

2916/106

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

June/ July 2022

Time: 3 hours

H.O.D. HEALTH SCIENCES  
RAMOGI INSTITUTE OF ADVANCED TECHNOLOGY

04 OCT 2022

P. O. Box 1738 - 40100, KISUMU

Sign:.....



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. Describe the following foods:
  - (i) roux; (2 marks)
  - (ii) glaze. (2 marks)
2. Explore **four** ways in which culture influences food habits. (4 marks)
3. State **four** signs of good quality turkey meat. (4 marks)
4. Give **four** effective measures used to prevent salmonella in food. (4 marks)
5. Explain the following concepts used in nutrition anthropology:
  - (a) food systems; (2 marks)
  - (b) food sharing. (2 marks)
6. Giving an example in each case, classify vegetables. (4 marks)
7. Identify **four** areas of concern in the study of nutrition anthropology. (4 marks)
8. Explore **four** ways in which bacteria can be transferred to food during preparation. (4 marks)
9. Give **four** indicators of a well designed food preparation unit. (4 marks)
10. State **four** common duties of cold food preparation personnel. (4 marks)

**SECTION B (60 marks)**

*Answer any THREE questions from this section.*

11. (a) Outline **three** components found in the structure of meat. (6 marks)
- (b) Explain the following:
  - (i) food safety hazard; (2 marks)
  - (ii) food contamination. (2 marks)
- (c) Highlight **five** safety precautions observed when deep fat frying foods. (10 marks)

- 12\* (a) Pedro, a pastry chef has been experiencing challenges with his products. He has recruited a new kitchen staff and intends to train him on the job.
- (i) Describe “pastry”. (2 marks)
  - (ii) Demonstrate **four** strategies Pedro can use to incorporate fat into pastry. (4 marks)
- (b) Highlight **three** factors that denote personhood in nutrition anthropology. (6 marks)
- (c) Analyse **four** actions that improve efficiency when whipping egg white. (8 marks)
13. (a) Describe the following types of drinks:
- (i) fruit beverage; (2 marks)
  - (ii) soft drink. (2 marks)
- (b) Taji bakes using baking powder. Lately she’s been exploring other leavening agents. Mention **four** functions of a leavening agent in bakery products. (4 marks)
- (c) Explore **six** factors that may affect health outcomes in a community. (12 marks)
14. (a) Distinguish between “qualitative” and “quantitative” changes in child growth and development. (4 marks)
- (b) Rice is a staple food in Ashers culture. Her mother has passed on skills of making rice for her in -laws. Formulate a basic procedure for making plain pishori rice that her mother may have taught her. (8 marks)
- (c) Indicate **four** signs that leftover food has gone bad. (8 marks)
15. (a) Distinguish between “Nutrition Education” and “Nutrition Counselling”. (4 marks)
- (b) Identify **six** qualities of a suitable kitchen knife. (6 marks)
- (c) Explain **five** rules observed when cleaning electrical food cutting machines. (10 marks)

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hygiene