



**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021 / 2022 ACADEMIC YEAR

**SECOND YEAR FIRST TRIMESTER SUPPLEMENTARY
EXAMINATIONS**

FOR THE DEGREE OF

DIPLOMA HUMAN NUTRITION AND DIETETICS

COURSE CODE: DND 075

**COURSE TITLE: FOOD PRODUCTION FOR INVALIDS
AND CONVASCENTS**

DATE: 21st April 2022 TIME: 3.00 - 5.00 PM

INSTRUCTIONS TO CANDIDATES

Answer all questions in SECTION A and B

Answer only TWO questions in SECTION C

Read additional instructions under various sections

TIME: 2 HOURS

SECTION A: MULTIPLE CHOICE QUESTIONS. TOTAL MARKS 10 MARKS

1. Dry heat brings changes to starch granules through a process known as
 - a. Carmelization
 - b. Dextrinization
 - c. Blanching
 - d. Coagulation
2. A conjugated protein combines a _____
 - a. a simple protein and a non-protein group
 - b. protein
 - c. carbohydrate and a protein
 - d. non protein group
3. When salt is added to an egg mixture _____ happens
 - a. Increases the temperature at which it coagulates.
 - b. Lowers the temperature at which it coagulates
 - c. Has no effect on the egg mixture.
 - d. None of the above
4. Proteins that are found in milk include-
 - a. Globulin, lacto albumin and myosin
 - b. Lacto albumin, albumin and globulin
 - c. Lacto albumin, lactoglobulin and caseinogen
 - d. Casein, albumin and globulin
5. The pigments found in fruits that bring out their characteristic colour is brought by _____
 - a. Xanthophyll and lycopene
 - b. Anthocyanin
 - c. Chlorophyll
 - d. Carotenoids
6. Cancer treatment includes all of the following **EXCEPT**
 - a. Chemotherapy
 - b. Radiation
 - c. Immunotherapy
 - d. Screening
7. Type 2 diabetes is also known as
 - a. Non-insulin dependent diabetes
 - b. Insulin dependent diabetes
 - c. Juvenile diabetes
 - d. Gestational diabetes
8. The overall goal of medical management in HIV patients include
 - a. Restore and preserve immunologic function.
 - b. Improve the quality of life.
 - c. To reduce HIV related morbidity and mortality
 - d. All of the above.
9. The flank is the area on the beef that is found
 - a. Low on the stomach
 - b. Between the neck and shoulder
 - c. Portion on the lower belly
 - d. Further up the ribcage

10. Metabolic alterations in HIV include;-
- a. Elevations in serum triglyceride, insulin, glucose and blood pressure
 - b. Accumulation of visceral adipose tissue
 - c. Enlargement of the dorso cervical fat pad
 - d. Loss of subcutaneous adipose tissue

SECTION B: SHORT STRUCTURED. ANSWER ALL THE QUESTIONS. TOTAL MARKS 30

11. Describe changes that occur when meat is cooked with moist method of cooking. 5mks
12. Distinguish between dry and moist methods of cooking. 5mks
13. Outline characteristics of fresh fish? 5mks
14. State and explain three uses of eggs in cookery. 5mks
15. Explain what causes a starch paste to thicken as it cooks. 5mks
16. Explain what account for the discolouration of fruits. 5mks

C. LONG STRUCTURED QUESTIONS. ANSWER ANY TWO.TOTAL MARKS 30 MARKS

17. Explain points to consider when planning meals for bedridden invalid. 15mks
18. Steaming is one of the best cooking methods for invalids and convalescents. Discuss the advantages, disadvantages, and rules for successful steaming. 15mks
19. Discuss the nutritional management of a diabetic patient. 15mks