



MACHAKOS UNIVERSITY

University Examinations 2019/2020 Academic Year

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

SECOND YEAR FIRST SEMESTER EXAMINATION FOR

DIPLOMA INFOOD AND BEVERAGE PRODUCTION

2802/202: NUTRITION, DT & HOME NURSING

DATE: 30/3/2020

TIME: 8.30-11.30 AM

INSTRUCTIONS:

ANSWER QUESTION 1 AND ANY OTHER 4.

1. a) Distinguish between :-
 - i. Diet and Meal
 - ii. Nutrients and Nutrition
 - iii. Nutritionist and Dietitian (12 marks)
- b) Highlight 4 skill a home nurse should possess (8 marks)
2. a) State the benefits of roughage in the diet. (4 marks)
- b) Distinguish between micro and macro- nutrients.. (4 marks)
- c) Explain 4 causes of malnutrition in Kenya. (12 marks)
3. a) Explain the main function and 2 sources of :-
 - i. Vit A,
 - ii. Iron
 - iii. Proteins
 - iv. Calcium (12 marks)
- b) Describe a method of sterilization and disinfection of a sick room. (8 marks)
4. a) Explain 4 stages when an increase in protein intake is necessary (10 marks)
- b) Outline the benefits of breast feeding for the first 6 months. (10 marks)
5. a) State 6 reasons for good ventilation in a sick room. (6 marks)

- b) Differentiate between food poisoning and food spoilage. (4 marks)
- Explain the nutritional requirements for
- i. An adolescent girl.
 - ii. An infant (10 marks)
- c) Explain the types and causes of food spoilage. (10 marks)
- 6 a) Describe the functions of the main nutrients in the body. (10 marks)
- b) Explain the types and causes of food spoilage. (10 marks)