

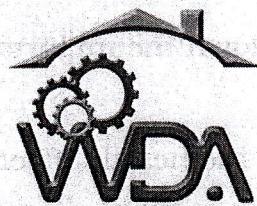
HOT - Nutrition

T091

Thursday, 30/11/2017

08:30 – 11:30 AM

WORKFORCE DEVELOPMENT AUTHORITY



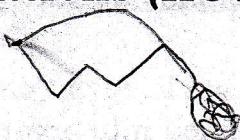
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ADVANCED LEVEL NATIONAL EXAMINATIONS, 2017, TECHNICAL AND PROFESSIONAL STUDIES

EXAM TITLE: NUTRITION

OPTION: Hotel Operations (HOT)

DURATION: 3 hours



INSTRUCTIONS:

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

Section I: Fourteen (14) 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. Fourteen (14) Compulsory questions **55 marks**

- 01.** List down the important nutrients required by all living organisms. **3 marks**
- 02.** Give the health effect of the following substances: **4 marks**
- a) Fiber
 - b) Cholesterol
- 03.** Why do you think that it is important to eat fruits and vegetables at each meal? **4 marks**
- 04.** When taken in too much quantity, fats may lead to different health troubles. What are those troubles? **3 marks**
- 05.** Kwashiorkor is a well-known Protein Calorie Malnutrition (PCM) caused by an unbalanced diet, enumerate any five factors influencing PCM. **5 marks**
- 06.** Differentiate the two broad categories of vitamins and give two examples for each category. **5 marks**
- 07.** Nutrients can be classified into organic and non-organic nutrients. Differentiate those two groups and give an example for each. **3 marks**
- 08.** Outline any three reasons why food hygiene is important in Hotel industry. **3 marks**
- 09.** No any other type of feeding can properly replace breast feeding. It is suitable and enough to satisfy the nutritional needs of the baby especially for the six first months. Illustrate the benefits of breast feeding. **5 marks**
- 10.** Give the reasons why vegetables should be eaten raw or blanched whenever possible. **2 marks**
- 11.** Some nutrients are source of energy others do not supply any energy. Distinguish them. **4 marks**
- 12.** Bacteria prevention and control is very important in catering area. What are the strategies to be used in that control and prevention of bacteria? **5 marks**
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- 13.** Salmonella is one of the main toxico-infectious microbes commonly found in the catering area. Give the mode of contamination of salmonella, the disease it may cause and the symptoms of that disease. **5 marks**
- 14.** Explain the following terms: **4 marks**
- Salting
 - Pickling
 - Jamming
 - Sterilization

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

- 15.** Digestion is defined as a process by which food and drinks are decomposed into small particles useful for our body. The digestion takes place in the digestive system which is constituted with digestive tract and some organs that secrete digestive juice. Describe clearly the main steps of digestion. **10 marks**
- 16.** Obesity can be an influencing factor of many diseases and it can itself be influenced by food habit.
- What are those diseases?
 - Which nutritional advice can be provided to prevent obesity?
 - Which diet can you recommend to a person with fever and why?
- 10 marks**
- 17.** **a)** Give the sources, function and the consequences of deficiency in vitamin D. **10 marks**
- b)** Give the function of fat in the body.
- 18.** **a)** Water is a very important nutrient to the body because the human body can only survive a few without it. Describe any five functions of water in the body.
- b)** What is the health trouble caused by the deficiency in Calcium and its characteristics? **10 marks**
- P.B. Section
- abnormal

- 19.** **a)** Describe the role of vitamin E in the body and name at least two types of food that are sources of that vitamin.
b) List down any four different nutrients found in mangoes and two roles for each nutrient. **10 marks**

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

- 20.** Digestion process is facilitated chemically and mechanically by alimentary canal and some organs that secrete digestive juice. Explain both chemical and mechanical role, where applicable, of the following organs in the digestion process.
- a)** Mouth and its components:
 - b)** Stomach
 - c)** Describe the protein digestion and absorption.
- 21.** **a)** What is the meaning of a low sodium diet and in which cases can you recommend a low sodium diet to your guest?
b) Describe any five various forms of vegetarianism.
- 22.** Explain the different groups of food and their functions within the body.