

1402/311  
FOOD AND BEVERAGE PRODUCTION THEORY  
June/July 2011  
Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

**CRAFT CERTIFICATE IN FOOD AND BEVERAGE PRODUCTION AND SERVICE**

FOOD AND BEVERAGE PRODUCTION THEORY

3 hours

**INSTRUCTIONS TO CANDIDATES**

*You should have an answer booklet for this examination.  
This paper consists of **TWO** sections; **A** and **B**.  
Section **A** is **compulsory** and has **TWO** questions.  
Attempt any **THREE** questions from section **B**.  
Each question is worth **20** marks.*

**This paper consists of 4 printed pages.**

**Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.**

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**Turn over**



**SECTION A (40 marks)**

**(FOOD SCIENCE AND NUTRITION, CATERING PREMISES AND EQUIPMENT)**

*Answer ALL the questions in this section.*

1. (a) (i) Explain the meaning of basal metabolism. (2 marks)
- (ii) Explain **three** groups of people with high energy requirements. (3 marks)
- (b) State **four** symptoms of marasmus in children. (4 marks)
- (c) Highlight **five** ways of reducing salt intake in the diet. (5 marks)
- (d) Explain the application of sugar in preserving the following:
- (i) Jellies; (2 marks)
- (ii) Jams; (2 marks)
- (iii) Glacé fruits. (2 marks)
2. (a) State **two** ways of caring for the following:
- (i) working tables; (2 marks)
- (ii) non-stick pan. (2 marks)
- (b) Explain **two** principle methods of extinguishing fires. (4 marks)
- (c) State **four** causes of deterioration of surfaces in a premise. (4 marks)
- (d) Hot stock poured on Mr. Otieno while cooking a soup. Outline the steps to be followed when treating him. (8 marks)

**SECTION B (60 marks)**

**FOOD AND BEVERAGE PRODUCTION**

*Answer any **THREE** questions from this section.*

3. (a) Identify **four** uses of fruits in cookery. (2 marks)
- (b) State **four** qualities to look for when selecting aubergines. (4 marks)



- (c) (i) Highlight **three** reasons for cutting foods for cooking. (3 marks)
- (ii) Illustrate and give the sizes of the following vegetable cuts:
- (i) Julienne; (2 marks)
- (ii) Brunoise; (2 marks)
- (iii) Macedoine. (2 marks)
- (d) Explain **five** rules to observe when preparing vegetable salads. (5 marks)
4. (a) Identify **two** methods of cooking each of the following beef offal:
- (i) tripe;
- (ii) liver;
- (iii) sweetbread. (3 marks)
- (b) Outline the procedure for cooking spaghetti. (6 marks)
- (c) Highlight **five** advantages of using solar energy for cooking. (5 marks)
- (d) Describe the following methods of cookery:
- (i) sauté; (2 marks)
- (ii) pot roasting; (2 marks)
- (iii) paper bag cooking. (2 marks)
5. (a) Differentiate between:
- (i) boiling and poaching; (2 marks)
- (ii) mixing and blending. (2 marks)
- (b) (i) Explain the meaning of raising agent as used in baking. (2 marks)
- (ii) Describe **three** characteristics of a fruit cake with too much baking powder. (3 marks)
- (c) Highlight **three** advantages of a well designed kitchen. (3 marks)



- (d) Describe the following kitchen equipment:
- (i) griddle; (2 marks)
  - (ii) casserole; (2 marks)
  - (iii) wok; (2 marks)
  - (iv) sauteuse. (2 marks)
6. (a) Highlight **two** advantages of simmering foods. (2 marks)
- (b) Differentiate between hard water and soft water. (4 marks)
- (c) Outline the procedure for cleaning the following kitchen equipment:
- (i) plastic strainer; (4 marks)
  - (ii) wooden chopping board. (4 marks)
- (d) Describe the **three** ways of coating food before deep frying. (6 marks)
7. (a) (i) Explain the meaning of hors d'oeuvres. (2 marks)
- (ii) Outline **three** guidelines for preparing hors d'oeuvres. (3 marks)
- (b) State **four** post production tasks. (4 marks)
- (c) Highlight **five** ways of controlling flies in the kitchen. (5 marks)
- (d) State **six** qualities of a chef. (6 marks)