

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

DTHM 0141: INTRODUCTION TO NUTRITION AND HYGIENE

STREAMS: DTHM Y2S1

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 5/12/2018

11.30 A.M - 1.30 P.M.

INSTRUCTIONS:

- Answer Question ONE (COMPULSORY) and any other TWO Questions.

SECTION A: [30 MARKS]

1. Differentiate between malnutrition and under-nutrition in nutrition. [2 Marks]
2. Explain 4 functions of Vitamin C. [4 Marks]
3. Highlight the 6 requirements of iron in the body. [6 Marks]
4. Explain the meaning of the terms saturated and unsaturated fatty acids. [6 Marks]
5. Explain 6 functions of water in the body. [6 Marks]
6. State 3 sources of proteins in animal and plant products. [6 Marks]

SECTION B: [40 MARKS]

7. (a) Explain five factors determining energy requirements by the body. [10 Marks]  
  
(b) Explain practices that lead to loss of nutrients and practices that conserve nutrient content of food. [10 Marks]
8. Discuss categories of carbohydrates, sources and functions in the body. [20 Marks]
9. (a) Describe the dietary recommendations for a healthy lifestyle in nutrition. [10 Marks]  
  
(b) Discuss the hygienic practices for people who handle food in hospitality establishments. [10 Marks]