

1905/104
FOOD SCIENCE, FOOD SAFETY AND
HYGIENE, MEAL PLANNING MANAGEMENT
AND SERVICE THEORY
June/July 2023
Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL

**CRAFT CERTIFICATE IN NUTRITION AND DIETETICS
MODULE I**

FOOD SCIENCE, FOOD SAFETY AND HYGIENE, MEAL PLANNING MANAGEMENT
AND SERVICE THEORY

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any TWO questions from section B in the answer booklet provided.

Each question in section A carries 4 marks while each question in section B carries 20 marks.

Maximum marks for each part of a question are indicated.

Candidates should answer the questions in English.

This paper consists of 3 printed pages.

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



SECTION A (60 marks)

Answer ALL the questions in this section.

1. Give **four** reasons why food handlers need to understand food safety and hygiene rules. (4 marks)
2. Give **four** characteristics of tuber plants. (4 marks)
3. (a) Interpret the "HACCP" concept. (2 marks)
(b) Describe a flow chart in food manufacture. (2 marks)
4. Identify **four** techniques used in food processing. (4 marks)
5. Explain the following concepts:-
(a) Meals on wheels; (2 marks)
(b) Meal Management System. (2 marks)
- 371 6. Mention **four** provisions of workplace health and safety management system policy for food production unit. (4 marks)
7. Highlight **four** disadvantages of Gueridon style of food service. (4 marks)
8. Describe the following:
(a) Food borne illness; (2 marks)
(b) Batch costing. (2 marks)
9. Explain **two** methods of pricing menu items. (4 marks)
10. Identify **two** characteristics of free flow cafeteria service. (4 marks)
11. Give **four** reasons why packaging is important for food safety. (4 marks)
12. Identify **four** types of beef cuts. (4 marks)
13. Explain the meaning of the following:
(a) Food additives; (2 marks)
(b) Food concentrates. (2 marks)
14. Indicate **four** ways of preventing food contamination from chemicals. (4 marks)



15. Describe **two** features of serving spoons. (4 marks)

SECTION B (40 marks)

Answer any TWO questions from this section.

16. (a) Outline the sequence in modern operations for pressing oilseeds and nuts. (8 marks)
- (b) Suggest **five** guidelines that Tori, a food and beverage manager, can use as an ideal office cafeteria layout. (10 marks)
- (c) Highlight **four** factors to consider when booking a wedding cake. (2 marks)
17. (a) Propose **two** ways of caring for a wooden chopping board. (4 marks)
- (b) State **four** benefits of observing sanitation standard operating procedures in a restaurant. (8 marks)
- (c) Distinguish between the following kitchen equipment:
- (i) Meat grinder and food processor; (4 marks)
- (ii) Kitchen 'peeler' and 'grater'. (4 marks)
18. (a) Describe the following ways of preventing microbial growth.
- (i) Aspepsis; (2 marks)
- (ii) Filtration; (2 marks)
- (iii) Use of low temperatures. (2 marks)
- (b) Jovi has sought guidance on fine dining etiquette. Propose **four** rules he may have been advised to observe when seated at a formal dinner. (8 marks)
- (c) Highlight three rules for effective waste disposal. (6 marks)
19. (a) Distinguish between controlled and modified atmospheric storage. (4 marks)
- (b) Kalani lives off fast foods and takeaway which makes her unable to manage her household budget. Give her **four** ways of managing a food budget. (8 marks)
- (c) Highlight **four** benefits of an HACCP based procedure in a restaurant. (8 marks)

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