AKENTEN APPIAH-MENKA UNIVERSITY OF SKILLS TRAINING AND ENTREPRENEURIAL DEVELOPMENT DEPARTMENT OF HOSPITALITY AND TOURISM EDUCATION

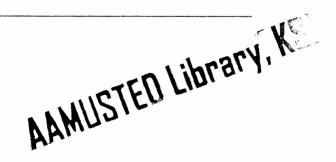
END OF SECOND SEMESTER EXAMINATIONS AUGUST, 2021

HOS 122

CANDIDATE INDEX NUMBER:

PAPER CODE:

PAPER TITLE: **NUTRITION AND WELLNESS** DURATION 2HOURS LECTURER: DR. GILBERT OWIAH SAMPSON INSTRUCTIONS ANSWER SECTION A ON THE QUESTION PAPER AND SECTION B IN THE ANSWER BOOKLET PROVIDE SECTION A (Answer all questions in this section on the question paper) 1. Identify the two major groups of minerals and give two examples each [2mark] AAMUSTED - LIBRARY 2. List two properties of minerals [2marks] KIMASI 3. Explain the mechanisms the human body uses to regulate the mineral content [2marks] 4. State two (2) factors that affect the nutrient content of food [2marks]



CLASS

5. i)	Ou	tline two functions of the following minerals and give one source each Calcium	[4marks]
ii)		Chromium	
6.	Exp	plain two categories of antivitamins and give one example each	[2marks]
			*.
7.	Sta	te two symptoms that can result from Iodine Deficiency	[1mark]
8.	Our	tline five symptoms of Anorexia nervosa	[5marks]
SE	CT	ION B	
1.	white of C B) adv	Comfort's lunch comprised of 150g rice, 40 g yam balls, 100g fish, 72g ich comprised of 20g of polyunsaturated fat from soybean. Calculate to calories in Comfort's lunch. Assuming that the total energy intake exceeds her Recommended Nutrivise will you give to Comfort? List three mechanisms that can result in food spoilage State the vitamins with antioxidant potentials in food List five advantages derived from consuming vegetarian diets.	he total amount [8marks]



2.	Naa, a 27 year old moderately active worker, who is 177 cm tall and weighs 67000 g
	came to your clinic to seek advice on diet and weight management. Calculate her

i) Body Mass Index (BMI)

[3marks]

ii) Basal Metabolic Rate (BMR)

[3marks]

iii) Energy expenditure

[5marks]

- iv) From the BMI, how will you classify her and what advise will you offer her as a wellness expert [2marks]
- B) What processes are involved during the dehydration of milk to produce milk powder? [2marks]

C) List five factors that regulate energy requirement in humans [5marks]

- 3. A) Explain why vitamin K deficiency is common in infants but relatively absent in adults? [6marks]
 - B) Tabulate four differences between Kwashiorkor and Marasmus [4marks]
 - C) Soft diet is usually recommended for patients of ulcer. Describe the characteristics and/ or composition of soft diet as a Dietician. [3marks]
 - D) Explain the purpose of a high protein diet and describe its composition [7marks]

GOOD LUCK

