



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE (FOODS, NUTRITION AND DIETETICS)

HFN 202: FOUNDATIONS OF FOOD PREPARATION

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DATE: THURSDAY 24TH DECEMBER 2009

TIME: 8.00 A.M. – 10.00 A.M.

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INSTRUCTIONS

This paper consists of two sections, A and B.

Answer all questions in Section A on the Question Paper
and all Questions in Section B in the answer booklet.

SECTION A

1. What are the reasons for cooking food?

_____, _____,
_____, _____,
and to _____ . (4 marks)

2. Define the following terms.

- a) Bake
- b) Simmer
- c) Cool
- d) Cut-in
- e) Stir-frying
- f) Steep

(6 marks)

3. a) Explain the importance of having a good kitchen plan.

(2 marks)

- b) Briefly explain how to choose, use and care for a cooker.

(4 marks)

4. Meat has outstanding nutritive value.

- a) Name 2 minerals and 2 vitamins found in meat.

(2 mark)

- b) Suggest 2 methods of preparing meat for children.

(1 mark)

5. a) Fruits play an important role in the diet. Discuss.

(3 marks)

- b) Some fruits darken when peeled. Explain the cause and how it can be remedied.

(2 marks)

6. State 4 precautionary measures that you would take when deep-fat frying food.

(4 marks)

7. Differentiate

a) Homogenization: _____

(1 ½ marks)

b) and pasteurization: _____

(1 ½ marks)

8. Explain the changes that occur in the process of cooking starch in moist heat.

(4 marks)

9. Explain the role of fat in pastry making.

(3 marks)

10. Describe the condition 'rigor mortis' – and how it can be overcome.

(2 marks)

Total 40 marks

SECTION B

11. Safety and hygiene are important in the kitchen.

- a) Outline 4 hygienic measures to be observed by the food handler. (2 marks)
- b) Explain how kitchen hygiene contributes to the safety while working in the kitchen (2 marks)
- c) Explain how use and care of kitchen equipment contributes to the sanitation in that kitchen. (2 marks)
- d) List 6 tools and utensils used in food preparation naming the material they are made of and the intended use. (6 marks)
- e) Explain what makes food go bad and show what may happen to the person who eats such food. (3 marks)

Total 15 marks

12. a) Explain the importance of pulses in the diets of people in developing countries. (5 marks)
- b) Vegetables become scarce when there is draught. Explain how people would get vegetables to serve in their diets. (5 marks)
- c) Plan a meal (lunch) for a child who goes to a day school (3 marks)
- d) Explain how to prepare fish for cooking. (2 marks)

Total 15 marks