



MAASAI MARA UNIVERSITY

REGULAR UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

THIRD YEAR FIRST SEMESTER

**SCHOOL OF NATURAL RESOURCES, TOURISM AND
HOSPITALITY MANAGEMENT**

**BACHELOR OF HOTELS AND HOSPITALITY
MANAGEMENT**

COURSE CODE: HHM 3130-1

**COURSE TITLE: SPECIALIZED MENUS AND
INTERNATIONAL CUISINE PRACTICE**

DATE: 9TH DECEMBER, 2022

TIME:1430-1630

INSTRUCTIONS TO CANDIDATES

Answer **ALL** questions in section A and any other **Two** in section B.

This paper consists of 2 printed pages. Please turn over

SECTION A: COMPULSORY

QUESTION ONE:

(20MARKS)

- a. While giving examples explain Four spices used as flavourings to food.
(2 Mark)
- b. One cannot talk about cuisine without explaining what that food tastes like. Using a diagram explain the **FIVE** types of taste in cuisine
(2.5Marks)
- c. Explain one recipe enjoyed by people from East Africa **(2.5Marks)**
- d. Explain what the haute kitchen is **(2 Marks)**
- e. Explain **THREE** common cooking methods employed by the Europeans in preparing their cuisines **(6 Marks)**
- f. Describe the process that goes into the preparation of meats **(5 Marks)**

SECTION B: (ANSWER ANY TWO)

QUESTION TWO:

Our foods and cuisines have evolved over time due to reasons that are natural and man-made as well, with this in mind explain the history of cooking and cuisine incorporating the trends that have led to this development over time.

(15 Marks)

QUESTION THREE:

- a. Explain the special dietary consideration that is observed for the following special groups
 - I. Diabetics **(5 Marks)**
 - II. Invalids **(5 Marks)**
- b. The religion of a region can greatly affect the cuisine and the eating pattern of a country. Explain how the Islamic religion might affect the choice of cuisine and their method of preparation **(5 Marks)**

QUESTION FOUR:

- a. Explain **FOUR** features of the Indian cuisines **(4 Marks)**
- b. State and explain **FIVE** food textures **(5 Marks)**
- c. State and explain **THREE** consistencies of various cuisines **(6 Marks)**

QUESTION FIVE

As a third year student of hotel and hospitality management, living in the 21st century and thriving in a contemporary society, Discuss the advantages and disadvantages of having a **Nouvelle cuisine** as compared to the previous centuries cuisine **(15 Marks)**

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