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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR
FIRST YEAR, SECOND SEMESTER, END OF SEMESTER EXAMINATION
FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT

C

Date: 18th April 2023
Time: 8.30am-10.30am

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) State 5 functions of fats (5marks)
- b) Explain the 3 principles of the fruit pyramid (6marks)
- c) Explain 4 diseases caused by lack of fibre in the diet (4marks)
- d) State the reasons for modifying the diets (5marks)
- e) Factors to consider when modifying a diet (5marks)
- f) Enumerate the main purposes of therapeutic diet (5marks)

QUESTION TWO (20 MARKS)

- a) Vitamins are very important nutrients in our bodies explain four of their characteristics (8marks)
- b) Good nutrition is an important part of leading a healthy lifestyle, discuss 4 benefits of good nutrition (8marks)
- c) The B vitamins are a group of vitamins that work together as a team and are generally found together in foods. Name 5 types of the B- complex (4marks)

QUESTION THREE (20 MARKS)

- a) Our body requires nutrients to replace what is lost daily, explain four factors that cause deficiencies even when these nutrients are taken. (8marks)
- b) The body can sometimes be unable to absorb nutrients, explain 4 factors affecting absorption of iron. (8marks)
- c) Osteoporosis can be avoided by practicing some habits Name 4 factors that one can do to avoid it. (4marks)

QUESTION FOUR (20 MARKS)

- a) Taking synthetic form of nutrients in excess (Hypervitaminosis) can cause problems, explain 4 effects of excess intake of the following:
 - i. Vitamin A (8marks)
 - ii. Vitamin D (8marks)

- b) Nutrients work together for the good of our bodies, explain the relationship between the following;
- i. vitamin C and Iron
 - ii. vitamin D and Calcium
- (4marks)

QUESTION FIVE (20 MARKS)

- a) A diet may need to be altered and adjusted in many ways before it meets the therapeutic needs of an individual patient explain 4 ways diets can be modified/ changed (8marks)
- b) Micronutrients are very important in our bodies name four sources of each (8marks)
- c) A modified diet is one that has been adjusted in regards to texture or content, give 2 examples of each (4marks)