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**University Examinations 2016/2017**

THIRD YEAR, FIRST SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF HUMAN NUTRITION AND DIETETICS.

**AFN 3301: MEAL PLANNING MANAGEMENT AND SERVICE**

**DATE: DECEMBER, 2016 TIME: 2 HOURS**

**INSTRUCTIONS: -** *Answer question* ***one*** *and any other* ***two*** *questions*

**QUESTION ONE (30 MARKS)**

1. Name three sensory aspects of food that influence our food choices. (2 marks)
2. Explain how our health beliefs affect our food choices. (2 marks)
3. List the five mandatory components of food on all food labels. (5 marks)
4. Discuss the nutrient content information found on the standard nutrition fact panel. (4 marks)
5. List the potential health benefits of a vegetarian diet. (5 marks)
6. Explain the general recommendations for the balance of carbohydrates, fat and protein in an athlete’s diet. (3 marks)
7. As a food service manager you are required to organise for the purchase of cooking equipment (pots and pans), a blender and a cooker for your new institution. Discuss three important points you would consider for each of the above. (9 marks)

**QUESTION TWO (20 MARKS)**

1. Explain the significance of the menu in the food service industry. (7 marks)
2. Giving examples describe the following terms:
3. Table d’  (2 marks)
4. Fixed menu’s (2 marks)
5. Plan a three day cycle menu for children residing in an average cost children’s orphanage (9 marks)

**QUESTION THREE (20 MARKS)**

Using the attached exchange list, plan a menu for an adult woman who requires 2,200kcals and 45g protein per day. (20 marks)

**QUESTION FOUR (20 MARKS)**

1. Define the three types of claim that may be found on food labels. Give examples of each. (6 marks)
2. What is the purpose of the “% daily value” listed next to most nutrients on a food label? Give examples to illustrate your answer. (4 marks)
3. Discuss the various problems patients encounter with menu selection in a hospital. Give solutions to the problems. (10 marks)