



**2022 ACADEMIC YEAR
SECOND YEAR 1TRIMESTER**

**SCHOOL OF PURE APPLIED & HEALTH SCIENCES
DIPLOMA IN FOOD, NUTRITION AND DIETETICS
COURSE CODE: DND 2104
COURSE TITLE:FOOD PROCESSING AND PRESERVATION
TECHNOOLOGY PRACTICE**

DATE: _____ TIME: _____

INSTRUCTIONS TO CANDIDATES

- i. This end of year examination consists of three sections; namely section A, B and C.
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions.
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on the piece of papers provided.
- iv. Section C is Long Essay Questions (LEQs). 40 marks. Answer any two questions on the piece of paper provided.
- v. Write your registration number and NOT your name on all the pages of your answer sheet.

SECTION A

1. The cooking method that cooks food by heating food by hot air in an oven is called?

- a) Microwaving.
- b) Baking
- c) Sauteing
- d) Boiling.

2. Which frying method uses the least amount of fat to heat the food?

- a) Stir - frying.
- b) Pan - Boiling .
- c) Pan - frying.
- d) Deep - frying.

3. The following are cutting styles during preparation except?

- a) Slice
- b) Dice
- c) Blend
- d) Shred

4. Pickling uses vinegar, iodized salt and conventional heat to preserve foods.

- a) True
- b) false

5. First in first out (FIFO) is a method of:

- a) Pest control.
- b) Stock rotation.
- c) Record keeping
- d) Temperature.

6. Drying is the food preparation process that consists of removing the food's water, which effectively inhibits the growth of microorganisms.

- a) True
- b) False

7. Which among the following is a traditional method of traditional food preservation ?

- a) Chilling.
- b) Freezing
- c) Pickling
- d) Pasturization.

8. Which of the following does not fall under primary food processing?

- a) Grinding.
- b) Mining
- c) Baking

d) Milling

9. The following are methods of mixing ingredients during food preparation except?

- a) Blending
- b) Binding.
- c) Folding
- d) Dicing

10. The leaves, stems or flowers of an aromatic plant is called ?

- a) Spices
- b) Seasoning
- c) Flavourings
- d) Herbs.

11. The roots, seeds , buds or other parts of an aromatic plant are called?

- a) Seasonings
- b) Herbs
- c) flovourings .
- d) spices .

12. Which among the following is not a type seasoning or flavouring ?

- a) Herbs and spices.
- b) Pepper
- c) Garnishing
- d) salt

13. During the process of food preparation , quality assurance is key. Which among the following is not importance of quality assurance ?

- a) It increases sales.
- b) It reduces utilisation of available resources.
- c) Reduces production costs.
- d) Ensures higher employee morale.

14. Which stage of food processing involves value addition ?

- a) Secondary processing.
- b) Commercial processing.
- c) Tertiary processing.
- d) Primary processing.

15. Which of the following is not a reason for food processing ?
- a) To reduce the shelf - life of food.
 - b) To maintain the institutional properties.
 - c) To extend availability of food.
 - d) To convert them into edible products.
16. Which is not a modern method of processing food ?
- a) Canning.
 - b) Sterilization.
 - c) Extrusion cooking.
 - d) Ultra high temperature.
17. The following factors are considered during food storage except ?
- a) Physical handling.
 - b) Light.
 - c) Cost of the food.
 - d) Humidity.
18. Food handlers should keep their finger nails
- a) Long and unpolished.
 - b) Long and painted with nail polish.
 - c) Long and painted in nail polish.
 - d) Short and unpolished.
19. Which of the following statements is false ?
- a) Garnishes are edible items used to decorate food.
 - b) Garnishing makes food is attractive to the eye.
 - c) Garnishing does not reflect the flavour of dih being seared.
 - d) Garnishing adds color and design to plate.
20. Which is an extrinsic factor that influences the shelf life of a product.
- a) Microbial growth.
 - b) Processing.
 - c) Chemical changes.
 - d) Temperature changes.

SECTION B - 40 MARKS.

1. Explain the various ways of mixing ingredients. (10 marks)
2. Explain the five types of moist - heat food preparation methods (10 marks)
3. Explain five dry - heat food preparation methods. (10 marks).
4. Explain the different groups of people who influence the shelf - life of food. (10 mks)

SECTION C - 40 MARKS.

1. Food preparation involves handling , preparing and storing food or drink in a way that best reduces the risk of consumers. Discuss the various food safety pillars. (20 marks).
2. Using relevant examples , explain the various techniques used in food preservation (20 marks)
3. a) Define diversification in nutrition. (2 marks)

b) Explain the importance of diversification in nutrition. (18 marks)
4. Explain the intrinsic and extrinsic factors influencing the shelf life of a product.

(20 marks)