



# MACHAKOS UNIVERSITY

University Examinations 2019/2020

SCHOOL OF HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

FIRST SEMESTER EXAMINATION FOR DIPLOMA IN CATERING AND  
ACCOMODATION MANAGEMENT

NUTRITION AND DIET THERAPY

DATE:

TIME:

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## INSTRUCTIONS

- This paper consists of Two Sections A and B
- Section A is Compulsory and carries 40 marks
- Section B has four questions of 20 marks each. Attempt any Three.

### SECTION A: (COMPULSORY) (40 MARKS)

1. a) Define the following terms as used in Nutrition and diet therapy. (10 marks)
  - i) Diet
  - ii) Nutrition
  - iii) Balanced diet
  - iv) Malnutrition
  - v) Undernutrition
- b) Identify any five functions of proteins in the body. (10 marks)
- c) Describe five factors that influence energy requirements. (10 marks)
- d) Explain the importance of good nutrition. (10 marks)

### SECTION B: ATTEMPT ANY THREE QUESTIONS FROM THIS SECTION

2. a) Describe five symptoms of pellagra. (10 marks)
- b) Analyze the reasons why the growth of the following groups is referred to as a growth spurt. (10 marks)

- i) Infants
  - ii) Pre-school
  - iii) Adolescents
3. a) Outline five factors that influence recommended dietary allowances. (10 marks)
- b) Explain the metabolism of proteins. (10 marks)
4. a) As a manager of the drought management committee in Kenya, explain five basic causes of malnutrition in the country. (10 marks)
- b) i) Define the term kilo-calorie (2 marks)
- ii) Calculate the energy value of a menu of 18g with the following.
- (a) 10gms Carbohydrates
  - (b) 3gms Proteins
  - (c) 5gms Fat
- Give your answer in both kilocalories and kilojoules (8 marks)
5. a) Explain five factors to consider when planning meals. (10 marks)
- b) Nutrients work together for the proper functioning of the body. Giving examples, explain such interactions. (10 marks)