



KENYATTA UNIVERSITY
UNIVERSITY EXAMINATIONS 2011/2012

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE
IN FOODS NUTRITION AND DIETETICS
HFN 211: MEAL MANAGEMENT AND SERVICE

DATE: Friday 30th March, 2012

TIME: 11.00 a.m. – 1.00 p.m.

INSTRUCTIONS: Answer ALL questions in Section A and TWO in Section B.

SECTION A

1. Define the following terms,
 - a) Recommended Daily Allowance (R.D.A)
 - b) Table Etiquette
 - c) Hollowware
 - d) Menu

[2 marks]
2. Distinguish between food enrichment and food fortification.

[1 mark]
3. List the three primary objectives of nutrition labeling.

[3 marks]
4. State two factors to consider when buying,
 - i) meat
 - ii) fruits and vegetables

[4 marks]
5.
 - a) Giving examples list the four main pigments in fruits and vegetables.

[2 marks]
 - b) Explain how you can use the above pigments in vegetables and fruits to make food appealing during service.

[4 marks]

6. Analyse the following menus in terms of nutritional value, colour and taste;

a) - Dinner rolls Chicken Consommé

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Grilled Steak with gravy

Steamed Rice

Buttered green beans and carrots

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Strawberries in cream

Coffee/Tea

[3 marks]

b) - Cream of tomato soup with croutons

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Goulash of veal

Vichy Carrots

Marquise potatoes

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Peach Melba

Coffee/Tea

[3 marks]

7. Flatware may last a lifetime or longer if taken care of well. Outline five ways of flatware preservation. [5 marks]

8. Briefly discuss and give examples on how you would plan a meal for a strict vegetarian in order to meet their daily amino acids requirement. [3 marks]

SECTION B: Answer TWO questions from this Section.

9. You are the meal manager/dietician in one of the hospitals in Nairobi. You are dealing with the maternity ward where no patient has food restrictions:

a) Describe five factors to consider before you plan the menu [10 marks]

b) Draw a menu for a day for the breastfeeding mothers. [8 marks]

c) Which method of service would you use and why? [2 marks]

10. Beyond satisfying the need, meals also satisfy other wants.
- a) Stating five examples explain the above statement. [10 marks]
 - b) Time is a very important resource for the meal manager. Briefly discuss five ways in which a meal manager can make the most out of his/her time. [10 marks]
11. Your older brother is graduating in one month's time. He has invited around 50 of his friends to celebrate with him. He has requested you to assist in:-
- i) Planning the menu
 - ii) Preparing the dishes
 - iii) Serving the food
 - a) Briefly discuss four methods of service at the disposal of a meal manager. [10 marks]
 - b) What type of service would you choose for the occasion and why? [2 marks]
 - c) Plan a three course menu for the occasion. [5 marks]
 - d) Outline three advantages of your chosen style of service. [3 marks]

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