



SCHOOL OF APPLIED AND HEALTH SCIENCES

CERTIFICATE IN NUTRITION AND DIETETICS

MODULE I

END OF SEMESTER EXAMINATIONS

JAN - APRIL 2021

FOOD SAFETY AND HYGIENE

1905/104

TIME: 2 HOURS

INSTRUCTIONS TO CANDIDATES

1. *This paper has **TWO** sections.*
2. *Answer **ALL** questions in **SECTION A** and any **THREE** questions in section B.*
3. *Any examination **IRREGULARITY** will lead to **DISQUALIFICATION**.*
4. *Indicate your **FULL ADMISSION NUMBER** in each Answer Sheet used.*
5. *Cell phones are **NOT** allowed in the examination room.*

SECTION A (40 MARKS)

1. Explain the effects of low temperature on growth of microorganisms (2mks)
2. State four factors that influence growth of microorganisms (2mks)
3. List any six natural constituents of milk (6mks)
4. State three methods for reducing water activity in food (3mks)
5. Highlight four reasons for blanching of vegetables prior to freezing. (4mks)
6. Differentiate between boiling and pasteurization as processing techniques (4mks)
7. Distinguish between perishable and semi-perishable foods. (4mks)
8. List four sources of microorganisms (4mks)
9. Explain the meaning of the following terms: (4mks)
 - i. Enzyme
 - ii. Food hazard
10. List two food borne bacterial pathogens (4mks)
11. Explain three preventive measures against salmonellosis food poisoning (3mks)

SECTION B (60 MARKS)

12. (a) Explain ways of preventing food poisoning (10mks)
- (b) Explain the following types of spoilage in canned foods in reference to each of the following: (10mks)
 - i. Botulism spoilage
 - ii. Discoloration
 - iii. Yeast and mould
13. Explain the following terms
 - (a) Food (4mks)
 - (b) Food hygiene (4mks)
 - (c) Adulteration (4mks)
 - (d) Contamination (4mks)
 - (e) Palatability (4mks)

14 (a). (b) Discuss safety regulations to ensure food safety (20mks)

15. Explain the types and sources of food hazards (20mks)

16.(a). Explain five preventive measures of food contamination. (10mks)

(b) List three types of food contaminants giving an example of each (10mks)

17(a). Explain five benefits of food hygiene and sanitation in food processing (10mks)

(b). Highlight any four instances of fortification in processing foods (10mks)