

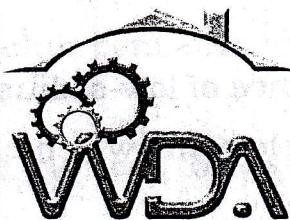
HOT-Nutrition

T069

Thursday, 07/11/2013

8:30 – 11:30 AM

WORKFORCE DEVELOPMENT AUTHORITY



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**ADVANCED LEVEL NATIONAL EXAMINATIONS, 2013;
TECHNICAL AND PROFESSIONAL TRADES**

EXAM TITLE: Nutrition

OPTION: Hotel Operations (HOT)

DURATION: 3hours

INSTRUCTIONS:

The paper contains **three (3)** sections:

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

Section II: Five (5) questions, **Choose any three (3)** **30marks**

Section III: Three (3) questions, **Choose any ONE (1)** **15marks**

Section I: All the 14 questions are Compulsory 55marks

01. Explain the importance of low-sodium diet. **1mark**
02. What are the 5 key elements which can help the human being to influence the long term health? **5marks**
03. What are the important classes of nutrients which are necessary for the health of our body? **3marks**
04. In order to allow the body to function, the energy trapped in nutrients is transformed into other forms of energy. Show the quantities of energy provided by each nutrient. **4marks**
05. Enumerate the factors which can influence our daily food choices. **2marks**
06. a) What nutrients which do not supply any energy to the body? **1mark**
b) Briefly talk about their importance in the body. **4marks**
07. Classify nutrients in three groups according to their role in the body. **8marks**
08. Name two water soluble vitamins and two fat soluble vitamins. **4marks**
09. Give three general purposes for which the body uses energy. **3marks**
10. Name Six (6) Fat -rich foods. **3marks**
11. Give the total numbers and distinguish the two classes of amino acids. **3marks**
12. Name the essential amino acids. **5marks**
13. Give 4 foods which are high-quality protein sources and 2 which are lower-quality protein sources. **4marks**
14. What is the role of: a) Vitamin E? **2marks**
b) Vitamin K? **3marks**

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Section II: Choose and answer any (3) questions 30marks

15. a) Explain the need of water by an adult person to stay healthy as referred to basical approximations. **6marks**

b) Identify 2 situations that increase the need for water. **4marks**

*16. a) Describe the importance of proteins in the body. **7marks**

b) Outline the roles of triglycerides in the body. **3marks**

17. What are the troubles caused by the deficiency of the following nutrients to the human body? Fill in the table below. **10marks**

S/N	Nutrient	Troubles due to deficiency
01	Vitamin K	
02	Vitamin C	
03	Vitamin A	
04	Vitamin D	
05	Proteins	

*18. Describe fat digestion and fat absorption. **10marks**

19. a) Describe the function of Zinc in the body. Name at least 3 types of food that are sources of Zinc. **6marks**

b) Explain the role of Vitamin D in the body. **2marks**

c) Where does the body find the vitamin D? **2marks**

Section III: Choose and answer any one (1) question 15marks

20. Indicate and explain three categories of states of nutritional health. **15marks**

*21. What is the difference between Nutrition and Nutrients? **15marks**

22. a) Describe principles of preservation. **8marks**

b) Give three most common methods of preserving food at home. **3marks**

c) Name and explain three reasons why we preserve food at home. **4marks**