



MACHAKOS UNIVERSITY

University Examinations 2023/2024

DIRECTORATE OF TVET

DEPARTMENT HOSPITALITY MANAGEMENT

FIRST YEAR FIRST TERM EXAMINATION FOR

DIPLOMA IN CATERING AND ACCOMMODATION MANAGEMENT-

MODULE I

UNIT CODE:.....: FOOD SCIENCE AND NUTRITION

DATE:

TIME:

INSTRUCTIONS

Answer Question One and Any Other Two Questions

SECTION A (Compulsory:30 Marks)

QUESTION ONE (30 MARKS)

- a) Define the following terms(4marks)
 - i. Food
 - ii. Malnutrition.
- b) State four reasons for measuring PH in food processing (4 marks)
- c) List three life – threatening signs and symptoms of severe allergic reaction to food (anaphylaxis) (3 marks)
- d) Name four different types of anaemia (4marks)
- e) State six sources of complex carbohydrate & fibre (3 marks)
- f) Highlight the main function of iron in the body ??(2marks)
- g) List the four properties of salts (4marks)
- h) Name six neutral foods (3marks)
- i) Differentiate between Micro and Macro nutrients (3marks)

QUESTION TWO

- a) Explain five essential functions of proteins in the body (10 marks)
- b) Describe five characteristics of enzymes (10 marks)

QUESTION THREE

- a) Medical experts believe that Type II diabetes has a genetic component but other factors also put people at risk of the disease. Describe five of these factors (10marks)
- b) Highlight five most common signs and symptoms of a food allergy (5marks)
- c) State five risks associated with developing lifestyle diseases (5marks)

QUESTION FOUR

- a) Elaborate digestion of food in the mouth (10marks)
- b) Explain five functions of water in the Human body (10marks)

QUESTION FIVE

- a) Describe six major functions of carbohydrates in the body (12marks)
- b) Compare and contrast acids and bases (8marks)