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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2022/2023 ACADEMIC YEAR
FOR THE CERTIFICATE IN HOSPITALITY MANAGEMENT
CHM 107 - FOOD SCIENCE & NUTRITION

Date: April, 2022.
Time: 11.00 am-

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- State any five functions of food in a living organism (5 Marks)
- Citing relevant examples in each, differentiate between macro-nutrient and micro-nutrients (6 Marks)
- Highlight six sources of protein (6 Marks)
- Identify five causes of nutrient deficiencies (4 Marks)
- Name any six essential amino acids you know (6 Marks)
- Name three types of proteins (3 Marks)

QUESTION TWO (20 MARKS)

- Examine five minerals with at least of one function each (10 Marks)
- Explain five functions of carbohydrate (10 Marks)

QUESTION THREE (20 MARKS)

- With the aid of a well labeled diagram, draw a food pyramid (10 Marks)
- Outline five purchasing qualities of a fresh beef (10 Marks)

QUESTION FOUR (20 MARKS)

- Describe five types of milk based on the method of treatment or processing (10 Marks)
- Explain five conditions that must be followed for successful storage of eggs (10 Marks)

QUESTION FIVE (20 MARKS)

- Summarize five purchasing requirements for fresh vegetables (10 Marks)
- Give any five functions of water in our body (10 Marks)



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UNIVERSITY EXAMINATION, 2021/2022 ACADEMIC YEAR

END OF SEMESTER EXAMINATION

UNIT CODE: CHT 107

UNIT TITLE: FOOD SCIENCE & NUTRITION

EXAM TYPE: SUPPLEMENTARY EXAMINATION

LECTURERS NAME: JACOB KITOTO

LECTURES CONTACT: 0724872014

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS_____

QUESTION ONE (30 MARKS)

- Q1(a).Identify five characteristics of fat soluble vitamins (5Marks)
- (b).Highlight five functions of fat and oil (5 Marks)
- (c).Giving examples in each, differentiatebetween complete and non-complete protein (5Marks)
- (d).List at least five non-essential amino acids (5 Marks)
- (e).Name five sources of polyunsaturated fat (5 Marks)
- (f).State five functions of vitamin A (5Marks)

SECTION B

- Q2.(a)Explain five food groups (10 Marks)
- (b).Examine five recommended condition for keeping milk to ensure its freshness (10 Marks)
- Q3 (a).Analyseany five ways of preserving food(10 Marks)
- Q4.Outline five rules for preparation and cooking green vegetables (10 Marks)
- (b).Citing relevant examples, assess five types of fruits (10 Marks)
- Q5(a).Explain five factors to consider when purchasing fresh fruits (10 Marks)
- (b).Give ten classification of food additives (10 Marks)