

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

CHUKA & EMBU

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

DTHM 0141: INTRODUCTION TO HUMAN HYGIENE AND NUTRITION

STREAMS: DTHM (Y1S2)

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 11/4/2018

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **ANSWER ALL QUESTIONS IN SECTION A AND ANY TWO IN SECTION B**
- **DO NOT WRITE ON THE QUESTION PAPER**

SECTION A (COMPULSORY) – 30 MARKS

1. Explain the following terms [3 marks]
 - (a) Hygiene
 - (b) Nutrition
 - (c) Diet
2. Briefly discuss FOUR importance of hygiene and nutrition. [4 marks]
3. Briefly explain FIVE personal hygiene practices to observe when handling and preparing food. [5 marks]
4. Briefly discuss FIVE importance of fat as a nutrient to the human body. [5 marks]
5. Explain FOUR practices that conserve nutrients in food. [4 marks]
6. Explain why the following have a high requirement for protein. [6 marks]
 - (a) Children
 - (b) Pregnant women
 - (c) Adolescents
7. Explain THREE reasons for the increased number of cases of food poisoning. [3 marks]

SECTION B: 40 MARKS

8. (a) Discuss ways through which bacteria may be transferred to food and how this can be avoided. [10 marks]
- (b) Explain the various methods used for food preservation. [10marks]
9. Discuss nutritional disorders related to food shortage and unwise food choices and highlight how they can be controlled. [20 marks]
10. With the use of a well labeled diagram of the human digestive system explain the digestion and absorption of food. [20 marks]
-