



MACHAKOS UNIVERSITY COLLEGE

(A Constituent College of Kenyatta University)
University Examinations for 2015/2016 Academic Year

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

SECOND SEMESTER EXAMINATION FOR CERTIFICATE IN HOSPITALITY &
TOURISM MANAGEMENT

CHTO 010: INTRODUCTION TO NUTRITION

DATE:

TIME:

INSTRUCTIONS.

Answer All Questions in Section A and any TWO in Section B

1. a) Define the following terms as used in nutrition. (8 marks)
 - i) Nutrition
 - ii) Food
 - iii) Nutrients
 - iv) Digestion
- b) Outline two functions of each the following food nutrients in the body. (6 marks)
 - i) Proteins
 - ii) Carbohydrates
 - iii) Vitamins
- c) Differentiate between water soluble vitamins and fat soluble vitamins, giving example in each case. (4 marks)
- d) Illustrate four ways of preventing loss of water soluble vitamins during production. (8 marks)

- e) Highlight four guiding principles that a home maker should observe when planning meals for the family. (4 marks)

SECTION B: ANSWER ANY TWO QUESTIONS IN THIS SECTION

2. a) Explain the nutritional requirements for the following groups and conditions of people. (10 marks)
- i) Sedentary workers
 - ii) Manual workers
 - iii) Children (age 1-3 years)
 - iv) Lactating mothers
 - v) Expectant mothers
- b) Draw the digestive tract and label all the essential parts (10 marks)
3. a) Define what is fibre as it is applied in food and nutrition. (2 marks)
- b) Explain four importance of dietary fibre in the digestive system. (8 marks)
- c) Explain the importance of fats in the body of human beings. (10 marks)
4. a) Describe digestion of major nutrients in the digestion tract. (10 marks)
- b) Discuss any five functions of water in the body. (10 marks)
5. a) Define nutritional deficiency disease. (2 marks)
- b) Highlight eight symptoms of kwashiorkor. (8 marks)
- c) Discuss metabolism of various nutrients in the body. (10 marks)