



(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. HOSPITALITY AND INSTITUTIONAL MANAGEMENT

COURSE CODE: PNH ~~104~~ 114

COURSE TITLE: FOODS AND NUTRITION FOR HOSPITALITY

DATE: 14/12/2023

TIME: 3-5 P.M.

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 QUESTIONS (10 MARKS)

1. A caterer can produce a range of healthier food options by;
 - A. Obtaining fresh supplies at a reasonable price.
 - B. Introducing precooked ingredients in dishes.
 - C. Introducing variety in menus.
 - D. Cooking foods using fats and oils.
2. Animal products contains almost the same nutrients as?
 - A. Pulses and legumes.
 - B. Starches roots and plants.
 - C. Fruits and vegetables.
 - D. Cereals and grains.
3. Which of the following is NOT a factor affecting foods and nutrition?
 - A. Availability of food.
 - B. Availability of income.
 - C. Food in season.
 - D. Hospitality.
4. The formation of prothrombin for normal blood clotting is a primary function of which vitamin?
 - A. Vitamin A.
 - B. Vitamin D.
 - C. Vitamin C.
 - D. Vitamin K.
5. Moist heat on starch causes.
 - A. Dextrination.
 - B. Coagulation.
 - C. Gelatinization.
 - D. Carmelization.
6. Synthesis of vitamin D with the help of sunlight takes place by:
 - A. Skin.
 - B. Liver.
 - C. Adipose tissue.

- D. Duodenum.
7. The following are advantages of steaming **EXCEPT**:
- A. Foods cooked used this method are easy to digest.
 - B. Food is unlikely to be overcooked.
 - C. Attention is fully required while cooking.
 - D. Leaching of nutrients is minimized.
8. The human body needs vitamins and minerals because _____
- A. They give the body energy.
 - B. They help carry out metabolic reactions
 - C. They insulate the body organs.
 - D. They withdraw heat from the body.
9. Name the vitamins that are essential for brain development?
- A. Vitamin B12 and B9
 - B. Vitamin B9 and B7
 - C. Vitamin B12 and Vitamin C
 - D. None of the above
10. Which of the following is linked to a diet high in saturated fats?
- A. Kidney failure.
 - B. Bulimia.
 - C. Anorexia.
 - D. Cardiovascular disease.

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

ANSWER ALL QUESTIONS (20 MARKS)

11. a) Differentiate between moist heat cooking methods and dry heat cooking methods (2marks)
- b) Define the terms below
- i) Malnutrition (1 mark)
 - ii) Nutrients (1 mark)
12. a) Differentiate between emulsifier and stabilizer. (2 marks)
- b) State **TWO** examples of how food is cooked by using conduction? (2 marks)

13. a) Mention **ANY THREE** foods that a person with anaemia should include in their diet to improve their condition. (3 marks)
b) Define protein denaturation? (1 mark)
14. a) List **ANY FOUR** functions of fat in the body. (2 marks)
b) Highlight **ANY FOUR** reasons why the study of nutrition is important to a caterer. (2 mark)
15. a) Name three monosaccharides and give their sources. (3 marks)
b) Identify **ANY TWO** symptoms of beriberi disease. (1 marks)

**SECTION C: THIS SECTION CONTAINS THREE QUESTIONS EACH 15 MARKS.
ANSWERS ANY TWO QUESTIONS (30 MARKS)**

16. a) Identify **ANY THREE** reasons why some children's meals served in restaurants may fail to meet healthy eating guidelines (3 marks)
b) As the restaurant manager, you have been asked to suggest a selection of interesting dishes that could form part of a new children's menu. Give reasons for your choice of dishes (in your answer you should include reference to the nutritional value, taste, texture and appearance of the dishes. (6 marks)
c) Describe **ANY THREE** requirements to consider when planning a banquet for a group of middle aged Muslim women.
17. a) Explain how a vegan ensure they obtain enough vitamin B2 and B3? (4 marks)
b) Design a one day menu to include these vitamins that could be eaten by a vegan (6marks)
c) Explain **ANY FIVE** ways a caterer can produce a range of healthier options through the choice of ingredients and methods of cooking. (5 marks)
18. a) Explain the effect of the following on nutrient content of food during food preparation.
i) Heating (2 marks)
ii) Soaking (2 marks)
iii) Exposure to air (2 marks)
b) . Describe **ANY THREE** cooking methods that can help conserve water soluble vitamins.(9 marks)