



MACHAKOS UNIVERSITY

University Examinations 2016/2017

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT HOSPITALITY MANAGEMENT

FIRST YEAR SECOND SEMESTER EXAMINATION FOR CERTIFICATE IN

HOSPITALITY AND TOURISM OPERATIONS

CHTO 013: INTRODUCTION TO NUTRITION

DATE: 2/6/2017

TIME:2.00-4.00 PM

INSTRUCTIONS

Answer Question One and Any Other Two 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: CHOOSE TWO ONLY

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 rich in dietary fiber (4 marks)
- c) List down SIX food sources of fat (6 marks)
5. a) Discuss the metabolism of 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)