



MACHAKOS UNIVERSITY

University Examinations 2018/2019

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR SPECIAL/SUPPLEMENTARY FOR

CERTIFICATE IN HOSPITALITY AND TOURISM OPERATIONS

CHTO 013: INTRODUCTION TO NUTRITION

DATE: 23/7/2019

TIME: 8.30-10.30 AM

INSTRUCTIONS

Answer Question One and Any Other Two Questions

1. a) Define the following terms (10 marks)
 - i. Nutrition
 - ii. Diet
 - iii. Balanced diet
 - iv. Nutrients
 - v. Malnutrition
- b) Identify four functions of Vitamin C in the body (4 marks)
- c) Describe the effects of heat on fats (6 marks)
- d) Calculate the energy value of the following meal (10 marks)

8g of carbohydrates
4g of protein
3g of fat
2. a) Explain five factors that influence recommended dietary allowances (10 marks)
- b) Explain the classification of carbohydrates (10 marks)
3. a) Describe five symptoms of Pellagra (10 marks)
- b) Explain five causes of malnutrition in Kenya today (10 marks)

4. a) Explain five factors to consider when planning meals (10 marks)
- b) Nutrients work together for the proper functioning of the body. Giving examples, explain such interactions (10 marks)
5. a) Describe five nutritional needs of Invalids (10 marks)
- b) Fill in the gaps for the following trace elements (10 marks)

Trace element	Biological function	Dietary sources
Iron		
Zinc		
Magnese		
Cobalt		
Selenium		