



TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

CERTIFICATE IN CATERING AND ACCOMMODATION

(CCA S13)

AFS 1120: FOOD SCIENCE & 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) Differentiate between the following essential & non-essential amino acids Diet & dietetics
.Secondary – Primary deficiency
.Triglycerides and diglycerides
.Osteomalaria & Osteoporosis
.Diet and Dietetics
.Essential and non essential amino acids (10marks)
- b) What are the basic functions of food nutrients in the body. (3 marks)
- c) You are what you eat. Explain. (4marks)
- d) Explain the functions of each of the following food nutrients
- i) Vitamins C
 - ii) Dietary fibre
 - iii) Calcium (9 marks)
- f) Water is a necessity for life. Explain. (4marks)

SECTION B (Answer any TWO questions) 40 Marks

QUESTION 2

- a) List down any SIX clinical signs of malnutrition. (14 marks)
- b) What are the strategies that the government could put in place to eradicate the persistent problem of hunger and malnutrition in the country. (14 marks)

QUESTION 3

- a) Give any five trace elements; state the function of each of the trace elements given. (5marks)
- b) Describe the various factors that influence our daily energy requirements. (10marks)
- c) What is the relevance of good nutrition in relation to the social economic development of a Nation. (5marks)

QUESTION 4

- a) What is digestion. (2 marks)
- b) Describe the digestive processes that take place in:
- i) The mouth

- ii) The stomach
- iii) The small intestines.

(9marks)

c) Describe the various factors that influence the rate of reaction of enzymes.

(5marks)

QUESTION 5

Discuss the factors that influence individuals' food selection and choice.

(20marks)