



The Co-operative University of Kenya

SPECIALS AND SUPPLEMENTARY EXAMINATION AUGUST-2019

EXAMINATION FOR THE DIPLOMA IN CATERING AND HOTEL MANAGEMENT

UNIT CODE: DCHM 1209

UNIT TITLE: NUTRITION

DATE: 28TH AUGUST, 2019

TIME: 2:30 PM – 4:30 PM

INSTRUCTIONS:

- Answer question **ONE (compulsory)** and any other **TWO** questions

QUESTION ONE

- (a) Highlight **FOUR** properties of each of the following;
- (i) Acids (4 Marks)
 - (ii) Starch (4 Marks)
 - (iii) Sugars (2 Marks)
- (b) Explain **FIVE** predisposing factors that lead to diabetes. (10 Marks)
- (c) Explain **FIVE** factors that lead to nutritional illness (10 Marks)

QUESTION TWO

- (a) Highlight **SIX** methods to prevent Food Poisoning. (6 Marks)
- (b) Illustrate the composition of Nutrients in the Human body (6 Marks)
- (c) Explain **FOUR** reasons for proteins to coagulate. (8 Marks)

QUESTION THREE

- (a) Explain **FIVE** methods of food preservation. (10 Marks)
- (b) Explain **FIVE** methods to prevent Food contamination. (10 Marks)

QUESTION FOUR

- (a) Explain **FIVE** nutrients required in higher amounts by Expectant mothers. (10 Marks)
- (b) Explain **FIVE** types of Vegetarians. (10 Marks)

QUESTION FIVE

Explain ten hygiene control of HACCP. (20 Marks)