ADVANCED LEVEL NATIONAL EXAMINATIONS, 2014
TECHNICAL AND PROFESSIONAL TRADES

EXAM TITLE: Nutrition

OPTION: Hotel Operations (HOT)

DURATION: 3 hours

INSTRUCTIONS:

The paper is composed of three (3) main sections:

Section I: Thirteen (13) questions, all Compulsory. 55 marks

Section II: Five (5) questions, Choose any Three (3). 30 marks

Section III: Three (3) questions, Choose any One (1). 15 marks
SECTION I. THIRTEEN (13) COMPULSORY QUESTIONS.

01. Explain the role of vitamin A and give at least its three (3) different sources. 5 marks

02. Today, Rwanda people are encouraged to rear cows for the purpose of poverty reduction and the reduction of the consequences resulting from malnutrition. Describe the food value of milk. 6 marks

03. Give three (3) general purposes for which the body uses energy. 3 marks

04. Discuss the meaning of the following terminologies:
   (a) Nutrients; (b) balanced diet; (c) allergy; (d) glucose; (e) oils. 5 marks

05. After digestion, what are the final forms of the following body requirements in a healthy body:
   (a) Proteins; (b) Carbohydrates; (c) Fats. 5 marks

06. Poor nutrition within the body can cause different health problems. List down at least four (4) health problems caused by poor nutrition. 4 marks

07. Talk about protein digestion. 3 marks

08. It is advisable to eat food. Give one (1) reason why it is advisable to eat food rich in fiber. Outline two (2) food stuffs rich in fibers. 

09. Give one contribution of the following food stuffs in the body of a human being in terms of essential nutrients:
   (a) meat; (b) beans; (c) maize; (d) mangoes; (e) banana; (f) peas; (g) eggs;
   (h) avocado; (i) sweet potato; (j) soybean. 5 marks

10. Give three (3) roles of Vitamin C in the body and give four (4) foods which may supply that vitamin. 5 marks

11. Explain the difference between saturated and unsaturated fats. 4 marks

12. Define “basal metabolism”. 2 marks

13. Name the disease which results from the long deficiency of calcium in diets. What is its consequences on human body? 5 marks

SECTION II. ATTEMPT ANY THREE (3) QUESTIONS.

14. Suggest the criteria you are going to follow in choosing and buying fish. 10 marks

15. People’s nutrient requirements are different. Give four (4) examples showing that people’s nutrient requirements change. 10 marks

16. Nutrients within the body work as a team. Explain how carbohydrates and proteins work as a team. 10 marks

17. Today many health experts advise people to cut down on cholesterol in the diet. Explain by giving five (5) relevant reasons. 10 marks

18. Explain the functions of lipids. 10 marks

SECTION III. ATTEMPT ANY ONE (1) QUESTION.

19. Foods have been classified in five essential food groups according to the nutrients they contain. Indicate those groups of foods and nutrients found in each group. 15 marks

20. Explain different methods used in order to verify the quality of an egg. 15 marks

21. Nutrients must go to the cells. Explain how nutrients are transported to the cells. 15 marks