



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2010/2011

SECOND SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF SCIENCE IN FOODS, NUTRITION AND DIETETICS

HFN 106/202: FOUNDATIONS OF FOOD PREPARATION

DATE: Monday 4th April, 2011

TIME: 8.00 a.m. – 10.00 a.m.

INSTRUCTIONS

This examination has two sections; A and B. Answer questions in Section A as briefly as instructed and answer all questions in Section B.

SECTION A – (30 MARKS)

1. Define the following terms:
 - (a) Blending
 - (b) Stir-fry
 - (c) Baste
 - (d) Chopping
 - (e) Smoke-point
2. Giving 2 examples for each, name three uses of eggs in food preparation. [5 marks]
3. State what precautions one needs to take to prevent denaturization when cooking protein foods. [2 marks]
4. Name 4 kinds of milk and state two main differences in them. [4 marks]
5. State 4 (four) points to consider when purchasing an electric cooker. [2 marks]
6. Differentiate blanching and steeping. [4 marks]
7. Give an example of a menu for a meal you consider balanced using traditional foods. [3 marks]

Answer question 8 or 9.

8. Describe the effect of dry heat on the following food nutrients:
- (a) Fats
 - (b) Proteins
 - (c) Vitamin C
 - (d) Sugar [5 marks]
9. Giving 2 examples for each, state 4 reasons why we cook food. [5 marks]

SECTION B – (40 MARKS)

10. Cereals and cereal products are used a lot in many Kenyan homes.
- (a) Explain 4 reasons why this is so. [2 marks]
 - (b) Name 4 breakfast foods that are made from cereals. [2 marks]
 - (c) Explain how pulses complement cereals in the diet. [3 marks]
 - (d) Explain how to make a dish using one of the cereals. [3 marks]
- [Total 10 marks]
11. (a) Personal and kitchen hygiene are essential in food preparation. Discuss. [4 marks]
- (b) Explain two ways of waste disposal in the kitchen. [2 marks]
 - (c) Relate food contamination to food poisoning. [2 marks]
 - (d) It is important that kitchen equipment and utensils be properly used and cared for. Discuss. [2 marks]
- [Total 10 marks]
12. (a) Discuss the functional properties of vegetables that make them useful in the diet and for garnishing food. [5 marks]
- (b) Outline the process of vegetable soup preparation clearly giving the ingredients used and reasons for choice of the vegetables. [5 marks]
- [Total 10 marks]
13. (a) Menza has a six months old baby. Using a suitable cooking method, prepare a weaning dish for the baby and clearly explain the procedure whilst ensuring maximum nutritive value retention. [3 marks]
- (b) Describe the functional properties of milk that make it a suitable food for an infant. [2 marks]
 - (c) Plan a lunch menu:
 - State 4 factors to consider when buying the foods to cook. [2marks]
 - Name the methods of cooking to be used. [1 mark]
 - Analyse the menu in terms of nutritional value, texture and flavour.[2 marks]
- [Total 10 marks]