(University of Choice)

MASINDE MULIROUNIVERSITY OF SCIENCE AND TECHNOLOGY (MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2021/2022 ACADEMIC YEAR

EXAMINATION

FOR THE DEGREE

OF

HUMAN NUTRITION AND DIETETICS

HOSPITALITY AND INSTITUTIONAL MANAGEMENT

COURSE CODE: **HND 102**

COURSE TITLE: INTRODUCTORY FOODS

DATE: 27/04/2022   **TIME:** 3-5.00PM

INSTRUCTIONS TO CANDIDATES

Answer all questions in SECTION A and B
Answer TWO questionsin SECTION C
Read additional instructions under various sections

Section A: ANSWER ALL THE QUESTIONS each question contains 1 mark (10 marks)

1. The food and beverage production cycle entails
   A. Receiving of ingredients by kitchen staff.
   B. Pre-preparing of ingredients.
   C. Cooking food and distribution to the various serving points.
   D. All of the above.

2. A measuring cup for liquid ingredients;
   A. Is usually made of stainless steel
   B. Has about 0.6 cm head space at the top
   C. Require you to fill the cup completely to the top
   D. All of the above

3. Flour can be aerated by;
   A. Sifting it repeatedly through the fingers
   B. Rubbing it in between the palms
   C. Adding warm water
   D. Adding sugar

4. The following vitamin helps the body absorb calcium
   A. Vitamin A.
   B. Vitamin B.
   C. Vitamin C.
   D. Vitamin D.

5. Which of the following statements is **TRUE;**
   A. A sauce is used as a foodaccompaniment.
   B. Sauces are light stocks.
   C. A sauce can be used as a marinade.
   D. Brown sauce is made from milk and butter.

6. The main difference in the types of frying is;
   A. Whether solid fat or oil is used.
   B. The temperature at which food is cooked.
   C. The amount of fat or oil used.
   D. All of the above.

7. Browning of fruits is as a result of oxidation which of these fruits is affected by enzymatic browning?

   A. Oranges.

   B. Grapes

   C. Apples

   D. Raspberries.

8. The tenderness of poultry meat is not determined by one of the following:

   A. The size of the bird

   B. The amount of fat found on the bird

   C. The age of the bird

   D. The grade of the bird

9. Which of the following is **NOT** a function of sugar in food preparation;

   A. Aeration of creamed cakes

   B. Activation of yeast

   C. It is an emulsifier

   D. Used for coating

10. Below are functions of eggs which is **NOT**

    A. Thickening of sauces.

    B. Binding of foods such as burgers.

    C. Used in soup making.

    D. Coating of potato croquettes.

SECTION B: This section contains FIVE questions each 6 marks answer ALL Questions (30 marks)

11. Explain why the study of food is important to a caterer or a nutritionist/dietician. (6 marks)

12. Distinguish between the following terms.

    . a) Gelatinization and caramelization (2marks)

    b) Water soluble vitamins and fat soluble vitamins (2marks)

    c) Simple carbohydrates and complex carbohydrates (2 marks)

13. a) Identify any **TWO** types of leavening agents. (2 mark).

b) Differentiate between shortened and unshortened cakes. (4 marks).

14. Briefly explain **ANY 3** types of heat transfer in cookery. (6 marks)

15. a) Give any **FOUR** uses of milk in food preparation. (4 marks).

b) Explain any two disadvantages of electricity as a source of fuel in the kitchen. (2 marks)

Section C: This section contains THREE Questions each 15 marks answer 2 questions.Question 16 is compulsory.(30 marks)

16. a) Using examples differentiate between moist-heat and dry heat cooking methods (3 marks).

b) List any **SIX** recipes you would classify under dry heat cooking methods.(6 marks)

c) Describe of functions of eggs in food preparation. (6 marks)

17. a)Identify any **ONE** large kitchen equipment found in your laboratory that either uses gas or electricity. (1 mark).

b) Explain how you would ensure its proper care and maintenance. (6marks)

c) Describe any **FOUR** factors that a food and service managers should consider in planning menus. (8marks)

18. a) State the important points to follow in baking cakes. (5 marks)

b) Descried any Five common ingredients used in bread making. (10 marks)