



MURANG'A UNIVERSITY OF TECHNOLOGY

SCHOOL OF PURE AND APPLIED SCIENCE

DEPARTMENT OF HOSPITALITY

UNIVERSITY ORDINARY EXAMINATION

2017/2018 ACADEMIC YEAR

**FIRST YEAR, SECOND SEMESTER EXAMINATION FOR BACHELOR OF
SCIENCE IN HOSPITALITY MANAGEMENT**

HHM102: INTRODUCTION TO NUTRITION AND DIETETICS

DURATION: 2 HOURS

DATE: 19TH APRIL 2018

TIME: 9.00AM – 11.00AM

Instructions to Candidates:

1. Answer **Section A** and **Any Other Two** questions in **Section B**.
2. Mobile phones are not allowed in the examination room.
3. You are not allowed to write on this examination question paper.

SECTION A – ANSWER ALL QUESTIONS IN THIS SECTION (30 Marks)

QUESTION ONE

- a) Distinguish between fat soluble and water soluble. (6 Marks)
- b) Explain three (3) nutritional consequences of high intake of saturated fats. (6 Marks)
- c) Distinguish between complete proteins and incomplete proteins and give two (2) examples for each. (4 Marks)
- d) Explain five (5) nutritional benefits of roughage in the diet. (5 Marks)
- e) Explain four (4) points of importance of basic nutrition course for a hospitality management student. (4 Marks)
- f) Nutritionist's encourage all people to read labels on food packages to learn more about what they eat. Highlight five (5) kinds of information that manufacturers should display on the food labels. (5 Marks)

SECTION B – ANSWER ANY TWO QUESTIONS IN THIS SECTION

QUESTION TWO (20 MARKS)

- a) You have graduated with a Bachelor of Science in Hospitality Management and you have been offered a working opportunity in a newly opened hotel in your local town. Briefly describe the principles you will apply in planning healthy meals that will enable this hotel gain a marketing edge over existing food outlets. (10 Marks)
- b) Explain three roles played by each of the nutrients below in the human body. (6 Marks)
 - i. Lipids/Fats
 - ii. Proteins
- c) Explain the role played by the following organs in digestion. (4 Marks)
 - i. Mouth
 - ii. Stomach
 - iii. Small intestines
 - iv. Large intestines

QUESTION THREE (20 MARKS)

- a) Explain any five (5) that influence how people make their food choices. (10 Marks)

- b) i) Explain two (2) micronutrient deficiencies of public health concern and for each give a strategy that the government of Kenya has put in place to reduce prevalence and reduce impact of the deficiencies. (4 Marks)
- ii) Kenya now faces a double burden of malnutrition with the rise in prevalence of obesity. Discuss the cases, effects and methods of preventing obesity. (6 Marks)

QUESTION FOUR (20 MARKS)

- a) Discuss any five (5) tools used in meal planning. (10 Marks)
- b) In times of food shortage some population sub groups are bound to suffer more adverse effects than the rest of the population. Identify, with reasons, five (5) such groups in your community. (10 Marks)