



KENYATTA UNIVERSITY

SCHOOL BASED (SSP)

UNIVERSITY EXAMINATIONS 2007/2008

EXAMINATION FOR THE DEGREE OF BACHELOR OF EDUCATION

HFN 305: MEAL MANAGEMENT AND SERVICE

DATE: WEDNESDAY, 2ND JANUARY 2008

TIME: 8.00 A.M. – 10.00 A.M.

INSTRUCTIONS:

Question **ONE** is Compulsory. Answer any other **TWO** from the remaining **FOUR** questions.

ALL questions should be answered in the Answer Booklet provided.

1.
 - a) Time is a resource in meal management. Outline Five ways in which you can make the most of your time as a meal manager. (5 marks)
 - b) The main goal of meal management is Achieving Nutritional adequacy. Briefly explain why this goal is most important. (5 marks)
 - c) List five Nutrients that each of the following foods contribute to our diets.

Meat	(2½ marks)
Eggs	(2½ marks)
Green Leafy Vegetables	(2½ marks)
 - d) Lycopene of tomatoes, Cryptoxanthin of corn, Xanthophyl of oranges, and Capsanthin of peppers are plants pigments known as Phytochemicals. What is the importance of these Phytochemicals in our bodies? (2½ marks)
2. You are responsible for managing a Staff Cafeteria where you cater for about 80 workers with a three course meal daily as well as snacks. These workers are men and women of different nationalities.
 - a) Name and describe the type of menu you would choose to plan for their lunch. (4 marks)
 - b) Discuss five factors you would have to take into consideration while planning the menu. (5 marks)

- c) Outline two advantages and two disadvantages of this menu. (2 marks)
- d) Which serving method would you use in the Cafeteria? Give three reasons.
(4 marks)

3. The major degenerative diseases for the elderly include cancer, cardio vascular diseases, type II diabetes and immune weakness.

- a) Plan a dietary for one day for the three main meals for your 70 year old grandmother in order to avoid the above mentioned disorders. (5 marks)
- b) What four factors influences the eating habits of the elderly? (2 marks)
- c) What two foods would you avoid as much as possible while planning a menu for her? (2 marks)
- d) Outline 2 factors you would consider when planning meals for each of the following groups.

Pre-Schoolers (2 marks)

Adolescents (2 marks)

Pregnant Woman (2 marks)

- 4. a) Discuss the three ways in which styles of food service differ. (6 marks)
- b) List five factors that determine the pattern of food service. (2½ marks)
- c) State five styles of food service. (2½ marks)
- d) Explain the artistic and practical aspects of serving food. (4 marks)

- 5. a) Discuss in details the importance of colour, texture and flavour in food.
(9 marks)
- b) Using illustrations show how you can combine the three to come up with a three course menu for Dinner. (3 marks)
- c) List three ways of preventing oxidation in cut-up fruits and vegetables.
(1½ marks)

- d) How can you cook the following vegetables to maintain colour for attractive serving:

Red Cabbage (½ mark)

Cauliflower (½ mark)

French beans (½ mark)