



Kasarani Campus
Off Thika Road
Tel. 2042692 / 3
P.O. Box 49274, 00100
NAIROBI
Westlands Campus
Pamstech House
Woodvale Grove
Tel. 4442212
Fax: 4444175

KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FOR THE CERTIFICATE IN HOSPITALITY MANAGEMENT
CHM 107: FOOD SCIENCE AND NUTRITION

Date: 6TH DECEMBER 2023

Time: 11:30AM-1:30PM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) State five sources of carbohydrates. (5 Marks)
- b) Elucidate five symptoms of anemia. (5 Marks)
- c) Explain five properties of acids. (5 Marks)
- d) Meat is categorized based on its source. Explain five sources of meat. (5 Marks)
- e) Explain five functions of food additives. (5 Marks)
- f) Elucidate five causes of food spoilage. (5 Marks)

QUESTION TWO (20 MARKS)

- a) Digestion is concerned with the taking of food through the mouth and breaking it down in to small pieces, describe the digestion process. (8 Marks)
- b) Enzymes can be useful in food processing, discuss. (8 Marks)
- c) State FOUR organs in the body. (4 Marks)

QUESTION THREE (20 MARKS)

- a) Food additives refers to natural and synthetic compounds added to foods. Explain functions of food additives. (8 Marks)
- b) Explain the categories of food additives. (8 Marks)
- c) State FOUR types of minerals useful in the body. (4 Marks)

QUESTION FOUR (20 MARKS)

- a) Food is a basic commodity that must be carefully handled. Explain 4 critical points of contamination of food. (8 Marks)
- b) Explain major causes of food poisoning. (8 Marks)
- c) State FOUR conditions Bacteria require in order to multiply. (4 Marks)

QUESTION FIVE (20 MARKS)

- a) The process of prolonging the shelf life of food is called preservation, discuss methods of food preservation. (8 Marks)
- b) Explain EIGHT functions of water in the body. (8 Marks)
- c) State FOUR signs and symptoms of HIV/AIDS. (4 Marks)