



MASENO UNIVERSITY

UNIVERSITY EXAMINATIONS 2012/2013

FIRST YEAR FIRST SEMESTER EXAMINATIONS FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT (CITY CAMPUS)

SEH 0139: ELEMENTARY NUTRITION

Date: 6th August, 2013

Time: 2.00 – 4.00 p.m.

INSTRUCTIONS:

- ◆ This paper consists of two sections, A and B.
- ◆ Answer ALL questions in Section A in the spaces and Section B in the booklet provided.



SECTION A

Answer ALL questions in the spaces provide

1. Define the following terms as applied in Nutrition.

(i) Nutrients

(ii) Anthropometry

(iii) Epidemiology

(iv) Fructose

(v) Glycogenesis

(10 Marks)

2. What are some of the factors that contribute towards morning sickness in pregnancy?

(4 Marks)

3. Outline the several special needs that require sensitive counseling during pregnancy.

(5 Marks)

4. Explain the common eating disorders associated with the adolescent girl.

(4Marks)

5. Carbohydrates are sometimes called "protein spacers" explain.

(4 Marks)

6. List down seven major minerals that are present in the body in large amounts.

(7 Marks)

7. Name the four functions of food in the body

(8 Marks)

8. What do the terms Hyperglycemia and Hypoglycemia mean. Give the recommended level.

(4 Marks)

9. What four major characteristics of water soluble vitamins differentiate them from the fat soluble vitamins?

(4 Marks)

10. Briefly discuss two ways in which a person can be termed or classified as being in a state of over-nutrition.

(4 Marks)

SECTION B: Answer in the booklet provided.

11. There are various reasons why people end up being vegetarians. Briefly discuss four major reasons

(16 Marks)