



MAASAI MARA UNIVERSITY

**REGULAR UNIVERSITY EXAMINATIONS
2018/2019 ACADEMIC YEAR**

THIRD YEAR FIRST SEMESTER

**SCHOOL OF TOURISM AND NATURAL
RESOURCE MANAGEMENT**

**BACHELOR OF HOTELS AND HOSPITALITY
MANAGEMENT**

COURSE CODE: BHM 3107

**COURSE TITLE: SPECIAL MENUS AND
INTERNATIONAL CUISINES**

DATE: 14TH DECEMBER, 2018

TIME: 0830-1030

INSTRUCTIONS TO CANDIDATES

Answer **ALL** questions in section A and any other **THREE** in section B.

This paper consists of 3 printed pages. Please turn over

QUESTION ONE (25 marks)

- i. In what country would you find the following dishes **(5 marks)**
 - i. Raitas
 - ii. Maki sushi
 - iii. Tiramisu
 - iv. Callaloo
 - v. Kulfi
 - vi. Tang
 - vii. Simit
 - viii. guacamole
 - ix. Cajeta
 - x. gyro
- ii. Giving **TWO** examples of each, state foods that are considered halal and haram according to the dietary edicts of Islam **(4 marks)**
- iii. Examine how Greece's geographical location influenced the development of its cuisine **(6 marks)**
- iv. Giving examples, explain the significant role preservation plays in the cuisine of Germany **(5 marks)**
- v. Elucidate **FIVE** factors to consider when preparing special menus **(5 marks)**

QUESTION TWO

- i. I came across a product labelled Denominazione di Origine Controllata (DOC). Explain why it is a significant component of the cuisine of Italy **(5 marks)**
- ii. Pasta is a major part of the Italian diet and cuisine. Giving examples, discuss **FIVE** varieties of pasta **(10 marks)**

QUESTION THREE

- i. The Chinese cuisine is one of the most common foods internationally. Describe a day meal for a Chinese family **(6 marks)**
- ii. Chinese philosophy is entwined with the dietary habits of the country; Discuss this connection particularly, the 'yin and yang' association of foods **(9 marks)**

QUESTION FOUR

A patient will sometimes be more concerned about their personal preferences in food rather than the health-giving qualities of the food itself.

- a) Explain what type of food needs to be offered to meet the requirements of EACH of the following dietary menus, and identify the category of patient to whom it would be served:
 - i. Light diet **(3marks)**
 - ii. Soft diet **(3marks)**

- iii. Therapeutic diet **(3marks)**
- b) Examine **SIX** general guidelines that should be given to patients to encourage them to adopt a healthier diet **(6 marks)**

QUESTION FIVE

- i. How does the dominant religion in India influence the dietary habits of the region? **(6 marks)**
- ii. Discuss how the evolution of the restaurant in France connect to the development of the country's cuisines **(9 marks)**

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