



GARISSA UNIVERSITY COLLEGE

(A Constituent College of Moi University)

**UNIVERSITY EXAMINATION 2016/2017 ACADEMIC YEAR ONE
SECOND SEMESTER EXAMINATION**

SUPPLEMENTARY/SPECIAL EXAM

SCHOOL OF EDUCATION, ARTS AND SOCIAL SCIENCES

FOR THE DEGREE OF BACHELOR OF EDUCATION (ARTS)

COURSE CODE: EPE 113

COURSE TITLE: FOODS AND NUTRITION

EXAMINATION DURATION: 3 HOURS

DATE: 26/09/17

TIME: 9.00-12.00 PM

INSTRUCTION TO CANDIDATES

- **The examination has SIX (6) questions**
- **Question ONE (1) is COMPULSORY**
- **Choose any other THREE (3) questions from the remaining FIVE (5) questions**
- **Use sketch diagrams to illustrate your answer whenever necessary**
- **Do not carry mobile phones or any other written materials in examination room**
- **Do not write on this paper**

This paper consists of TWO (2) printed pages

please turn over



QUESTION ONE (COMPULSORY)

- (a) Define the following terms:
- i. Food
 - ii. Nutrition
 - iii. Energy Metabolism
 - iv. Energy requirements
- (b) Explain the rationale for studying the unit “Foods and Nutrition”
- (c) Discuss briefly the different types of carbohydrates

QUESTION TWO

- (a) Discuss any five benefits of steaming food **[10 marks]**
- (a) Discuss the disadvantages of micro waving **[10 marks]**

QUESTION THREE

- (a) Discuss ways of reducing cholesterol levels in the blood **[10 marks]**
- (b) Discuss the effects of high consumption of proteins **[10 marks]**

QUESTION FOUR

- (a) Distinguish between Fat soluble and Water soluble vitamins **[4 marks]**
- (b) Identify sources of FOUR fat soluble vitamins and explain the causes and effects of their deficiency **[16 marks]**

QUESTION FIVE

- (a) Mention any four minerals that are critical to child development and describe the effects of Toxicity where applicable **[12 marks]**
- (b) Identify any FOUR cooking techniques **[8 marks]**

QUESTION SIX

- (a) Discuss the functions of Lipids in human bodies **[10 marks]**
- (b) Discuss the functions of cholesterol in the body **[10 marks]**

