



MACHAKOS UNIVERSITY

University Examinations for 2022/2023 Academic Year

SCHOOL OF BUSINESS, ECONOMICS AND HOSPITALITY AND TOURISM

MANAGEMENT

DEPARTMENT OF HOSPITALITY MANAGEMENT

SECOND YEAR FIRST SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE (FOOD NUTRITION AND DIETETICS))

HFN 240: FOUNDATIONS OF FOOD PREPARATION

DATE:

TIME:

INSTRUCTIONS: Answer Question **One** (Compulsory) and any other **Two** questions

QUESTION ONE (COMPULSORY) (30 MARKS)

- a) Analyze the different constituents of food in food production. (10 marks)
- b) Outline the behavioral characteristics that a food production handler should develop and maintain to achieve the highest standards of professionalism. (10 marks)
- c) Effect Of Heat: as Fats Are Heated There Are Three Temperatures At Which Noticeable Changes Take Place. Describe THEM? (10 marks)

QUESTION TWO (20 MARKS)

Write short notes on the following cooking methods:

- i. Boiling.
- ii. Steaming.
- iii. Stewing.
- iv. Baking
- v. Roasting.

QUESTION THREE (20 MARKS)

- a) Why is knowledge of safety hazards important to kitchen personnel. (10 marks)
- b) Identify any TEN probable accidents in the kitchen. (10 marks)

QUESTION FOUR (20 MARKS)

- a) State five types of fuel used in food production. (5 marks)
- b) Highlight five factors to consider when selecting fuel. (5 marks)
- c) Explain five ways in which fuel can be conserved during food production. (10 marks)

QUESTION FIVE (20 MARKS)

- a) Describe FIVE factors to consider when purchasing fuel. (10 marks)
- b) Explain FIVE qualities of a kitchen staff. (10 marks)