



ALUPE UNIVERSITY

COLLEGE

... Bastion of Knowledge...

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OFFICE OF THE DEPUTY PRINCIPAL

ACADEMIC, RESEARCH AND STUDENT AFFAIRS

UNIVERSITY EXAMINATIONS

2020/2021 ACADEMIC YEAR

THIRD YEAR SECOND SEMESTER MAIN REGULAR EXAMINATION

FOR THE DEGREE OF BACHELOR OF HOTEL AND HOSPITALITY MANAGEMENT

COURSE CODE: BHM 318

COURSE TITLE: NUTRITION

DATE: 20th JULY 2021

TIME: 1.00 -4.00 PM

INSTRUCTION TO CANDIDATES

- SEE INSIDE

THIS PAPER CONSISTS OF 2 PRINTED PAGES

PLEASE TURN OVER

BHM 318: NUTRITION

BSc HOTEL AND HOSPITALITY MANAGEMENT

DURATION: 3 HOURS

INSTRUCTIONS TO CANDIDATES

- i. Answer ALL questions in section A, B and C*
- ii. Do not write on the question paper.*

SECTION A: MULTIPLE CHOICE QUESTIONS (MCQS) (20 MARKS)

1. The mineral that controls the functioning of the thyroid gland is:
 - a. Phosphorus
 - b. Magnesium
 - c. Calcium
 - d. Iodine
2. The following helps to maintain a constant body temperature in our body
 - a. Roughage
 - b. Vitamins
 - c. Water
 - d. Cereals
3. -----is essential for forming haemoglobin in blood.
 - a. Calcium
 - b. Phosphorus
 - c. Iron
 - d. Magnesium
4. Deficiency of proteins and carbohydrates in infants leads to
 - a. Marasmus
 - b. Goiter
 - c. Kwashiorkor
 - d. Obesity
5. Rickets is caused by the deficiency of
 - a. Vitamin B1
 - b. Vitamin C
 - c. Vitamin D
 - d. Vitamin A
6. Which of the following does not contain sugar?
 - a. Apple
 - b. Potato
 - c. Grapes
 - d. Glucose
7. Night blindness is caused by the deficiency of

- a. Vitamin C
 - b. Vitamin D
 - c. Vitamin B1
 - d. Vitamin A
8. Fat is completely digested in the
- a. Stomach
 - b. Mouth
 - c. Small intestine
 - d. Large intestine
9. Water from undigested food is absorbed mainly in the
- a. Stomach
 - b. Food pipe
 - c. Small intestine
 - d. Large intestine
10. Which of the following does NOT put an individual at risk of malnutrition?
- a. Eating too much
 - b. Eating too little
 - c. An absorption disorder
 - d. Eating a variety of food
11. The following foods are considered to have a low nutrient density:
- a. Potato chips
 - b. Carrots
 - c. Apples
 - d. Steaks
12. Which mineral is needed to prevent osteoporosis?
- a. Iron
 - b. Magnesium
 - c. Zinc
 - d. Calcium
13. Which nutrient deficiency displays sores at the corners of the mouth?
- a. Vitamin B
 - b. Riboflavin
 - c. Folic acid
 - d. Iron
14. Obesity can increase your risk of developing:
- a. Iron deficiency anemia
 - b. Diabetes
 - c. Kidney failure
 - d. Osteoporosis
15. Which biochemical test measures protein status?

- a. Serum transferrin level
 - b. Creatinine excretion
 - c. Serum albumin level
 - d. Serum creatinine level
16. The biochemical test that indicates a depleted muscle mass is
- a. Serum transferrin level
 - b. Creatinine excretion
 - c. Serum albumin level
 - d. Serum creatinine level
17. The following is a characteristic of poor nutritional status:
- a. Apathy
 - b. Shiny skin
 - c. Clear eyes
 - d. Erect posture
18. Which of the following diseases is due to vitamin C deficiency?
- a. Anaemia
 - b. Goiter
 - c. Scurvy
 - d. Xerophthalmia
19. Which of the following are inorganic nutrients?
- a. Carbohydrates
 - b. Minerals
 - c. Vitamins
 - d. Proteins
20. Which blood test can indicate anaemia?
- a. Haemoglobin test
 - b. Red blood cell test
 - c. Blood urea nitrogen
 - d. Lipid profile

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)

- 1. State five factors that influence food choices (5 marks)
- 2. State three functions of vitamin D (3 marks)
- 3. Outline five functions of fats (5 marks)
- 4. State six classifications of nutrients (6 marks)
- 5. Outline four types simple carbohydrates (4 marks)
- 6. State six functions of minerals in the body (6 marks)
- 7. State six factors that affect the nutrient intake (6 marks)
- 8. Outline uses of five water soluble vitamins (5 marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS)

- 9. Describe the indirect methods of nutritional assessment (20 marks)
- 10. Describe the common nutritional deficiencies and their health effects in children (20 marks)

*****END*****