



# **MAASAI MARA UNIVERSITY**

## **REGULAR UNIVERSITY EXAMINATIONS 2020/2021 ACADEMIC YEAR FIRST YEAR THIRD TRIMESTER**

### **SCHOOL OF PURE, APPLIED & HEALTH SCIENCES DIPLOMA IN FOOD, NUTRITION AND DIETETICS**

**COURSE CODE: DND 1304**

**COURSE TITLE: CULTURAL FOOD PRACTICES**

**DATE: 10<sup>TH</sup> DECEMBER 2021**

**TIME: 0830 - 1030HRS**

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**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 piece of paper 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.

## **PART A: MCQ 20 MARKS**

### **ALL QUESTIONS ARE COMPULSORY**

1. For a culture to be formed in a community it has to be?
    - a. Learned
    - b. Inherited
    - c. Hereditary
    - d. Genetic
  
  2. What is food?
    - a. Food is any substance that provides the nutrients necessary to maintain life and growth when ingested
    - b. Food is any substance that does not provide the nutrients necessary to maintain life and growth when ingested
    - c. Food is any substance that provides the chemicals necessary to maintain life and growth when ingested
    - d. Food is every substance that provides the chemicals necessary to maintain life and growth when ingested
  
  3. What is nutrition?
    - a. The process of planting the food necessary for health and growth.
    - b. The process of providing or obtaining the food necessary for health and growth
    - c. The process of eliminating the food necessary for health and growth
    - d. The process of neglecting the food necessary for health and growth
  
  4. Japanese food is collectively called?
    - a. Washiku
    - b. Wakoshu
    - c. Washoku
    - d. Wishaku
  
  5. Amongst the international food cultures the Mediterranean diets consist of various countries such as?
    - a. Italy, Portugal, morocco, Croatia. Cyprus and France
    - b. Italy, Portugal, morocco, Croatia. Cyprus and Egypt
    - c. Italy, Portugal, Spain, morocco, Croatia. Cyprus and Greece
    - d. Italy, Portugal, morocco, Croatia, Ghana, Hungary, Cyprus and France
  
  6. Hawker food culture in Singapore is community dining rooms where people come?
    - a. Together to socialize
    - b. Together to buy food
    - c. Together to sell food
    - d. Together to learn their culture
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7. Flavor is an attribute of a food that includes five senses, that is?
    - a. taste, smell, touch and sound
    - b. taste, smell, touch, sight, and sound
    - c. taste, smell, body, sight, and sound
  8. People read nutritional labels on a food package in order?
    - a. To know the nutritional content of the food
    - b. To learn about nutrition
    - c. To familiarize with nutrients
    - d. To educate others about nutrients
  9. Which of the following categories of people tend to consider nutrition more often when choosing what to eat.
    - a. Women
    - b. Young adults
    - c. Men
    - d. Children
  10. Many vegetarians won't eat meat or chicken because livestock and poultry require so much of the following.
    - a. Land and energy
    - b. Water and plant food
    - c. Air
    - d. Fertilizers
  11. Carbohydrates are a large class of nutrients including the following
    - a. Sugars, starch, and fibers
    - b. Sugars, salts and minerals
    - c. Starch, pepper and herbs
    - d. Sugars, salts, minerals and pepper
  12. Functions of proteins include the following?
    - a. Proteins function as part of all the body's structure
    - b. Proteins are not used for building and maintaining body tissues
    - c. Proteins are compounds found in all living cells in animals only
    - d. Proteins function as energy giving foods
  13. Vitamins are an important nutrient that does the following?
    - a. Vitamins includes caloric nutrients found in a wide variety of foods
    - b. Vitamins are essential in maintaining the body functions
    - c. Vitamins disorient body processes
    - d. Vitamins does not help in growth and reproduction
  14. Amaranth is an African indigenous vegetable and is a rich source of?
    - a. protein, vitamins and minerals
    - b. dietary fiber and lipids
    - c. unsaturated fatty acids and bioactive compounds
    - d. all of the above
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15. Lycopene gives some vegetables and some fruits their
- red colour
  - orange colour
  - green colour
  - yellow colour
16. Carrots, sweet potatoes and spinach are good sources of?
- Lycopene
  - Lutein and Zeaxanthin
  - Beta-Carotene
  - Flavonoids
17. Antioxidants found in local vegetables help in fighting diseases such as?
- Cancers
  - heart disease
  - eye disease and other human health conditions
  - all of the above
18. Carbohydrates are divided into the following categories?
- Monosaccharides, triglyceride and amino acids
  - Monosaccharides, saccharides and trisaccharides
  - Monosaccharides, disaccharides and polysaccharides
  - Monosaccharides, saccharides and trisaccharides, triglyceride and amino acids
19. Food taboos in the western parts of Kenya, prohibit women from eating?
- Gizzards
  - Lizards
  - Chicken
  - mutton
20. Food prejudices and restrictions can cause the following?
- malnutrition in children
  - aging
  - poor eating habits
  - loss of appetite

## **SECTION B- 40 MARKS**

### **ANSWER ALL THE QUESTIONS IN THIS SECTION**

1. Define the following terms as used in cultural food practices  
**( 8 marks)**
  - i. Fat
  - ii. Oil
  - iii. Triglyceride
  - iv. Fatty acids
2. Explain four roles of cultural food practices in various Kenyan cultures  
**(8 marks)**
3. Kenya is made up of many interesting cultures with different kinds of food cultures and traditions, Discuss the four Kenyan food cultures.  
**(8 marks)**
4. Explain four consequences of cultural rituals, taboos and beliefs in Kenyan communities to human health.  
**(8 marks)**
5. Explain four roles of specific vegetables in a diet  
**(8 marks)**

## **SECTION C- 40 MARKS**

### **ANSWER ANY TWO QUESTIONS IN THIS QUESTION**

1. Food selection is influenced by various factors; explain ten determinants of food selection.  
**(20 marks)**
2. Elucidate five nutrients, explaining their functions.  
**(20 marks)**
3. For a diet to be considered nutritious it has to have four characters. Discuss FOUR characteristics of nutritious diets while giving relevant examples.  
**(20 marks)**
4. Indigenous vegetables have high nutritional content than local vegetables. Explain constraints to use of indigenous vegetables  
**(20 marks)**

**END//**