

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**  
**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF HOTEL**  
**MANAGEMENT**

**BCHM 211: HUMAN NUTRITION, HYGIENE AND SAFETY**

**STREAMS: BCHM Y2S1**

**TIME:2 HOURS**

**DAY/DATE: TUESDAY 17/12/2024**

**2.30 P.M. –4.30 P.M.**

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**INSTRUCTIONS:**

- **Answer All Questions in SECTION A and Any Other Two in SECTION B**
- **Do not write anything on this question paper.**

**SECTION A: (30 MARKS)**

1. Briefly explain six benefits of good hygiene practices to the hospitality industry. (6 marks)
2. Differentiate between the following terms; (6 marks)
  - i. Essential nutrients and non-essential nutrients
  - ii. Undernutrition and malnutrition
  - iii. Organic and inorganic nutrients
3. Briefly explain six right conditions for bacterial growth. (6 marks)
4. State six precautions measures that a food handler exercise while preparing and serving foods containing allergens. (6 marks)
5. Outline six duties of every employee while at the work place as stated in the Occupational Safety and Health Act, 2007. (6 marks)

**SECTION B: (40 MARKS)**

6. Draw up a Hazard Analysis Critical Control Point plan for a fast food restaurant. (20 marks)
  7. a) Examine five main groups of nutrients and state their sources and functions in the human body. (10 marks)  
b) Explain five general provisions in the Food, Drugs and Chemical Substances Act (Cap. 254) that safeguard food consumers. (10 marks)
  8. a) Expound on three methods used in assessing human nutritional status. (12 marks)  
b) Explain the impingement of food habits into menu planning. (8 marks)
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