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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: 2<sup>ND</sup> AUGUST 2022  
Time: 8:30AM – 10:30AM

**INSTRUCTIONS TO CANDIDATES**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- a) Define the following terms.
- i) Nutrition
  - ii) Protein
  - iii) Food
  - iv) Malnutrition (8 Marks)
- b) Highlight five sources of vitamin C. (5 Marks)
- c) Explain what you understand by the term enzymes and mention three functions of enzymes. (5 Marks)
- d) Identify FOUR types of nutrition. (4 Marks)
- e) Describe four micro-organisms in the food industry (8 Marks)

**QUESTION TWO (20 MARKS)**

- a) Explain the functions of proper nutrition. (10 Marks)
- b) Discuss any FIVE types of sugars. (10 Marks)

**QUESTION THREE (20 MARKS)**

- a) Discuss FIVE methods you can use to preserve food commodities. (10 Marks)
- b) Compile a THREE course menu you can provide to an HIV/Aids patient. (10 Marks)

**QUESTION FOUR (20 MARKS)**

- a) Discuss any FIVE sources of food contaminations. (10 Marks)
- b) Describe FIVE emerging issues in in nutrition. (10 Marks)

**QUESTION FIVE (20 MARKS)**

- a) Describe FIVE roles of fats in food. (10 Marks)
- b) Explain factors leading to malnutrition in most parts of our country. (10 Marks)