



KENYATTA UNIVERSITY

UNIVERSITY EXAMINATION 2017/2018

DIGITAL SCHOOL OF VIRTUAL AND OPEN LEARNING

**SECOND SEMENSTER EXAMINATION FOR THE DEGREE OF
BACHELOR OF SCIENCE (FOOD, NUTRION AND DIETETICS)**

HFN 202/106: FOUNDATION OF FOOD PREPARATION

DATE: FRIDAY 22ND JUNE 3018

TIME: 4.30P.M-6.30P.M

INSTRUCTIONS: ALL THE QUESTIONS (70 MARKS)

1. Explain four benefits of a well equipped kitchen (8 marks)
2. In five points illustrate how you would enhance safety in the kitchen. (10 marks)
3. Explain the roles of the following in cookery (4 marks)
 - a. Eggs in cake making (3 marks)
 - b. Yeast in bread making (2 marks)
 - c. Fats in pastry (2 marks)
 - d. Sugar in bread rolls (2 marks)
 - e. Oils/fats in white sauces (2 marks)
4. Outline the process of making English tea (5 marks)
5. a. name four examples of edible offal's , provide a recipe to provide an attractive main dish in a meal. (10 marks)

6. You are demonstrating cookery of vegetables to your student's .Explain five ways in which you would conserve nutrients in the above foods. (10 marks)
7. Describe the effects of the following on food below: (3 marks)
- a. Dry heat on meat (3 marks)
 - b. Moist heat on starch (2 marks)
 - c. Dry heat on sugar (2 marks)
 - d. High pressure and high temperature on legumes (2 marks)

INVOLVEMENT IN ANY EXAMINATION IRREGULARITY SHALL LEAD TO DISCOUNTATION