MACHAKOS UNIVERSITY

University Examinations for 2024/2025 Academic Year

SCHOOL OF BUSINESS, ECONOMICS, HOSPITALITY AND TOURISM MANAGEMENT

DEPARTMENT OF HOSPITALITY AND TOURISM

SECOND YEAR FIRST SEMESTER EXAMINATION FOR DEGREE IN BACHELOR OF SCIENCE IN FOODS NUTRITION AND DIETETICS

HFN240 : FOUNDATIONS OF FOOD PREPARATION

DATE: **TIME:**

INSTRUCTIONS:
*Answer question **ONE (Compulsory)** and **any other TWO** questions*

QUESTION ONE (30 MARKS)

a) Define the following terms. (10 Marks)

b) Explain five desirable reasons to Cook Food. (10 Marks)

c) Explain the factors that may shape the structure of a commercial kitchen. (5 Marks)

d) Differentiate between invalids and convalescents. (5 Marks)

QUESTION TWO (20 MARKS)

a) Explain 5 Guidelines for providing meals for the sick and convalescent. (10 Marks)

b) Explain the factors to be considered when planning a meal. (10 Marks)

QUESTION THREE (20 MARKS)

a) Describe five effects of overcooking food. (10 Marks)

b) Describe five types of the foods to avoid and why when planning and cooking food for the sick. (10 Marks)

QUESTION FOUR (20 MARKS)

a) List any five factors to consider in the selection and buying of the following food items;

i) Fresh Chicken (5 Marks)

ii) Whole Fish (5 Marks)

b) Differentiate between invalids and convalescents. (10 Marks)

QUESTION FIVE (20 MARKS)

a) List 5 ways of incorporating air into recipes and give an example of each. (10 Marks)

b) Explain five ways to conserve nutrients when cooking vegetables. (10 Marks)