



(University of Choice)

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

MAIN CAMPUS

MAIN EXAMINATIONS

2023/2024 ACADEMIC YEAR

**SECOND YEAR FIRST SEMESTER EXAMINATIONS
FOR THE DIPLOMA
OF
HUMAN NUTRITION AND DIETETICS**

COURSE CODE: DND 069
**COURSE TITLE: MEAL PLANNING MANAGEMENT AND
SERVICES**

DATE: 0⁵/12/2023

TIME: 3.00P.M.-5.00P.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 meal planning, which one is **TRUE**?
 - A. Its time consuming
 - B. Helps to make the best use of material, time and financial resources.
 - C. Meal planning interferes with our daily budget
 - D. Meal planning is only for the rich families

2. _____ is called meal management?
 - A. Process whereby resources, both material and human are used to obtain goals that have to do with feeding of individual or group.
 - B. Planning, organizing, controlling and evaluating the meal service
 - C. Deciding meals in advance using your schedule, preferences, foods on hand, seasonal produce
 - D. Creating the menu

3. _____ are the benefits of meal management **EXCEPT**
 - A. Helps in speedy recovery after illness
 - B. Helps in healthy eating
 - C. Saves time
 - D. Avoid food wastage

4. Which of the following are not characteristics of “a la carte menu”?
 - A. Each dish is priced separately and includes a description
 - B. Each dish has a waiting time
 - C. Dishes are cooked by order
 - D. Food is presented in variety which guests serve themselves

5. The following are reasons why the sick need nutritious good meals and plenty of fluids to drink **EXCEPT**?
- A. To help replenish loss of fluid i.e. sweating, diarrhea, vomiting
 - B. To aid in quick recovery
 - C. To maintain good health and wellbeing
 - D. To weaken their immune system
6. Time is a resource in meal management, which one of the following is **NOT**?
- A. To plan ahead
 - B. To aid in preparation on nutritious meal
 - C. To budget accordingly
 - D. To help in preparation of much food
7. The following factors are considered on planning meals **EXCEPT** one?
- A. Dietary needs
 - B. Religion
 - C. Meal occasion
 - D. Availability of space
8. Silver service is _____?
- A. Food service at the table, with the waiter transferring food from a serving dish to the guest
 - B. Food placed on large platters then taken to the table
 - C. Food placed on plate by kitchen staff and brought to the guest at table by waiting staff
 - D. Table service by waiter cooking or finishing foods

9. Food costing is _____
- A. Money paid by customer after consuming food
 - B. Money used to buy food
 - C. Ration of a restaurants cost of ingredients and the revenue after sale of food.
 - D. All of the above
10. Which one of the following is **NOT** a reason why traditional foods are recommended when planning meals?
- A. Nutrient rich
 - B. Have a long history of supporting health and wellness
 - C. They are rich in trans fat
 - D. Less consumption of calories

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

- 11. Explain in detail **SIX** important factor that determine food palatability (6 marks)
- 12. Explain **SIX** important factor to consider when planning meals (6 marks)
- 13. Give **THREE** ways in which styles of meal service differ (. 6 marks)
- 14. Briefly describe **SIX** factors that influence the eating habits of the elderly (6 marks)
- 15. Briefly explain **SIX** factors to consider when planning meals for lactating mothers (6 marks)

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

- 16. Giving reasons explain **FIVE** points to consider when preparing and cooking green leafy vegetables to retain nutrients (15 marks)
- 17. Discuss **FIVE** points that help determine the choice of cooking method (15 marks)
- 18. Giving reasons explain **FIVE** points to observe when deep frying food. (15 marks)