



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

MAIN & TURKANA CAMPUS

**UNIVERSITY EXAMINATIONS
2021 /2022 ACADEMIC YEAR**

MAIN EXAM

**SECOND YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DEGREE
OF
BSC. HUMAN NUTRITION AND DIETETICS**

COURSE CODE: BHM 104/HND 210

**COURSE TITLE: MEAL PLANNING AND MANAGEMENT / MEAL
PLANNING MANAGEMENT AND
SERVICE 1**

DATE: 21/04/2022

TIME: 3:00- 5:00

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: 2Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 4 Printed Pages. Please Turn Over.

SECTION A: 10 MULTIPLE CHOICE QUESTIONS EACH 1 MARK –TOTAL 10MARKS

1. While modifying the diet of a patient it is **NOT** advisable to plan a completely different diet because;
 - A. Diets based on a person's daily diet have better acceptance.
 - B. Such diet do not make a patient feel that he/she is eating something completely different from the family members.
 - C. It is difficult to prepare.
 - D. All of the above.
2. The types of diet modification that may have to be made for an accident victim who has undergone jaw resetting is;
 - A. Diet consistency.
 - B. Nutrient content.
 - C. Aromatic value.
 - D. Interval and frequency of feeding.
3. A healthy food cost percentage ranges between _____ percent.
 - A. 15 and 25
 - B. 25 and 35
 - C. 35 and 45
 - D. 20 and 25
4. How many 250 g portions of lamb can be served from 12 kg of uncooked lamb given a yield factor of 43% _____ portions
 - A. 206.4
 - B. 21
 - C. 20
 - D. 22
5. Otieno picked 1kg whole tilapia fish from storage to prepare fish fillets to serve his clients. He weighed the head and bones and found them to weigh 400g. Calculate the % yield.
 - A. 40 %
 - B. 60%
 - C. 50%
 - D. 70%
6. The following is **NOT** a “added value” feature that will compel customers to be willing to pay more for a menu item.
 - A. Convenience.

- B. Cafeteria service.
 - C. Ambiance.
 - D. Special experience.
7. Calculate a food cost percentage if the portion cost is Kshs. 125 and the selling price is Kshs. 360.(round off to the nearest 1 decimal place)
- A. 43.6%
 - B. 34.7%
 - C. 65.2%
 - D. 56.5%
8. Brunch is the _____
- A. first meal of the day.
 - B. heavy meal eaten around 11 am by guests who wish to skip lunch or those who hate missed breakfast.
 - C. main meal of the day.
 - D. All of the above.
9. _____ is the most important meal of the day
- A. Brunch
 - B. Breakfast
 - C. Dinner
 - D. Lunch
10. Diabetic patients need the following type of diet modification;
- A. Quantitative.
 - B. qualitative
 - C. frequency
 - D. A & C

SECTION B: ANSWER ALL QUESTIONS, EACH QUESTION, 6 MARKS (30 MARKS)

11. Define

- i. Food group [1 mark]
- ii. Food exchange [1 mark]
- iii. Satiety [1 mark]
- iv. Therapeutic diet [1 mark]
- v. A balanced diet [2 mark]

12. A. Define meal planning. [1 mark]
B. Outline **FIVE** importance of meal planning. [5 marks]

13. Identify **SIX** Characteristics of a Balanced Diet [6 marks]

14. Highlight **SIX** examples of application of menu psychology in menu design.[6 marks]

15. List any **SIX** issues addressed by 'accuracy in menus' or 'menu truth'. [6 marks]

SECTION C: ANSWER ANY TWO QUESTIONS; EACH QUESTION 15 MARKS (30 MARKS)

16. You have been requested by Mzee Simiyu to plan meals to be served in an end of year extended family gathering. Discuss **EIGHT** factors that you will consider when planning the meal for the Simiyu's. [15 marks]

17. i) Define a menu. [1 mark]

ii) Explain any **TWO** principles of menu planning [2 marks]

iii) Discuss **FOUR** types of menu, circumstances where they can be used and their advantages and disadvantages. [12 Marks]

18. Comfort hotel sells a number of food items but their wet fry beef stew is the most popular item. If the hotel's cost mark –up is 3.2 and the ingredients are as follows;

Ingredient for 1 portion of wet fry beef

Qty	Item	Cost (Kshs)
2	Tomatoes	20
1	Onion	10
2 Tbs	cooking oil	10
1 tsp	salt	3
¼ head	Garlic	10
¼ C	Capsicum	5
¼ C	Corriander	5
125g	Beef	50

Calculate;

a) Portion cost [1 marks]

b) Selling price of one wet fry beef portion [2 marks]

c) Food cost percentage [2 marks]

d) Contribution margin [2 marks]

e) 'Lower the food cost, the more room there is for profit'. How can one apply economy factors to reduce food cost and increase profit? [2 marks]

f) Describe **THREE** examples of special pricing situations. [6 marks]