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KIRIRI WOMENS' UNIVERSITY OF SCIENCE AND TECHNOLOGY
UNIVERSITY EXAMINATION, 2024/2025 ACADEMIC YEAR
FIRST YEAR, FIRST SEMESTER EXAMINATION
FOR THE CERTIFICATE IN HOSPITALITY MANAGEMENT
CHM 107 FOOD SCIENCE AND NUTRITION

Date: 7TH AUGUST 2024

Time: 8:30AM-10:30AM

INSTRUCTIONS TO CANDIDATES

ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS

QUESTION ONE (30 MARKS)

- a) Carbohydrates give energy to the body; this makes it a very essential part of a diet. State Five sources of carbohydrates. (5 Marks)
- b) Anaemia is a disorder that is caused by lack of iron in the body. Identify Five symptoms of anemia. (5 Marks)
- c) Hygiene if not maintained in a hotel set up can bring about food poisoning. Explain five hygiene standards a hotelier can adhere to in order to prevent food contamination. (5 Marks)
- d) Meat is categorized based on its source. Explain Five sources of meat. (5 Marks)
- e) The world today uses and produces a lot of food additives. Explain Five functions of food additives. (5 Marks)
- f) As a hotelier, food spoilage can be minimized but sometimes it cannot be avoided. Outline Five causes of food spoilage. (5 Marks)

QUESTION TWO (20 MARKS)

- a) Digestion is concerned with the taking of food through the mouth and breaking it down in to small pieces, describe the digestion process. (8 Marks)
- b) Enzymes act as catalysts during various chemical processes yet enzymes can also be useful in food processing, discuss. (8 Marks)
- c) The teeth help in breaking down food in the mouth. State four types of types. (4 Marks)

QUESTION THREE (20 MARKS)

- a) Food additives refer to natural and synthetic compounds added to foods. Explain functions of food additives. (8 Marks)
- b) Food additives are products that can either be natural or synthetic. Explain four categories of food additives. (8 Marks)
- c) State four types of minerals useful in the body. (4 Marks)

QUESTION FOUR (20 MARKS)

- a) Food is a basic commodity that must be carefully handled. Explain four critical points of contamination of food. (8 Marks)
- b) Explain four major causes of food poisoning. (8 Marks)
- c) State four conditions bacteria require in order to multiply in a conducive environment. (4 Marks)

QUESTION FIVE (20 MARKS)

- a) The process of prolonging the shelf life of food is called preservation, discuss four methods of food preservation. (8 Marks)
- b) Explain eight functions of water in the body. (8 Marks)
- c) State four signs and symptoms of HIV/AIDS. (4 Marks)