



The Co-operative University of Kenya
END OF SEMESTER EXAMINATIONS AUGUST-2018

EXAMINATION FOR THE DIPLOMA IN CATERING AND HOTEL MANAGEMENT
(YR II SEM II)

UNIT CODE: DCHM 1209

UNIT TITLE: NUTRITION

DATE: 24TH AUGUST, 2018

TIME: 9:00 AM – 11:00 AM

INSTRUCTIONS:

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

QUESTION ONE

- a) Explain the meaning of each of the following terms:
- i) Peristalsis (2 Marks)
 - ii) Bolus (2 Marks)
 - iii) Basal metabolic rate (2 Marks)
 - iv) Cross contamination (2 Marks)
 - v) Carrier (2 Marks)
- b) Explain **FOUR** ways of preventing the spread of HIV/AIDs (8 Marks)
- c) State **FOUR** methods of pest control in an establishment (4 Marks)
- d) Explain **FOUR** benefits of Fats in the body (8 Marks)

QUESTION TWO

- a) State **FOUR** food poisoning bacteria (4 Marks)
- b) State **FOUR** signs of Food poisoning (4 Marks)
- c) Highlight **SIX** methods of preventing food poisoning (6 Marks)
- d) Explain **THREE** conditions necessary for the growth of bacteria (6 Marks)

QUESTION THREE

- a) Explain **FIVE** advantages of Food preservation (10 Marks)
- b) Explain **FIVE** methods of Food preservation (10 Marks)

QUESTION FOUR

- a) Explain the digestion process in the mouth (6 Marks)
- b) Explain **FOUR** ways the ileum is adapted to its role in digestion (6 Marks)
- c) Giving an example in each case, explain **FOUR** uses of Acids in the body (8 Marks)

QUESTION FIVE

- a) Explain Scurvy under the following subheadings:
- i) Causes (2 Marks)
 - ii) Signs and symptoms (4 Marks)
 - iii) Prevention (3 Marks)
 - iv) Persons susceptible (5 Marks)
- b) Explain **THREE** factors that affect Nutrition for the elderly (6 Marks)