



**ELIZADE UNIVERSITY**  
**ILARA-MOKIN, ONDO STATE, NIGERIA**

**FACULTY: HUMANITIES, SOCIAL AND MANAGEMENT SCIENCES**  
**DEPARTMENT: TOURISM AND HOSPITALITY MANAGEMENT**  
**FIRST SEMESTER EXAMINATIONS**  
**2020/2021 ACADEMIC SESSION**  
**COURSE CODE: HTM 201**  
**COURSE TITLE: FOOD SCIENCE AND NUTRITION**  
**COURSE UNIT: 3 UNITS**  
**DURATION 3 Hours**

  
**HOD'S SIGNATURE**

**SECTION A (NON ESSAY TYPE)**

Multiple Choice Questions/Fill in the Gap Questions/ True or False Questions. 60 Questions at 1/2 (0.5) mark each.

Total Marks for Section A: 30 Marks

**SECTION B (ESSAY TYPE)**

Written essays, definitions, description of concepts etc. 4 Questions, answer 3. 10 Marks each.

Total Marks for Section B: 30 Marks

**TOTAL MARKS FOR EXAMINATIONS: 60 MARKS.**

**SECTION A**

1. Food science is a multi-disciplinary field involving all of these except:
  - (a) Chemistry
  - (b) Nutrition
  - (c) Tourism
  - (d) biochemistry
2. Food science is important to the catering industry for the following reasons except:
  - (a) Catering industry feeds the whole world
  - (b) Catering industry is vulnerable, it renders services to too many people
  - (c) Human being is both the cause and victim of unsafe food
  - (d) Food is served by many people.
3. Fields of food science include one of these
  - (a) Tourism
  - (b) Architecture
  - (c) Geophysics
  - (d) Sensory Analysis

4. What is food?
- (a) Food is any aromatic substance that people or animals eat or drink
  - (b) Food is any nutritious substance that people or animals eat or drink
  - (c) Food is any sumptuous substance that people or animals eat or drink
  - (d) Food is any attractive substance that people or animals eat or drink
5. What is a nutrient?
- (a) A nutrient is a substance used by an organism to survive, grow, and reproduce
  - (b) A nutrient is a substance used by an organism to service, grow and reproduce
  - (c) A nutrient is a substance used by an organism to sacrifice, grow and reproduce
  - (d) A nutrient is a substance used by an organism to stampede, grow and reproduce
6. Vitamins are micronutrient that offer a range of the following health benefits except
- (a) Boosting the immune system
  - (b) Providing energy to perform tasks
  - (c) Aiding calcium absorption
  - (d) Maintaining healthy skin
7. The following are fat soluble vitamins except
- (a) Vitamin A
  - (b) Vitamin B
  - (c) Vitamin E
  - (d) Vitamin D
8. All the following are minerals except
- (a) magnesium
  - (b) calcium
  - (c) carbon
  - (d) phosphorus
9. Identify which one of these is a trace mineral
- (a) zinc
  - (b) sulphur
  - (c) sodium
  - (d) chloride
10. The most important essential nutrient that a person needs is
- (a) carbohydrate
  - (b) protein
  - (c) water
  - (d) fats
11. A severe deficiency in vitamin B-3 is often referred to as
- (a) Osteoporosis
  - (b) Anaemia
  - (c) Marasmus
  - (d) Pellagra
12. One type of clostridium bacteria produces a very serious food poisoning disease called
- (a) botulax
  - (b) botanical

- (c) botulinum
  - (d) botulism
13. The following are some of the factors that positively affect bacterial growth except
- (a) Oxygen
  - (b) Carbon
  - (c) Food
  - (d) Acid
14. Stock rotation is a way of minimizing potential stock loss due to expiration. To avoid this you should use the rule known as
- (a) LIFO
  - (b) FIFO
  - (c) FEFO
  - (d) AVCO
15. Identify which of these is not a type of food
- (a) Evergreen foods
  - (b) Perishable foods
  - (c) Semi-perishable foods
  - (d) Staple foods
16. The three main stages of growth in human beings are the following except
- (a) Infancy
  - (b) Adolescence
  - (c) Adulthood
  - (d) Manhood
17. Identify which one of these is not one of the three types of heat transfer
- (a) Irradiation
  - (b) Radiation
  - (c) Conduction
  - (d) Convection
18. Disease causing bacteria grow best in the following conditions except
- (a) Chilling environment
  - (b) Warmth
  - (c) Moisture
  - (d) Food supply
19. Ascorbic acid oxidase is an enzyme cause food spoilage with the destruction of one of the following:
- (a) Vitamin A
  - (b) Vitamin B
  - (c) Vitamin C
  - (d) Vitamin D
20. The basis of food science lies in understanding of the chemistry of food components and the reactions they undergo during processing and storage. It requires the knowledge of the following except
- (a) Biochemistry
  - (b) Microbiology



(c) Engineering

(d) Geography

21. A \_\_\_\_\_ is a substance used by an organism to survive, grow, and reproduce.
22. Micronutrients are nutrients that a person needs in \_\_\_\_\_ doses
23. \_\_\_\_\_ include water, protein, carbohydrates, and fats.
24. There are two groups of minerals: major and \_\_\_\_\_ minerals.
25. There are two types of bacteria \_\_\_\_\_ bacteria and anaerobic bacteria.
26. The absorption and utilization of food by the body is fundamental to \_\_\_\_\_ and is facilitated by digestion.
27. There are 13 essential vitamins that nutritionists divide into \_\_\_\_\_ groups.
28. Fat soluble vitamins are: Vitamins A, D, E, and \_\_\_\_\_.
29. Typically, a person who eats a diet rich in vegetables, fruits, and lean proteins can get all the \_\_\_\_\_ they need in their food.
30. Protein is a macronutrient that every cell in the \_\_\_\_\_ needs to function properly.
31. Fats provide the body with \_\_\_\_\_ and help it carry out a range of functions.
32. There are two different types of carbohydrates: simple and \_\_\_\_\_.
33. The human body is made up of mostly water, and every cell requires water to \_\_\_\_\_.
34. The best source for water is to drink \_\_\_\_\_, unsweetened water from the tap or bottled sources.
35. A person needs to consume all \_\_\_\_\_ types of essential nutrients to ensure the best possible health.
36. A nutritional deficiency occurs when the body doesn't absorb or get from food the necessary amount of a \_\_\_\_\_.
37. Niacin is another mineral that helps the body \_\_\_\_\_ food into energy.
38. The best source of vitamin D is \_\_\_\_\_.
39. Food poisoning can be caused by eating food contaminated with \_\_\_\_\_, viruses, chemicals or poisonous metals such as lead or cadmium.
40. There are \_\_\_\_\_ factors that affect bacterial growth, which can be referred to by the mnemonic FATTOM.
41. Macronutrients consist of vitamins and minerals. True or False
42. The six essential nutrients are vitamins, minerals, protein, fats, water, and carbohydrates. True or False
43. Thiamine is a member of the Vitamin B Complex. True or False
44. Fluoride is a trace mineral. True or False
45. Staphylococci toxin which causes illness is easily destroyed by cooking. True or False
46. Vitamins and minerals are naturally produced in the body. True or False.
47. Deficiencies of micronutrients can lead to a variety of health problems. True or False
48. Intrinsic factor is a transport protein secreted by the stomach cells. True or False
49. Osteoporosis, caused by a lack of calcium and vitamin D, can lead to porous and fragile bones. True or False
50. Vitamin D is found generally in almost every food. True or False
51. Balanced diet is associated with good health, prevention of diseases and recovery from illnesses. True or False

52. Nutritional requirements are defined by a person's age, sex, body weight and physiological status. True or False
53. Food poisoning can be caused by eating food contaminated with bacteria, viruses, chemicals or poisonous metals. True or False
54. Food which has become contaminated with harmful bacteria always taste bad. True or False
55. Disease causing bacteria grow best when there is warmth, moisture and food supply. True or False
56. Proper food handling and storage can prevent most foodborne illnesses. True or False
57. Bacteria grow very well in acidic environments. True or False
58. Bacteria require food to survive. True or False
59. Managing inventory and stock rotation are keys to success and profitability to any retail organization. True or False
60. Most fresh foods do not need to be stored in the refrigerator to delay their deterioration and decomposition. True or False

### **SECTION B**

1. Assume yourself as the Training Manager of Suya Hotels Plc. Briefly explain your understanding of Food Science (6Marks)
- 1b. List four of its importance to the catering industry (4Marks).
2. Imagine you are the Production Manager of Olympics Global Inn. Briefly discuss four of the nutrients. (10 Marks)
3. Explain all the attributes of the two common types of food poisoning bacteria. (10 Marks)
4. Briefly explain the three types of food and itemise four factors that affect food storage-life. (10 Marks)