

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**SECOND YEAR EXAMINATION FOR THE AWARD OF DEGREE  
OF BACHELOR OF SCIENCE IN ECOTOURISM AND HOSPITALITY  
MANAGEMENT**

**FOND 212: MEAL PLANNING AND MANAGEMENT**

**STREAMS: BSC (ECOT & HOSP)**

**TIME: 2 HOURS**

**DAY/DATE: TUESDAY 16/12/2014**

**8.30 A.M – 10.30 A.M.**

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**INSTRUCTIONS: ANSWER ALL THE QUESTIONS IN SECTION A AND ANY TWO  
QUESTIONS IN SECTION B**

1. Explain the term meal planning? [2 marks]
2. Define the following terms
  - (a) Nutrition [2 marks]
  - (b) Menu [2 marks]
  - (c) Appetizer [2 marks]
3. Highlight three ways in which non-human resources are used for meal planning and management. [3 marks]
4. List four food groups that must be included in a full breakfast menu. [4 marks]
5. State four nutritional needs of an invalid [4 marks]
6. Briefly explain how you would use the following to bring out the aesthetic aspect of food.
  - (a) Colour [2 marks]
  - (b) Garnishes [2 marks]
7. How does an Ala' carte differ from a Table d'hote [4 marks]
8. List three components of a light lunch [3 marks]

**SECTION B (ANSWER ANY TWO QUESTIONS)**

9. (a) Explain the advantages of meal planning. [10 marks]  
(b) Plan an appropriate menu for dinner [10 marks]
10. (a) Describe any five styles of meal service [10 marks]  
(b) Discuss five factors to consider when preparing a meal for invalids. [10 marks]
11. (a) Explain five causes of malnutrition in Kenya. [10 marks]  
(b) Discuss remedies for each of the above problems. [10 marks]
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