



MACHAKOS UNIVERSITY

University Examinations 2017/2018

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT HOSPITALITY MANAGEMENT

SUPPLEMENTARY EXAM FOR CERTIFICATE IN HOSPITALITY AND TOURISM
OPERATIONS

CHTO 013: INTRODUCTION TO NUTRITION

DATE: 19/10/2017

TIME: 11:00 – 1:00 PM

INSTRUCTIONS

1. Attempt **ALL** questions in section A
2. Choose and attempt any **2** Questions in section B
3. Cheating will **AUTOMATICALLY** lead to **DISQUALIFICATION**.

SECTION A: ATTEMPT ALL QUESTIONS

1. Define the following terms as used in nutrition (10 marks)
 - a) Nutrition
 - b) Nutrients
 - c) Food
 - d) Malnutrition
 - e) Food Science
2. (a) List any Five Macronutrients found in the Human diet (5 marks)
(b) Outline the importance of nutrients in our bodies (5 marks)
3. (a) Differentiate between fats and oils (4 marks)
(b) Outline 3 sources of animal fats and 3 sources of plant oils (6 marks)

SECTION B: ATTEMPT ANY TWO QUESTIONS

4. (a) Malnutrition has become a very big problem in Kenya Today. Explain five causes of this Disaster (10 marks)
- (b) From question one above state and explain five measures the Kenyan Government is putting in place to overcome this challenge. (10 marks)
5. (a) List five characteristics exhibited by a victim of marasmus (5 marks)
- (b) Fats and oil are very important for proper functioning of the human body. Highlight five important roles played by fats and oils in the human body (5 marks)
- (c) Explain five functions of water in the human body. (10 marks)
6. (a) Outline five factors that influence the energy requirement in the body. (10 marks)
- (b) List five sources of carbohydrates (5 marks)
- (c) List five symptoms of Kwashiorkor (5 marks)
7. (a) Outline some signs of dehydration that a victim may show (8 marks)
- (b) Differentiate between Non-essential and Essential Amino Acids (4 marks)
- (c) List six nutritional disorders (6 marks)
- (d) State two examples of Essential Amino Acids (2 marks)