



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY (MMUST)**

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
MAIN EXAMINATION**

FIRST YEAR FIRST SEMESTER EXAMINATIONS

FOR THE DEGREE OF

BSC. HUMAN NUTRITION AND DIETETICS

COURSE CODE: PND ~~102~~ 112

COURSE TITLE: INTRODUCTORY FOODS

DATE: 14/12/2023

TIME: 12-2 PM

INSTRUCTIONS TO CANDIDATES

Answer ALL Question in section A and B

Answer ONLY TWO Questions in section C

TIME: 2Hours

MMUST observes ZERO tolerance to examination cheating.

SECTION A: ANSWER ALL THE QUESTIONS (10 marks)

1. Dieticians in a hospital can carry out one of the duties listed below _____.
 - A. Taking charge of the staff during meal service.
 - B. Exercising control over the chief chef and servers.
 - C. Collaborating with the catering manager to plan meals.
 - D. Obtaining supplies and supervising food preparation.
2. Which of the following statements is **TRUE**?
 - A. Maltose is found in milk.
 - B. Fats have a plastic nature, they change shape when pressure is applied
 - C. Iodine in the diet can cause neural disorders in the fetus
 - D. Water soluble vitamins include vitamin A, B and C.
3. Moist heat on starch causes:
 - A. Dextrinization.
 - B. Coagulation.
 - C. Gelatinization.
 - D. Caramelisation.
4. The following are methods of cooking. Which one represents dry methods?
 - A. Broiling, stewing and poaching.
 - B. Baking, roasting and steaming.
 - C. Stewing, braising and poaching.
 - D. Deep frying, roasting and steaming.
5. Sinks, electric cookers, refrigerators and cabinets are:
 - A. Large fixed equipment.
 - B. Large movable equipment.
 - C. Small equipment.
 - D. Labour saving equipment.
6. Which of the following is **NOT** a function of eggs in cookery
 - A. Gelatinization of egg dishes
 - B. Supplementary thickening agent
 - C. Garnishing of dishes
 - D. Produce foam in cake making.

7. A perforated spoon is used for;
- A. Steaming.
 - B. Boiling.
 - C. Plastering.
 - D. Frying
8. What is smoke point?
- A. Term used to refer to the melting point of fat.
 - B. The term used to refer to fatty meats when cooked in charcoal grills .
 - C. Temperature at which fats deteriorate.
 - D. Temperature at which fats change from solid to liquid.
9. Creaming butter and sugar together when making a cake results in
- A. Aeration.
 - B. Caramelisation.
 - C. Coagulation.
 - D. Denaturation.
10. Browning of fruits is as a result of oxidation. Which of these fruits is affected by enzymatic browning?
- A. Oranges.
 - B. Blue berries.
 - C. Apples.
 - D. Raspberries.

SECTION B: THIS SECTION CONTAINS FIVE QUESTIONS EACH FOUR MARKS.

Answer ALL the Questions (20 marks)

11. Mention **ANY FOUR** ways a caterer working in a hospital can produce a range of healthy options through the choice of ingredients and methods of cooking. (4 marks).
12. a) Outline **ANY TWO** things you would look out for when examining poultry for freshness when receiving. (2mark)
- b) State **ANY TWO** examples of methods of cooking by conduction. (2 marks)
13. a) Explain what happens to sugar when cooked. (1marks)
- b) Explain how an egg freshness test is done. (3 marks)

14. a) Identify **TWO** types of leavening agents. (2 marks)
b) List **ANY TWO** uses of milk in food preparation. (2marks)
15. a) Several accidents can occur in the kitchen. Outline **ANY TWO** precautions that should be observed to prevent the following. (2 marks)
i) Falls
ii) Burns
b) State **ANY TWO** reasons why kitchen uniform is important (2 marks).

SECTION C: THIS SECTION CONTAINS THREE QUESTIONS EACH 15 MARKS.

ANSWER ANY TWO (30 marks).

16. a) Differentiate between shortened and unshortened cakes. (4marks)
b) Describe **ANY FIVE** methods used for cooking beef. (5 Marks)
c) Using examples describe **ANY THREE** ways of preserving nutrients during the food preparation process. (6 marks)
17. a) Identify **ANY ONE** large kitchen equipment found in your laboratory that uses either gas or electricity. (1mark)
b) Explain how you would ensure its proper care and maintenance . (6marks)
c) Explain **ANY FOUR** personal hygiene rules that must be followed by people serving food in a hospital cafeteria. (8 marks)
18. a) Describe **FIVE** types of cream explain their uses in cookery. (5marks)
b) State any five important points to follow in baking cakes.(5marks)
c) Describe **ANY FIVE** common ingredients used in bread making (5 marks)

