



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS 2020/2021 ACADEMIC YEAR FIRST YEAR FIRST TRIMESTER

SCHOOL OF PURE, APPLIED & HEALTH SCIENCES DIPLOMA IN FOOD, NUTRITION AND DIETETICS

COURSE CODE: DND 1305

COURSE TITLE: FOOD SAFETY AND HYGIENE

DATE: 8TH DECEMBER 2021

TIME: 0830 – 1130HRS

INSTRUCTIONS TO CANDIDATES:

- i. This end of year examination consists of three sections; namely section A, B and C
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on piece of paper provided
- iv. Section C is Long Essay Questions (LEQs). 40 Marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and Not your name on all the pages of your answer sheet.

PART A: MCQ 20 MARKS

ALL QUESTIONS ARE COMPULSORY DEPARTMENT OF HEALTH SCIENCES

1. What is the correct temperature that frozen food should be kept at?
 - a) 0 degrees
 - b) 15 degrees or lower
 - c) -18 degrees or lower
 - d) 20 degrees or lower

 2. Where should raw meat be stored in a refrigerator?
 - a) At the top.
 - b) In the middle.
 - c) At the bottom, below all other food.
 - d) Anywhere in the refrigerator

 3. Which one of the following jewellery is acceptable for a food handler to wear?
 - a) Plain wedding band.
 - b) Arm ring.
 - c) Bracelet.
 - d) A ring that is a symbol of religious faith.

 4. How many times can you reheat leftovers?
 - a) As many times as you like.
 - b) Twice.
 - c) Four times.
 - d) You should only reheat leftovers once.

 5. What is the first thing you do when you enter food premises?
 - a) Comb Your Hair
 - b) Go To The Toilet Before Starting Work
 - c) Wash Your Hands
 - d) Go To The Office And See What You Are Doing That Day
 - e) All Of The Above

 6. Protein malnutrition leads to a condition called?
 - a) Marasmus.
 - b) Anemia.
 - c) Kwashiorkor.
 - d) Stroke.
-

7. What are the basic steps for washing hands?
- Wash thoroughly with water and dry.
 - Apply soap, wash thoroughly, rinse and use paper towels.
 - Apply soap, wash thoroughly.
8. How could the Pathogen "Staphylococcus Aureus" be a risk in a food business where there is open food or hand-packed food?
- The pathogen lives on the hands and can be passed on easily
 - It is in the air and can land on food items not covered
 - By handling the open food you increase the risk of cross contamination from the pathogen from your hands to the food
 - It can fly from one surface to another and contaminate food items
 - It Doesn't Last Long Enough To Become Infected With Anything
9. Which of the following is true about bacteria?
- Bacteria multiply and grow faster in warm environments.
 - Bacteria need air to survive.
 - Every type of bacteria can give people food poisoning.
 - By freezing food you can kill bacteria.
10. The ideal temperature in your fridge should be?
- 4 - 10 degrees
 - 1 and 4 degrees.
 - 0 to 4 degrees.
 - 2 to 0 degrees.
11. Which one of the following foods is likely to contain the MOST bacteria?
- Frozen raw chicken.
 - Recently cooked chicken.
 - An opened fizzy drink.
 - Bottled mayonnaise.
12. If you arrived at work and cut yourself on the way into the food area what actions would you take to prevent microbiological and physical contamination?
- Suck the blood off your wound and carry on
 - Tie you handkerchief round it
 - Just leave it open so the air can get to it to heal it quicker
 - Cover it in a proper waterproof dressing and report it immediately

13. How can you tell if food has enough bacteria to cause food poisoning?

- a) It will smell.
- b) You can't, it will appear normal.
- c) It will have a different color.
- d) It will taste different.

14. Which of the following powers does Environmental Health Officers NOT have?

- a) Authority to close down premises.
- b) The power of arrest.
- c) Authority to enter premises without appointment.
- d) The power to seize foods.

15. It is important to prepare food safely because;

- a) It helps to prevent food poisoning.
- b) Prepared food looks better.
- c) Prepared food tastes better.

16. Which of the following does bacteria need to assist it to grow and multiply;

- a) Water.
- b) Food.
- c) Warm temperatures.
- d) All of the above.

17. How do you know if a beef burger has been properly cooked and is safe to eat?

- a) After cutting it in half and you see the inside as red you know it has been cooked properly.
- b) If you can see that it has been burnt then you know it is safe.
- c) If you can see the outside of the burger is evenly brown and when you cut it in the middle you can see that the meat is no longer pink.

18. Food contaminated with food poisoning bacteria would;

- a) Look different
- b) Smell badly
- c) Look and taste normal
- d) Generally speaking food poisoning bacteria cannot be smelled, tasted or seen (except with the aid of a microscope) on food.

19. In a place of work, the best way to dry your hands after washing them is to;

- a) Use a cotton towel.
- b) Just shake excess water away.
- c) Use a hair dryer.
- d) Use a paper towel.

20. How would you ensure that direct contamination of food items didn't take place ?

- A. Make Sure You Wash Off Any Spillages That Drop Onto The Food
- B. Keep Cooked And Raw Food Apart
- C. Wash Your Hands Often
- D. Use Colour Coded Equipment
- E. Keep Food Covered As Much As Possible

SECTION B (40MARKS)

ANSWER ALL QUESTIONS IN THIS SECTION

1. Define the following terms in food, safety and hygiene. (6mks)
 - a) Food safety (1mk)
 - b) Food hygiene. (1mk)
 - c) Food hazards (1mk)
 - d) Critical control point(1mk)
 - e) Critical limit (1mk)
 - f) Monitor (1mk)

2. State and explain steps in reducing the risks associated with fresh fruits and vegetables. (6mks)

3. State and explain the seven ways of Preventing Chemical Contaminants (7mks)

4. State the examples of microbiological hazards in food safety and hygiene. (7mks)

5. State the most common bacterial food borne pathogens and the conditions that they may be caused by. (3mks)

6. What are the control measures applied in food preservation and service? (5mks)

7. Which places do we get HACCP food safety system involvement and implementations? (6mks)

SECTION C (40MARKS)

ANSWER ANY TWO QUESTIONS

1. What are the principles and the benefits of HACCP (Hazard analysis critical control point) system? (20mks)
- 2a. Discuss how chemicals enter foods, clinical signs and symptoms and there preventive measures. (10mks)
 - b. State steps of proper hand washing and personal hygiene. (10mks)
3. Explain the Five Key aspects of Food safety introduced by world health organization (WHO) in 2001 and why you don't need to use gloves for good hygiene. (20mks)

**END//
GOOD LUCK!**