



TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

(DHIM J13)

ANH 2131: FOOD SCIENCE AND NUTRITION

END OF SEMESTER EXAMINATIONS

SERIES: DECEMBER 2013

TIME: 2 HOURS

INSTRUCTIONS:

- This paper consists of Sections **A** and **B**.
- Section **A** is **Compulsory**. Answer any **TWO** questions in Section **B**.
- Mobile phones are not allowed into the examination room.
- Cheating leads to disqualification.
- ***This paper consists of Three printed pages.***

SECTION A (Compulsory) 30 Marks

QUESTION 1

- a) Describe the following terms:
- i) Nutrients
 - ii) Saturated fatty acids
 - iii) Trace elements
 - iv) Polysaccharides
 - v) Vitamins
- (5 marks)
- b) Outline the functions of the following nutrients in the diet
- i) Fats
 - ii) Calcium
 - iii) Proteins
- (9marks)
- c) You are what you eat. Explain. (4marks)
- d) Explain the importance of good nutrition in relation to the following
- i) Life
 - ii) Growth & development
 - iii) Good Health
- (6marks)
- e) Describe the factors that influence the nutritional status of individuals. (6marks)

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) What are the signs of good nutrition. (5 marks)
- b) Discuss the factors that influence the feeding behavior of individuals. (15marks)

QUESTION 3

- a) What is basal metabolism? (2 marks)
- b) Explain the factors that influence the rate of basal metabolism of individuals. (10marks)
- c) Explain the fate of carbohydrates and proteins after digestion and absorption. (8marks)

QUESTION 4

- a) Discuss the effects of hunger and malnutrition to the individual and the society at large. (15marks)
- b) Who are the people most vulnerable to hunger and malnutrition in the world today; give reasons for your answers. (5 marks)

QUESTION 5

- a) Describe the various factors that influence the rate of reaction of enzymes. (10marks)
- b) In what ways can a homemaker ensure the planning and provision of adequate and satisfying family meals. (10marks)