



ZIMBABWE

**MINISTRY OF HIGHER AND TERTIARY EDUCATION,
INNOVATION, SCIENCE AND TECHNOLOGY
DEVELOPMENT**

**HIGHER EDUCATION EXAMINATIONS COUNCIL
(HEXCO)**

NATIONAL CERTIFICATE

IN

**BAKING TECHNOLOGY, PROFESSIONAL COOKERY, FOOD AND
BEVERAGE AND TOURISM AND HOSPITALITY MANAGEMENT**

SUBJECT: Nutrition, Hygiene and Safety

PAPER NO: 333/18/S10

DURATION: 3 Hours

MARCH/APRIL 2021 EXAMINATION

REQUIREMENTS

INSTRUCTIONS TO CANDIDATE

Answer ALL questions.

This paper consists of 3 printed pages.

QUESTION 1

- (a) Define the term “HASAWA” as applied in the legislation. (2 marks)
- (b) Outline the provisions of “HASAWA”. (8 marks)

QUESTION 2

- (a) Explain any five (5) responsibilities of a first aider. (5 marks)
- (b) Identify five (5) types of fire extinguishers and indicate which type of fires they extinguish. (10 marks)
- (c) Examine the five (5) considerations to be taken note of in the design and construction of a kitchen. (10 marks)

QUESTION 3

- (a) Identify four (4) shapes of bacterial cells and give an example of bacteria for each shape. (8 marks)
- (b) Justify the importance of ventilation in the kitchen. (2 marks)
- (c) List any five (5) conditions necessary for bacterial growth. (5 marks)

QUESTION 4

- (a) Discuss any three (3) ways in which food can be contaminated by bacteria. (6 marks)
- (b) Analyse any five (5) hygienic practices to be observed when receiving food items in a catering establishment. (5 marks)
- (c) Explain any four (4) ways in which cross-contamination occur in a food industry. (4 marks)

QUESTION 5

- (a) Explain the following nutritional terms: (2 marks)
- (i) vegan diet (2 marks)
- (ii) food allergies (2 marks)
- (iii) food poisoning (1 mark)
- (iv) infectious diseases (2 marks)
- (b) Name the two (2) classes of vitamins. (2 marks)
- (c) Classify carbohydrates and give three (3) examples of each class. (6 marks)

QUESTION 6

- (a) Distinguish between a vegan and a lacto-vegetarian. (4 marks)
- (b) Examine the dietary requirements for the following groups of people:
- (i) adolescence (2 marks)
- (ii) pregnant women (2 marks)
- (iii) toddlers below the age of five. (2 marks)

QUESTION 7

- (a) Explain how religion, costs and attitude influences food choice. (5 marks)
- (b) State any five functions of proteins in the body. (5 marks)
- (c) Describe the effects of heat on carbohydrates. (5 marks)

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