

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS
CHUKA/EMBU**

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

CHTM 00102: INTRODUCTION TO HUMAN NUTRITION AND HYGIENE

STREAMS: CHTM Y1S1

TIME: 2 HOURS

DAY/DATE: WEDNESDAY 11/12/2019

2.30 P.M – 4.30 P.M

INSTRUCTIONS

Answer all questions in section A and any TWO in section B

Do not write on the question paper

SECTION A (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 common characteristics of a person with anorexia nervosa type of eating disorder. [6 marks]
5. State six functions of water in the body. [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]

