



(University of Choice)

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

MAIN CAMPUS

MAIN EXAMINATIONS

2023/2024 ACADEMIC YEAR

**FIRST YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DIPLOMA
OF
HOTEL & INSTITUTION MANAGEMENT**

COURSE CODE: DHIM 004

COURSE TITLE: FOOD, NUTRITION & HYGIENE

DATE: 11/12/2023

TIME: 2.00 P.M-4.00 P.M

INSTRUCTIONS TO CANDIDATES

Answer ALL questions in SECTIONS A and B
Read additional Instructions under SECTION C

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 5 Printed Pages. Please Turn Over.

SECTION A: Answer ALL questions (10 MARKS)

1. The following are false about hygiene, which one is **TRUE**?
 - A. Good daily habits.
 - B. Is the way we take care of ourselves.
 - C. Is the science and practice of preserving health
 - D. Rules and expectation of one everyday life

2. _____ is called Nutrition?
 - A. An essential part of healthy diet.
 - B. Is the primary source of energy.
 - C. Is the process of eating healthy food
 - D. Is the study of food in relation to health

3. Below are symptoms of food poisoning **EXCEPT**
 - A. Nausea
 - B. Vomiting
 - C. Body Weakness
 - D. Headache

4. _____ is not a reason why pest control is of importance to the hotel industry.
 - A. Healthy, pleasant environment
 - B. Protect hotel reputation
 - C. Protect hotel from prosecution and closure
 - D. To send guests away.

5. The following refers to food **EXCEPT**?
- A. Breakfast, lunch & supper
 - B. Any substance liquid or solid when ingested or eaten nourishes the body.
 - C. An item that calms your nerves and makes one sick.
 - D. Any healthy substance, palatable, and gives the body energy and nutrients
6. _____ is not part of food adulteration.
- A. Putting up decomposed food for sale
 - B. Substitution
 - C. Concealing quality
 - D. Consumption of food.
7. Calorie refers to _____
- A. Energy giving food
 - B. Unit of energy present in all food, includes fats, proteins and carbohydrates
 - C. Quantity of ingredients in particular food
 - D. Portion of food given per individual
8. First Aid is known as _____?
- A. Helping the injured
 - B. Immediate treatment on the spot to a person who has been injured.
 - C. Treating accident victims.
 - D. Assisting people get out of depression

9. Raising agents refers to _____ ?
- A. Substances used in doughs and batters that cause a foaming action that lightens and softens the mixture.
 - B. Refers to chemicals added in food to give colour
 - C. Ingredients found in pastry products
 - D. All of the above
10. Which one of the following is **FALSE** about carbohydrates?
- A. Energy giving food
 - B. Essential macronutrient that offers a host of benefit for our health
 - C. Provide body fats
 - D. Make us shed weight

SECTION B: Answer ALL questions in this section (30 MARKS)

- 11. List **SIX** characteristics of good nutrition (6 marks)
- 12. State **THREE** reasons why food adulteration is practiced (6 marks)
- 13. Outline **SIX** ways of preventing food poisoning (6 marks)
- 14. State **SIX** measures taken to prevent pest infestation in the kitchen (6 marks)
- 15. Explain **THREE** factors to consider when handling raw food (6 marks)

SECTION C: Answer any TWO questions. (30 MARKS)

16. Discuss reasons why food waste and refuse disposal areas should be kept clean and tidy
(15 marks)
17. Discuss food preservation in the following domains 3 marks each **(15 marks)**
- a. Smoking
 - b. Freezing
 - c. Canning
 - d. Salting
 - e. Drying
18. Discuss points to observe to prevent the transfer of bacteria by cross contamination in regards to food hygiene **(15 marks)**

