

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA AND EMBU CAMPUSES

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

CHTM 00102: INTRODUCTION TO HUMAN NUTRITION AND HYGIENE

STREAMS: CHTM Y1S1

TIME: 2 HOURS

DAY/DATE: FRIDAY 8/12/2017

2.30 P.M - 4.30 P.M.

INSTRUCTIONS:

- Answer all question in SECTION A and any two in SECTION B
- Do not write anything on the question paper

SECTION A: [30 MARKS]

1. Briefly explain what causes destruction of Vitamin C during food preparations. [6 Marks]
2. Explain three causes of food spoilage in hospitality establishments. [6 Marks]
3. Highlight any **six** functions of fats in the body. [6 Marks]
4. Explain the meaning of the terms ESSENTIAL and NON-ESSENTIAL amino-acids. [6 Marks]
5. Explain **six** deficiency symptoms of Vitamin C [6 Marks]

SECTION B [40 MARKS]

6. (a) Explain **five** factors that may influence the nutritional value of food. [10 Marks]
(b) Explain **five** practices that lead to loss of nutrient content of food. [10 Marks]
 7. Explain **five** factors that affect energy requirements in individuals. [20 Marks]
 8. (a) Explain **five** reasons why a person may become a vegetarian. [10 Marks]
(b) Describe why human breast milk is the best milk to give babies. [10 Marks]
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