



KISII UNIVERSITY

UNIVERSITY EXAMINATIONS

**FIRST YEAR EXAMINATION FOR THE AWARD OF THE
DEGREE OF BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS
IN EARLY CHILDHOOD EDUCATION
SECOND SEMESTER, 2021/2022
(FEBRUARY - JUNE, 2022)**

FOND 111: FOUNDATIONS OF FOOD SELECTION AND PREPARATION

STREAM: Y1 S2

TIME: 3 HOURS

DAY: THURSDAY, 9:00 – 12:00 P.M.

DATE: 05/05/2022

INSTRUCTIONS

- 1. Do not write anything on this question paper.***
- 2. Answer Question ONE [Compulsory] and any other TWO Questions.***

Section A (40marks) Answer all questions from this section

- a) Highlight any four factors that determine people's choice of food
[2 marks]
- b) With examples explain three different types of vegetables
[3 marks]
1. a) Describe the factors to consider in choosing fish for food preparation
[3 marks]
- b) Describe any two methods used in testing of eggs for freshness
[2 Marks]
- c) Explain any four uses of eggs in food preparations
[4 marks]
- d) Describe any four types of wheat flour giving example of food item prepared from each
[4 marks]

3. a) Explain any four factors to consider in choosing a method of cookery [4 marks]
- b) What are the qualities sought in a shortened cake [3 marks]
- d) Highlight the significance of using a time plan in food preparation [3 marks]
- e) Explain any three functions of sugar in food preparation [3marks]
1. Explain at least three principles of hygiene to be observed in the kitchen [3marks]
2. Explain three main causes of accidents in the kitchen and how they can be prevented [3 marks]
- i) Describe how the following nutrients are affected during food preparation
- a) Vitamin C [2 marks]
- b) Thiamine [2 marks]
- c) Distinguish measuring from weighing [2 marks]

SECTION B: Answer any three questions in this section

3. Mixing, cutting and measuring are all important procedures in the kitchen. With various examples, discuss the choice, design, care and maintenance of items used for these procedures. [10 marks]
4. Discuss the principles applied in the selection and choice of fruits and vegetables [10 marks]
5. Discuss four moist and four dry methods of cooking. Give examples of foods cooked by each method [10 marks]
6. a). Describe the process of leavening, giving examples of different leavening agents. [3 marks]
- b). Discuss any four wheat flour mixtures and how they are prepared [7 marks]