



# MACHAKOS UNIVERSITY

University Examinations 2017/2018

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST YEAR FIRST SEMESTER EXAMINATION FOR CERTIFICATE IN  
HOSPITALITY AND TOURISM MANAGEMENT

**CHTO 013: INTRODUCTION TO NUTRITION**

DATE: 6/12/2017

TIME: 11:00 – 1:00 PM

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## INSTRUCTIONS

Answer all questions in section A and any two in section B.

### SECTION A: ATTEMPT ALL QUESTIONS

1. a) Outline FIVE importance of good nutrition (5 marks)
- b) Fill in the chart (12 marks)

	Thiamin	Riboflavin	Iodine	Calcium
Main function				
Deficiency disease				
Food sources (1)				

- c) List down THREE dangers of taking high lipids in the diet (3 marks)
- d) Differentiate between Essential Amino acids and Non-essential Amino Acids (2 marks)
- e) Identify FOUR groups of people that require high iron intake in the diet (4 marks)
- f) List down FOUR functions of water in the human body (4 marks)

**SECTION B: ANSWER ANY OTHER TWO QUESTIONS**

- 2 a) Explain FIVE nutritional needs of children between the ages of 0-24months. (10 marks)
- b) List down FIVE functions of Vitamin A in the body (5 marks)
- c) Outline FIVE factors that influence the energy requirements of an individual (5 marks)
- 3 a) Discuss SIX factors that one should put in consideration when planning meals for invalids (12 marks)
- b) List down FOUR symptoms of marasmus (4 marks)
- c) Identify FOUR food sources of Vitamin D (4 marks)
- 4 a) Explain FIVE reasons why people choose to become vegetarians (10 marks)
- b) State FOUR health benefits of eating a diet with dietary fiber (4 marks)
- c) List down SIX food sources of fat (6 marks)
- 5 a) Discuss the metabolism of the macronutrients in the body (6 marks)
- b) List down SIX major enzymes that are important in digestion (6 marks)
- c) Outline the FOUR causes of malnutrition in Kenya (8 marks)