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CHUKA



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**UNIVERSITY EXAMINATIONS**

**CHUKA & EMBU CAMPUS**

**FIRST YEAR EXAMINATION FOR THE AWARD CERTIFICATE IN TOURISM AND  
HOSPITALITY MANAGEMENT**

**CHTM 00102: INTRODUCTION TO HUMAN NUTRITION AND HYGIENE**

**STREAMS: CERT (CHTM)**

**TIME: 2 HOURS**

**DAY/DATE: FRIDAY 14/12/2018**

**8.30 A.M - 10.30 A.M.**

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**INSTRUCTIONS**

- **Answer ALL questions in Section A and any TWO in Section B**
- **Do not write anything on the question paper**

**SECTION A: [30 MARKS]**

1. Briefly discuss the following;

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|---|-----------|
| (a) Indispensable Amino Acids             | [3 Marks] |
| (b) Denaturation                          | [3 Marks] |
| (c) Dietary fibre                         | [3 Marks] |
| (d) Cellulose                             | [3 Marks] |
| (e) Functions of Haemoglobin              | [4 Marks] |
| (f) Functions and main sources of calcium | [4 Marks] |

2. Name three monosaccharides and give their sources. [4 Marks]

3. Name three disaccharides. [3 Marks]

4. Describe the composition of each of the three disaccharides. [3 Marks]

**SECTION B: [40 MARKS]**

5. (a) Discuss factors that influence the needs and the requirements for food by different persons. [10 Marks]

(b) State various challenges faced by low income earners in relation to dietary requirements. [10 Marks]

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6. (a) What is weaning? When should it be started and what foods are suitable? [8 Marks]

(b) What are the important points to remember when preparing packed meals? [12 Marks]

7. (a) How can the consumer ensure that the kitchen and the food that is served are hygienic. [12 Marks]

(b) Give reasons for the increase in the number of cases of food poisoning. [8 Marks]

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