

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

**END OF SECOND SEMESTER EXAMINATIONS  
AUGUST, 2021**

**CANDIDATE INDEX NUMBER:**

**CLASS**

<b>PAPER CODE:</b>	<b>HOS 122</b>
<b>PAPER TITLE:</b>	<b>NUTRITION AND WELLNESS</b>
<b>DURATION</b>	<b>2HOURS</b>
<b>LECTURER:</b>	<b>DR. GILBERT OWIAH SAMPSON</b>
<b>INSTRUCTIONS</b>	<b>ANSWER SECTION A ON THE QUESTION PAPER AND SECTION B IN THE ANSWER BOOKLET PROVIDE</b>

**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]

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2. List two properties of minerals

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[2marks]

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3. Explain the mechanisms the human body uses to regulate the mineral content [2marks]

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4. State two (2) factors that affect the nutrient content of food

[2marks]

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5. Outline two functions of the following minerals and give one source each [4marks]

i) Calcium

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ii) Chromium

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6. Explain two categories of antivitamins and give one example each [2marks]

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7. State two symptoms that can result from Iodine Deficiency [1mark]

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8. Outline five symptoms of Anorexia nervosa [5marks]

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## SECTION B

1. A) Comfort's lunch comprised of 150g rice, 40 g yam balls, 100g fish, 72g vegetable salad which comprised of 20g of polyunsaturated fat from soybean. Calculate the total amount of calories in Comfort's lunch. [8marks]

B) Assuming that the total energy intake exceeds her Recommended Nutrient Intake, what advise will you give to Comfort? [2marks]

ii) List three mechanisms that can result in food spoilage [3marks]

C) State the vitamins with antioxidant potentials in food [2marks]

D) List five advantages derived from consuming vegetarian diets [5marks]

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**