Iron deficiency anemia
  - ii. Microcytic anemia
  - iii. Megaloblastic anemia
  - iv. Pernicious anemia
- b) Describe five benefits of mineral elements in the diet (5 mks)
- c) Explain six principles which should be considered when planning diets. (12 Marks)

## **QUESTION FIVE**

- a) Explain five basic causes of malnutrition in Kenya (5 mks)
- b) Describe five functions of fats in the diet (5 mks)
- c) State the factors that influence vitamin A requirements in the body (5 mks)
- d) Describe five signs and symptoms of kwashiorkor (5 mks)

