MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR
SECOND YEAR THIRD TRIMESTER

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

COURSE CODE: DND 2304
COURSE TITLE: CONCEPTS OF MEAL PLANNING, MANAGEMENT AND SERVICE

DATE: 15TH DECEMBER, 2023   TIME: 1130-1330 HRS

INSTRUCTION TO CANDIDATES
Section A: Multiple Choice Questions. Answer ALL Questions
Section B: Short Answer Questions. Answer ALL Questions
Section C: Long Answer Questions. Answer Question ONE and any other ONE question.

This paper consists of 4 printed pages. Please turn over.

1. What is the meaning of barding in cookery
   A. Soaking food in water
   B. Adding fat to meat
   C. Cooking food in minimum liquid
   D. Adding flavor to food.
2. Which one is NOT a component of recipe?
   A. Yield
   B. Menu
   C. Method of cooking
   D. Ingredients
3. Which of the following is NOT a food borne illness?
   A. Salmonella
   B. Camphylobacter
   D.Dysentry
   D. Cholera
4. Elastin in meat from old animals can not be broken up by?
   A. Pounding or cubing
   B. Grinding
   C. Slicing thinly against the grain
   D. Cooking
5. Which of these is NOT caused by bacterial food poisoning?
   A.Presence of loads of bacteria in food
   B.Chemicals in food
   C.Production of toxins in food
   D.Germination of spores in food
6. Which of the following is NOT a modern high-speed equipment?
   A. Pressure steamers
   B. Convection ovens
   C. Infrared ovens
   D.Microwave oven
7. What is the function of a standard recipe?
   A.Instruction for preparation
   B.They offer variation and optional ingredients
   C.They control quality and quantity
   D.They offer variety method.
8. Which of the following is not a purpose of cooking?

A. Makes food pleasant to eat

B. Makes food hard yo digest

C. Makes food safe to eat

D. Makes food have a suitable flavour.

9. Which one is NOT an enemy of deep frying fat?

A. Water

B. Salt

C. Oxygen

D. Flavour

10. Which of the following is NOT a dry heat method of cooking?

A. Broiling

B. Braising

C. Shallow frying

D. Deep frying

11. Which of these does NOT determine the doneness in fish?

A. Fish separates into flakes

B.Flesh separates from bones

C.Fish smells fresh

D.Flesh has turned from translucent to opaque.

12. Which is not an enemy of deep-frying fat

A. Heat

B. Light

C. Water

D. Oxygen

13. Which is NOT served before the main course?

A.Soup

B. Salad

C. Juice

D. Cake

14. Which of these does NOT tenderize meat

A. Acids

B. Enzymes

C. Wine

D. Alkalis

15. Which of these factors is NOT responsible for most nutrient loss during cooking?

A. High temperature

B. Long cooking

C. Leaching

D. Short cooking

16. Fiber in food is softened by:
    A. Alkalis
    B. Sugar
    C. Vinegar
    D. Lemon juice

17. Searing meat at high temperatures creates a desirable:
    A. Flavour
    B. Tenderness
    C. Doneness
    D. Toughness

18. Which of the following is NOT a moist method of cooking?
    A. Sauté
    B. Poach
    C. Braise
    D. Blanch

19. Light colour in poultry meat is caused by?
    A. More fat
    B. More connective tissue
    C. Less fat
    D. Ingredients

20. Which item listed is NOT offered in a breakfast menu?
A. Fruits
B. Juices
C. Eggs
D. Stew

SECTION B: SHORT ANSWER QUESTIONS (40 MARKS). ANSWER ALL QUESTIONS.

1. Explain 3 factors to consider when planning lunch menu   (6 Marks)

2. Describe the following menus

    (i)   Static   (2 Marks)

    (ii)   Table d'hôte   (2 Marks)

3. Identify four details that may be listed on a standard recipe   (4 Marks)

4. Explain two functions of standard recipes   (4 Marks)

5. Describe five popular food plating styles   (10 Marks)

6. Explain four techniques and tools used for portion control, plating and service

(8 Mrks)

7. Identify four steps to take when planning and organizing production

(4Mrks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.

1. Discuss **four** guidelines that will help plate attractive appealing food (20 Mrks)

2. Discus **four** factors to consider when balancing a menu (20 Mrks)

3. Discuss **four** problems of menu technology and accuracy (20 Mrks)

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