



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATIONS 2011/2012

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

HFN 106/202: FOUNDATIONS OF FOOD PREPARATION

DATE: Friday, 30th March, 2012

TIME: 8.00 a.m. – 10.00 a.m.

INSTRUCTIONS:

This examination has two sections. A and B. Answer **ALL** questions briefly in Section A and **ALL** questions in Section B.

SECTION A (40 MARKS)

1. Define the following terms used in food preparation.
 - a) Sift
 - b) Blanch
 - c) Batter
 - d) Baste
 - e) Shallow fry

(5 marks)
2. Giving 2 examples for each, name three uses of eggs in food preparation.

(3 marks)
3. State what precautions one needs to take to prevent denaturalization when cooking protein foods.

(2 marks)
4. Name 4 kinds of milk and state two main differences in them.

(4 marks)
5. State 4 points to consider when purchasing a refrigerator.

(3 marks)

6. Differentiate roasting and baking. (4 marks)
7. Give an example of a menu you consider balanced using traditional foods. (4 marks)
8. Giving 2 examples for each, state 4 reasons why we cook food. (5 marks)
9. Fats and oils are used a lot in cookery. Discuss. (4 marks)
10. Outline 2 ways in which meat can be tenderized before cooking. (2 marks)
11. a) Explain how chicken is prepared before cooking. (2 marks)
- b) Explain how to make one dish using chicken. (2 marks)

Total: (40 marks)

SECTION B: (30 MARKS)

12. 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)
 - e) Discuss functional properties of vegetables that make them useful in the diet and for garnishing food. (3 marks)
 - f) Explain 2 ways of waste disposal in the kitchen. (2 marks)

Total: (15 marks)

13. a) Describe a well planned kitchen. Illustrate. (3 marks)
- b) Personal and kitchen hygiene are essential in food preparation. Discuss. (4 marks)
- c) With the present economy in Kenya, explain how people are managing to prepare balanced meals. (4 marks)
- d) Plan a lunch menu.
 - i) State the factors considered when choosing the foods and methods of cooking.
 - ii) Analyse the menu in terms of nutritional and aesthetic value.

(4 marks)

**Total:
(15 marks)**