TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

ANH 2131: FOOD SCIENCE AND NUTRITION

SUPPLEMENTARY/SPECIAL EXAMINATIONS
SERIES: FEBRUARY 2013
TIME: 2 HOURS

<u>**INSTRUCTIONS:**</u>

− This paper consists of Sections **A** and **B**.
− Section **A** is **Compulsory**.
− Answer any **TWO** questions in Section **B**.
− *This paper consists of Three printed pages.*

SECTION A (Compulsory) 30 Marks

QUESTION 1

a) Differentiate between the following:
   i) Primary and secondary malnutrition
   ii) Complete and incomplete proteins
   iii) Enzymes and co-enzymes
   iv) Macro and micro-nutrients   **(8 marks)**

b) State the function of each of the following nutrients:
   i) Vitamin K
   ii) Iodine
   iii) Thiamine
   iv) Iron
   v) Cyanoeabalamin   **(5 marks)**

c) Name the deficiency disorders associated with the following:
   i) Vitamin C
   ii) Proteins
   iii) Vitamin A
   iv) Calcium
   v) Nicotinic acid   **(5 marks)**

d) State any **FIVE** factors that may influence the rate of basal metabolism of an individual. **(5 marks)**
e) With examples, give the functional classification of nutrients.   **(3 marks)**
f) Give any **FOUR** properties of starch.   **(4 marks)**

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

a) Discuss the different methods used in the study of nutrition.   **(15 marks)**

b) State any **FIVE** signs of good nutrition.   **(5 marks)**

QUESTION 3

a) Describe any **FIVE** factors that may influence the nutritional status of an individual.   **(15 marks)**
b) What is malnutrition?   **(2 marks)**
c) Stating a reason, give at least **THREE** groups of people most vulnerable to hunger and malnutrition.
                                                                                         (3 marks)

QUESTION 4

a) Attaining national food security is still a major challenge for many developing countries why is this
   so?   **(14 marks)**

b) Describe the digestive process that takes place:

i) The mount   **(3 marks)**
ii) The stomach   **(3 marks)**