

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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: MONDAY 6/08/2018

11.30 A.M - 1.30 P.M.

INSTRUCTIONS:

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

SECTION A: [30 MARKS]

1. Explain the meaning of the terms nutrition, meal, nutrient, diet and malnutrition. [5 Marks]
2. Briefly describe the effect of heat on carbohydrates. [5 Marks]
3. Explain **five** causes of food poisoning. [5 Marks]
4. Describe **five** factors that affect energy requirements in human. [5 Marks]
5. Briefly describe **three** reasons why it is advisable for children to eat between meals. [3 Marks]
6. Briefly explain **three** ways through which bacterial can contaminate food. [3 Marks]
7. Highlight any **four** rules for preparing leftover food. [4 Marks]

SECTION B: [40 MARKS]

8. (a) Describe eight reasons why sauces are used in the food service. [8 Marks]  
(b) Describe six methods of food preservation. [12 Marks]
9. (a) Describe **eight** factors that affect the nutritional value of different foods. [8 Marks]  
(b) Describe **six** functions of ascorbic acid in human health. [12 Marks]

10. Describe the digestion of starch in human digestive system.

[20 Marks]

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