

Juvenal

HOT – Nutrition

T075

Thursday, 17/11/2016

08:30 – 11:30

WORKFORCE DEVELOPMENT AUTHORITY



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**ADVANCED LEVEL NATIONAL EXAMINATIONS, 2016,
TECHNICAL AND PROFESSIONAL STUDIES**

EXAM TITLE: Nutrition

OPTION: Hotel Operations (HOT)

DURATION: 3hours

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

55marks

01. One way to balance your diet as you consume a variety of foods is to select from the five major groups of food every day. Outline those **five** groups. **5marks**
02. Give **two** combinations of feeding plants that supply all the essential amino acids in the right amounts. **3marks**
03. Name **five** roles that dietary fiber plays in the body. **5marks**
04. Describe briefly how we can reduce the risk of cancer among people through feeding. **4marks**
05. There are different public health strategies for health promotion and diseases prevention. Identify at least five (5) strategies. **5marks**
06. More than 300 enzymes require zinc as a factor for optimal activity. Adequate Zinc intake is necessary to support many body functions. Name at least **five** functions of zinc in the body. **5marks**
07. How many essential amino acid are there and which are they? Which one is essential in infancy but not in the older child? **4marks**
08. Water balance in the body is necessary since additional water is obliged as a constituent of tissue and for increase in the volume of body fluids. Indicate at least three different ways by which water is lost. **4marks**
09. Although minerals contribute only 3% to 4% of body weight, they play important roles in the body. Name at least **four** of their roles. **4marks**
10. Iron deficiency is the most common nutritional deficiency. It results when body iron is diminished. Describe **three** stages of iron depletion. **3marks**
11. By basal metabolic, wastes are produced. Describe how wastes are removed from the body. **2marks**
12. A variety of factors regulate the rate of digestion. Name at least two factors and two organs that regulate and contribute to digestion of some foods. **4marks**
13. Many types of body cells work in cooperation to maintain a defense against infection. Name all body cells which contribute in the immune system. **3marks**
14. Outline the role of insulin and Glucagon in the body. **4marks**

Section II. Choose and Answer any three (3) question

30marks

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- 15.** There are many broad social, economical, biological and psychological factors that affect the growth of the infant and young children. Indicate at least two (2) factors for each. **10marks**
- 16.** Explain how vitamin C functions as an antioxidant. **10marks**
- 17.** Oxidants are harmful substances that get into food as it is processed, sorted or packaged. High doses of some oxidants have been linked to serious health problems such as cancer, birth defects and allergies.
- a) Name at least four types of oxidants which may be present in food.
 - b) Describe the risks of those oxidants in high dose. **10marks**
- 18.** (a) Describe obesity. (b) Indicate **five** risks/factors associated with obesity. **10marks**
- 19.** Describe the role of the liver. **10marks**

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

15marks

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- 20.** Describe deeply good Nutrition. **15marks**
- 21.** Most parents are aware that nutrition plays a major role not only in the growth and development of their children but also in the prevention of diseases. However many parents have questions about how best to feed their children. Indicate which foods to provide for the needed nutrients of their children. Explain. **15marks**
- 22.** Nutrition counseling should be family oriented and based on normal nutrition, using the Food Pyramid Guide, emphasizing foods that provide a balance of nutrients and appropriate Kilocalorie intakes. Draw and explain a Food Pyramid Guide of your choice. **15marks**