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**GARISSA UNIVERSITY**

**UNIVERSITY EXAMINATION 2020/2021 ACADEMIC YEAR ONE**

**SECOND SEMESTER EXAMINATION**

**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: 2 HOURS**

**DATE: 10/10/2021 TIME: 09.00-11.00 AM**

**INSTRUCTION TO CANDIDATES**

* **The examination has FIVE (5) questions**
* **Question ONE (1) is COMPULSORY**
* **Choose any other TWO (2) questions from the remaining FOUR (4) 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)**

1. Explain 5 reason why food is preserved   10marks
2. Explain four causes and prevention of deficiency diseases 12marks
3. Discuss the nutritional requirements during pregnancy.  8marks

**QUESTION TWO**

1. Identify any four cooking techniques           4marks
2. Briefly explain the health benefits of dietary fiber to the body.      6marks
3. Discuss briefly the types of carbohydrates 10marks

**QUESTION THREE**

1. Outline the causes of iodine deficiency citing the intervention measures you would initiate to curb the problems   6marks
2. Mention two sources of fiber 4marks
3. Discuss any five hygiene practices in the storage and preparation of food to prevent food poisoning    10marks

**QUESTION FOUR**

1. Discuss any five food preservation techniques     10marks
2. Discuss function of water in a diet 10marks