

HOT – Nutrition

T091

Thursday, 29/11/2018

08:30 – 11:30 AM

WORKFORCE DEVELOPMENT AUTHORITY



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**ADVANCED LEVEL NATIONAL EXAMINATIONS, 2018,
TECHNICAL AND PROFESSIONAL STUDIES**

EXAM TITLE: NUTRITION
OPTION: Hotel Operations (HOT)
DURATION: 3 hours

INSTRUCTIONS:

The paper is composed of **three (3) main Sections** as follows:

Section I: Sixteen (16) compulsory questions. 55 marks
Section II: Attempt any three (3) out of five questions. 30 marks
Section III: Attempt any one (1) out of three questions. 15 marks

Note:

Every candidate is required to carefully comply with the above instructions. Penalty measures will be applied on their strict consideration.

Section I. Sixteen (16) Compulsory questions

55 marks

01. Define the term nutrients. **(2 marks)**
02. Give the three types of food poisoning. **(3 marks)**
03. State the difference between food poisoning and food spoilage. **(2 marks)**
04. Identify the two kinds of vitamins giving at least two food sources of each case. **(5 marks)**
05. Carbohydrates are basically classified according to molecular formation. State the three different forms of carbohydrates and give an example in each case **(5 marks)**
06. Explain dietary fibre and outline at least three functions to the human body. **(4 marks)**
07. Write briefly about the following terms:
i. Malnutrition:
ii. Metabolism
iii. Under nutrition **(6 marks)**
08. Like machines human beings require minerals for efficient and effective body process. Give four important mineral for a human being. **(2 marks)**
09. Identify any three ailment caused by lack of vitamin A. **(3 marks)**
10. The lack of enough calcium in both young and old people results into diseases known as **(2 marks)**
Ricket retardation Header
11. Make out the difference between essential and non-essential amino acids and give examples of their food source in each case. **(4 marks)**
12. Water is one of the most important micro nutrients in the body. Write four (4) uses of water to individuals. **(4 marks)**
13. Identify any four deficiencies resulting from lack nutritional iodine in a human body. **(4 marks)**
14. Identify any two types of vegetarians you know. **(2 marks)**

15. What is the difference between animal protein and plant protein? **(2 marks)**
16. Outline any five signs indicating the presence of pests in food premises. **(5 marks)**

Section II. Choose and Answer any three (3) questions **30 marks**

17. Discuss briefly the cause and effects of the following diseases kwashiorkor; marasmus and iron deficiency anemia. **(10 marks)**
18. Describe the effects of heat on the following food nutrients: carbohydrates; proteins and fats. **(10 marks)**
19. Discuss the functions of lipids in the human body. **(10 marks)**
20. Illustrate the factors employed by nutritionists to design meals for a given group of people. **(10 marks)**
21. Explain the measures that can be adopted to prevent nutrient loss during food preparation and cooking. **(10 marks)**

Section III. Choose and Answer any one (1) question **15 marks**

22. State the general uses of proteins for any human being. **(15 marks)**
23. Write down the dietary requirements of a pregnant woman and give the reason for such foods. **(15 marks)**
24. Describe the digestion of carbohydrates starting from the mouth and explain the enzymes that are active during the process. **(15 marks)**

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