

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EMBU CAMPUS

**SECOND YEAR EXAMINATION FOR THE AWARD OF
DIPLOMA IN TOURISM AND HOSPITALITY MANAGEMENT**

DTHM 0141: INTRODUCTION TO HUMAN NUTRITION AND HYGIENE

STREAMS: DTHM (Y2S1)

TIME: 2 HOURS

DAY/DATE : TUESDAY 28 /09/ 2021

2.30 PM – 4.30 PM

INSTRUCTIONS:

- Answer ALL Questions in Section A and any other TWO in Section B
- Do not write on the question paper

SECTION A : 30 MARKS

1. Define the following terms;

Micro-Nutrients	[1 Mark]
Balanced diet	[1 Mark]
Metabolism	[1 Mark]
Nutrition	[1 Mark]
2. Briefly explain five practices that enhance nutrition value in food. [5 Marks]
3. Briefly Explain six ways which bacteria may be transferred to food. [6 Marks]
4. Briefly explain six kitchen hygiene practices necessary for food safety. [6 Marks]
5. Briefly explain two factors that cause food spoilage [4 Marks]
6. Explain any five aims of food preservation. [5 Marks]

SECTION B: (40 MARKS)

7. a) Using relevant illustration discuss methods applicable for food preservation. [10 Marks]
- b) As a food handler, discuss five reasons that may lead to increased cases of food poisoning in a certain hotel locality. [10 Marks]
8. An investor in Embu is aiming at opening a food service outlet focusing on people with various dietary requirements. Discuss various people groups he may consider and the dishes that can meet their nutrition requirement. [20 Marks]
9. a) Discuss six emerging trends in nutrition and human hygiene that can inform an executive chef when developing a hotel menu. [12 Marks]
- b) A group of students at Chuka University is interested in living a healthy lifestyle. Discuss recommendations that can assist them in achieving the above goal. [8 Marks]
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