TECHNICAL UNIVERSITY OF MOMBASA

Faculty of Business & Social Studies

DEPARTMENT OF HOSPITALITY & TOURISM

DIPLOMA IN HOTEL & INSTITUTIONAL MANAGEMENT

(DHIM M13)

ANH 2131: FOOD SCIENCE AND NUTRITION

END OF SEMESTER EXAMINATIONS

SERIES: AUGUST 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**.
– 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) Give any FIVE signs of good nutrition. (5marks)
b) What are the functions of fats in the diet. (5marks)
c) Explain the relationship between nutrition and the following Health Human growth & development. (6marks)
d) What is the protein sparing action of carbohydrates. (3marks)
e) State the two ways in which the energy value of foods many be determined. (2marks)
f) State the various factors that influence the energy requirements of individuals. (5marks)
g) State the relationship between each of the following nutrious
   Thiamin & carbohydrates
   Vitamin C and Iron
   Vitamin D and Calcium. (3marks)
h) What are macro-nutrients (1mark)

SECTION B

QUESTION 2

a) Give the principle functions of the following nutrients.
   Calcium
   Iodine
   Flourine
   Iron
   Potassium
   Give two examples of suitable food sources for each. (10marks)
b) What factors should a homemaker put into consideration inorder to ensuew the preparation of adequate & satisfying family meals. (10marks)

QUESTION 3

Discuss the causes of hunger & malnutrition in the world today. (20marks)

QUESTION 4

a) Describe the factors that influence the rate of reaction of enzymes. (10marks)
b) You are what you eat. Discuss. (5marks)
c) List down any five examples of trade elements; state the functions of each trace elements stated. (5marks)

QUESTION 5

Discuss the factors that influence the nutritional behaviour of individuals. (2marks)