



TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

CERTIFICATE IN CATERING AND ACCOMMODATION

(CCA M13/J13)

BHC 1105: FOOD & NUTRITION

END OF SEMESTER EXAMINATIONS

SERIES: AUGUST 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) Explain the following terms

Nutritional status

Food

Health

Digestion

Macro-nutrients

Food additives

(6marks)

- b) List down any five trace elements; state the function of each of the trace element listed. (5marks)
- c) Give any five signs of poor nutrition. (5marks)
- d) Differentiate between the following:
- i) Saturated and unsaturated fatty acids
 - ii) High and low biological value proteins
 - iii) Polysaccharides and disaccharides (6marks)
- e) Outline any four properties of starch. (4marks)
- f) Give any four symptoms of Kwashiorkor. (4marks)

QUESTION 2

- a) Outline the functions of each of the following nutrients in body.

i) Vitamin C

ii) Proteins

iii) Calcium

(9marks)

- b) State the relationship between each of the following nutrients.
- i) Vitamin C and Iron
 - ii) Vitamin D and calcium
 - iii) Retinol and carotene
 - iv) Vitamin B₁₂ and folic acid
 - v) Thiamin and carbohydrates. (5marks)

QUESTION 3

- a) Describe the following nutritional disorders.

i) Pellagra

ii) Kwashiorkor

(6marks)

- b) Discuss the various factors that influence the feeding behaviour of individuals.

(14marks)

QUESTION 4

- a) Are nutritionists important to the economy of any nation. Explain your answer. (4marks)
- b) Explain the relationship between nutrition and the following:

-Health

-Growth & development

-work output/ productivity

(8marks)

c) Describe the various causes of hunger and malnutrition in the world today.

(10marks)

QUESTION 5

a) State and explain the various factors that influence the daily energy requirement of individuals.

(10marks)

b) Explain the fate of carbohydrates, proteins and fats after digestion and absorption.

(10marks)