



GRETSA UNIVERSITY - THIKA

UNIVERSITY EXAMINATIONS JANUARY - APRIL 2017 SEMESTER

BACHELOR OF SCIENCE IN HOSPITALITY MANAGEMENT

COURSE CODE: BSHM 202

COURSE TITLE: HYGIENE AND NUTRITION

DATE: 7 APRIL 2017

TIME: 8.00 AM – 11.00 AM

INSTRUCTIONS TO CANDIDATES

1. SECTION A IS **COMPULSORY**.
2. SECTION B: ANSWER ANY OTHER **THREE** QUESTIONS.
3. **DO NOT** WRITE ANYTHING ON THIS QUESTION PAPER AS IT WILL BE AN EXAM IRREGULARITY.
4. ALL ROUGH WORK SHOULD BE AT THE BACK OF YOUR ANSWER BOOKLET AND CROSSED OUT.

CAUTION: All exam rooms are under CCTV surveillance during the examination period.

SECTION A: COMPULSORY QUESTIONS [40 MARKS]

Question 1

A study commissioned in 1997 to 1990 in the USA on conformity of more 5600 restaurants to food safety practices revealed that decisions made by some restaurant kitchen managers and supervisors put the safety of many consumers at food-borne health risks. The following are examples of such decisions and practices which were observed by the task force. In each case, state and justify, whether, **and if so how**, these practices endangered the safety of consumers.

Walczak, D., and M. Reuter (2004). *Putting restaurant customers at risk: unsafe food handling as corporate violence*. *Journal of Hospitality Management* 23, 3-13

- a) Storing red meat next to cooked food; [4]
 - b) Eating at the workstation while preparing food; [4]
 - c) Chefs tasted prepared food with fingers, and licked the fingers frequently in between; [4]
 - d) Food stored in the temperature danger zones; [4]
 - e) Using fish left-over from Friday as “Monday specials” to save money; [4]
 - f) Hotel supervisors who also frequently stepped in as substitutes for tardy (late reporting or lazy) cooks or fill-ins when the kitchen was understaffed; [4]
 - g) Kitchen personnel who, because they were under pressure to meet production goals, use a food slicer continuously without stopping to dismantle and clean and sanitize the equipment; [4]
 - h) Allowing customers to bring their cat pets into the restaurant; [4]
 - i) During rush hours, some waiters dashed to the kitchen and collected forks and knives which had been left soaking in a common sink to be washed later, and simply wiped them with a dish cloth before giving them to impatient customers; [4]
 - j) Food handlers who continued to wear jewellery and nail polish. [4]
- [40]**

SECTION B: ANSWER ANY 3 (THREE) QUESTIONS (3X20 = 60 MARKS)

Question 2

- a) State the definition of a “food”; [4]
- b) Complete the table below by inserting the relevant information/data regarding foods and nutrition:

Main function of food in the body	Nutrients which supply this nutrient	THREE examples EACH of foods which provide the named nutrient
1.	1.1	
	1.2	
	1.3	
2.	2.1	
	2.2	
	2.3	
	2.4	
3.	3.1	
	3.2	
	3.3	
	3.4	

[16]

Question 3

The Public Health Act CAP 242, Part X (1) states:

“All warehouses, godowns or buildings intended for storage of foodstuffs shall be constructed of such materials and in such a manner as shall in the opinion of the medical officer of health render such warehouse, godown or building rat-proof”

Discuss the role of the following in a hotel environment on food safety:

- (i) Rats;
- (ii) Birds;
- (iii) Insects;
- (iv) Explain the concept of “4Fs”

[20]

Question 4

- a) The protein content of egg is approximately 12.0mg/100gm and that of dried beans is 22.0 mg/100gm, yet eggs are regarded as better protein source than beans. Explain. [10]
- b) Discuss the symptoms and cause of Kwashiorkor and distinguish it from Marasmus. [10]

Question 5

- a) Distinguish between saturated and unsaturated fats; [5]
- b) From the nutritional perspective, explain the type of fat (in a above) is preferred for good nutrition and why. [5]
- c) Arrange the following categories of foods (as dairy, meat, vegetable, nuts or other), in either saturated or unsaturated, and select examples of the foods which provide each type of fats from this list:

Beef, Butter, fish oils, sunflower oils, cream, cashew nuts, liver, maize oil, cheese, hard margarine, coconut oil, margarines, lard, kernel oil, soya bean, pork, safflower oil, lamb, palm oil, milk

Foods which are high in saturated fats		Foods which are rich in unsaturated fats	
Category of food (E.g. Dairy....)	Examples of such foods (from the list)	Category of food	Examples of such foods (from the list)

[10]