



MERU UNIVERSITY OF SCIENCE AND TECHNOLOGY

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University Examinations 2024/2025

FIRST YEAR FIRST SEMESTER EXAMINATION FOR THE CERTIFICATE IN ANIMAL HEALTH AND PRODUCTION

ACU 1101: FOOD HEALTH AND WELLNESS

DATE: DECEMBER 2024

TIME: 1½ HOURS

INSTRUCTIONS:

- Answer Question one and any other two

QUESTION ONE (30 MARKS)

a) Define the following terms:

- | | |
|--|-----------|
| i. Nutrition | (2 marks) |
| ii. Food safety | (2 marks) |
| iii. Balanced diet | (2 marks) |
| iv. Wellness | (2 marks) |
| v. Chronic disease | (2 marks) |
| b) List two benefits of physical activity for health. | (2 marks) |
| c) Define functional foods and give two examples. | (4 marks) |
| d) Briefly explain how a balanced diet can help prevent heart disease. | (4 marks) |
| e) List three factors that affect wellness in an individual. | (3 marks) |
| f) Outline two key principles of food safety. | (4 marks) |
| g) List two ways fruits and vegetables help prevent diseases. | (3 marks) |

QUESTION TWO (15 MARKS)

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- a) List three ways to promote healthy eating habits in a family. (3 marks)
- b) Briefly describe two ways a food business can ensure food safety. (4 marks)
- c) Outline two benefits of physical activity for reducing the risk of chronic diseases. (4 marks)
- d) Define foodborne illness and list two ways to prevent it. (4 marks)

QUESTION THREE (15 MARKS)

a) Define the following terms:

- i. Non-communicable diseases (2 marks)
- ii. Malnutrition (2 marks)
- iii. Dietary guidelines (2 marks)

b) List two sources of food contamination and briefly explain how to control them. (6 marks)

c) List two steps a food company should follow to avoid contamination. (3 marks)

QUESTION FOUR (15 MARKS)

- a) List the steps in planning a healthy diet for elderly individuals. (4 marks)
- b) Outline two strategies to reduce diabetes through diet. (4 marks)
- c) List three methods of preserving food to prevent contamination. (3 marks)
- d) Briefly explain the role of hydration in overall wellness. (4 marks)