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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:

Time:

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) State the meaning of the following terms as used in food science and nutrition;
- i) Food poisoning. (2 Marks)
 - ii) Nutrients. (2 Marks)
- b) State four methods of preserving food in catering establishments. (4 Marks)
- c) Giving examples classify vitamins. (4 Marks)
- d) Outline five sources of calcium in the diet. (5 Marks)
- e) Water is an important element in the body. Highlight five functions of it in the body. (5 Marks)
- f) State five deficiency diseases and their possible causes. (5 Marks)
- g) Identify three types of proteins as used in food science and nutrition. (3 Marks)

QUESTION TWO (20 MARKS)

- a) Amino acids are the building blocks of proteins, differentiate between essential amino acids and non-essential amino acids giving an example for each. (6 Marks)
- b) Highlight two recommended dietary requirement of the following groups of people.(8 Marks)
- i) Adolescence
 - ii) Women
 - iii) Older people
 - iv) Lactating mothers.
- c) Outline six functions of fats and oils in the body. (6 Marks)

QUESTION THREE (20 MARKS)

- a) Explain how the following affect the growth of micro-organisms in the food. (8 Marks)
- i) Nutrients.
 - ii) Oxygen.
 - iii) Temperature.
- b) Discuss three types of foods that trigger allergic reactions in human. (6 Marks)
- c) State six characteristics of proteins as used in Food Science and Nutrition. (6 Marks)

QUESTION FOUR (20 MARKS)

- a) Food poisoning is the most important factor in the catering industry. State six ways of preventing food poisoning in catering establishments. (6 Marks)
- b) Identify six sources of iron in the diet. (6 Marks)
- c) Explain four measures that a chef can take to enhance food safety in the kitchen. (8 Marks)

QUESTION FIVE (20 MARKS)

- a) Giving examples in each category differentiate between monosaccharides, disaccharides and polysaccharides. (6 Marks)
- b) The county Government of Kiambu intends to start a food program of providing ECDE pupils with lunch meals for all public schools in the County. Explain five challenges they are likely to in its effort to ensure adequate food to the population. (8 Marks)
- c) Identify six advantages of using food additives in the Catering Establishments. (6 Marks)