



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2009/2010

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

HFN 305: MEAL MANAGEMENT AND SERVICE

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DATE: MONDAY 28TH DECEMBER 2009

TIME: 2.00 P.M. – 4.00 P.M.

INSTRUCTIONS

This examination has 2 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. Indicate if the statement is True or False by putting a circle on the chosen answer.
 - a) A diet may be considered balanced as long as it has the right amount of calories. T F
 - b) Acid juices aid in preventing discoloration of cut bananas and avocados. T F
 - c) In the traditional Kenyan meal, the salad was always served. T F
 - d) Blue-plate style of food service is formal. T F

e) A dough is a flour mixture that is made by kneading. T F

f) Table etiquette is the way food is served at table. T F

(6 marks)

2. Decisions in meal planning are based on _____ and _____ of the family. (1 mark)

3. List the steps involved in planning meals:-

_____, _____,
_____, _____,
_____, _____,

(3 marks)

4. Define the following terms:

a) Steep: _____

b) Dissolve: _____

c) Marinate: _____

d) Panfry: _____

e) Sift: _____

f) Stir: _____

(6 marks)

5. Explain the role of a meal manager. _____

(2 marks)

6. State the 4 goals of meal management. _____
a) _____
b) _____
c) _____
d) _____

(4 marks)

7. Define table appointments. _____

(2 marks)

8. Briefly explain how time can be saved during meal preparation. _____

(4 marks)

9. State 4 factors to consider when buying :

a) Fish: _____

(2 marks)

b) Vegetables: _____

(1 mark)

10. Explain buffet food service: _____

(3 marks)

11. Differentiate:

a) English style of food service _____

b) and Russian Style of food service _____

(3 marks)

c) Guest meal: _____

and Family meal

(3 marks)

Total 40 marks

SECTION B

12. The following is a menu for a meal presented to a church group on a Sunday by your mother.

Cream of Tomato soup with croutons

x x x x x

Roast Pork chops with gravy

Steamed coconut Rice

Panfried mixed vegetables

x x x x x

Fruit salad

Tea / coffee

- a) Analyse the menu in terms of adequacy, colour, texture and methods of cooking, and cost. (6 marks)
- b) She had 6 guests. Giving reasons suggest the style of service that was used. (2 marks)
- c) Make time plan for this menu. (2 marks)
- d) Giving reasons, suggest any changes, if any you would make on this menu. (2 marks)
- e) Differentiate:
Meal: _____

- f) Menu: _____

- (3 marks)

Total 15 marks

13. a) Outline 4 ways to show how money as a resource is utilized in a meal management. (2 marks)
- b) You work in a place far from home and also food sources are along distance from where you live.
- i) Suggest how you can do your food shopping to reduce on waste. (2 marks)
- ii) Explain the importance of proper food storage. (2 marks)
- c) If you lived in Mandera working, plan one day's menus. (2 marks)

- d) State 4 factors you considered while planning the above menu. (2 marks)
- e) A variety of new types of equipment, utensils and tools have come on the market. You need to buy some of these items for use in preparing, cooking and serving food for your family. List 6 of these items giving reasons for your choice of the items and show how you would use them. (3 marks)

Total 15 marks