

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

CHTM 00102: INTRODUCTION TO HUMAN AND HYGIENE NUTRITION

STREAMS: CHTM YISI

TIME: 2 HOURS

DAY/DATE: MONDAY 05/08/2019

2.30 PM – 4.30 PM

INSTRUCTIONS:

- Answer ALL the Questions in Section A and any Two questions in Section B
- Do not write anything on this question paper

SECTION A (30 MARKS)

1. Define the following terms;

(i) Nutrients	[1 mark]
(ii) Diet	[1 mark]
(iii) Metabolism	[1 mark]
(iv) Nutrition	[1 mark]
2. Briefly discuss any six practices that conserve nutrients in food. [6 marks]
3. Explain any five ways which bacteria may be transferred to food. [5 marks]
4. Outline any six personal hygiene practices during preparation of food. [6 marks]
5. Briefly explain any two causes of food spoilage. [4 marks]
6. Explain any five disorders that may result from unwise choice of foods. [5 marks]

SECTION B

7. (a) Briefly discuss five major groups of nutrients, their function in the body and foods that supply them. [10 marks]

- (b) Discuss factors that has led to increase in cases of food poisoning. [10 marks]
8. Discuss the aims, reasons and methods of food preservation. [20 marks]
9. (a) Discuss any kitchen hygienic practices that prevent cross contamination. [10 marks]
- (b) Discuss dietary requirements for people with various needs. [10 marks]
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