

2916/106
FOOD SAFETY AND HYGIENE, FOOD
PRODUCTION FOR INVALIDS AND
CONVALESCENTS AND NUTRITION
ANTHROPOLOGY
June/July 2023
Time: 3 hours



THE KENYA NATIONAL EXAMINATIONS COUNCIL
DIPLOMA IN NUTRITION AND DIETETICS
MODULE I

FOOD SAFETY AND HYGIENE, FOOD PRODUCTION FOR INVALIDS AND
CONVALESCENTS AND NUTRITION ANTHROPOLOGY

3 hours

INSTRUCTIONS TO CANDIDATES

This paper consists of TWO sections; A and B.

Answer ALL the questions in section A and any THREE 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 (40 marks)

Answer ALL the questions in this section.

1. Explain the meaning of the following concepts used in Nutrition Anthropology;
 - (a) Nutrition counselling; (2 marks)
 - (b) Cultural notion. (2 marks)
2. State **four** reasons why a kitchen should be adequately equipped. (4 marks)
3. Mention **four** main storage methods used for cereals. (4 marks)
4. Identify **four** sources of contamination by human pathogens on fresh fruits. (4 marks)
5. Give **four** classes of perishable foods. (4 marks)
6. Distinguish between 'family' and 'kinship'. (4 marks)
7. Explain why it is important to adhere to the following in a food establishment.
 - (a) HACCP implementation; (2 marks)
 - (b) Equipment Inspection Checklist. (2 marks)
8. With an example in each case, identify **four** types of meat a chef would consider for use in a menu. (4 marks)
9. State **four** food safety rules that should be observed in a kitchen. (4 marks)
10. Explain the following terms used in the study of Nutrition Anthropology.
 - (a) Satiety; (2 marks)
 - (b) Palatability. (2 marks)

SECTION B (60 marks)

Answer any THREE questions from this section.

11.
 - (a) Explain **four** ways in which cross-contamination of food may occur. (8 marks)
 - (b) Indicate **three** reasons why steamed fish may be recommended for invalids. (6 marks)
 - (c) Give **three** reasons to justify the importance of sifting flour for baking cakes. (6 marks)

12. (a) Describe the following;
- (i) white stock; (2 marks)
 - (ii) brown stock; (2 marks)
 - (iii) court bouillon. (2 marks)
- (b) Outline **three** basic principles for plating desserts. (6 marks)
- (c) Explore **four** roles that the media play in promoting healthy eating habits. (8 marks)
13. (a) Explain the meaning of the following;
- (i) Hazard Analysis Critical Control Points (HACCP); (2 marks)
 - (ii) Cold food presentation. (2 marks)
- (b) Recommend **five** intervention measures that can be done to change the food behaviour of a community. (10 marks)
- (c) Analyze **three** effects of heat on meat. (6 marks)
14. (a) Explain **four** benefits derived from a well organized food production unit. (10 marks)
- (b) Identify **three** behaviours that may result in poor health of an individual. (6 marks)
- (c) Justify **two** reasons why it is important to observe food safety in a kitchen. (4 marks)
15. (a) Give **two** reasons why it is advisable to replace a wooden chopping board that has developed grooves. (4 marks)
- (b) Indicate **three** aims of food preservation. (6 marks)
- (c) Highlight **five** factors to consider when making scotch eggs. (10 marks)

THIS IS THE LAST PRINTED PAGE.