

**Food & Nutrition 2
0540**

CAMEROON GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate of Education Examination

JUNE 2018

ORDINARY LEVEL

Subject Title	Food and Nutrition
Paper No.	2
Subject Code No.	0540

Two and half Hours

ANSWER ANY FOUR QUESTIONS

You are reminded of the necessity of good English and orderly presentation of work.

Tabulate wherever possible and use diagrams where appropriate.

- 1 (a) (i) State five guidelines in serving meals. (5 marks)
(ii) List any six materials needed for meal service. (3 marks)
(b) (i) Explain the differences between perishable and non-perishable foods. (2 marks)
(ii) Identify reasons why it is important to buy good quality food stuffs. (5 marks)
(c) (i) Give reasons for the importance of proper storage of food. (4 marks)
(ii) State six guidelines for using refrigerators. (6 marks)

Total= (25 marks)

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2. (a) (i) Define the term "table manners". Explain the difference between formal and informal table setting (4 marks)
(ii) State six (6) good manners to observe while eating on the dining table. (6 marks)
(b) (i) Give four (4) advantages and two (2) disadvantages of table setting. (6 marks)
(ii) Name and explain the different types of batter. (4 marks)
(c) State the uses of the following equipment.
(i) Chopping boards
(ii) Electric mixers and blender
(iii) Beaters or whisks
(iv) Casseroles
(v) Drawing racks and tray. (5 marks)

Total= (25 marks)

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3. (a) (i) What is menu planning? (2 marks)
(ii) State the importance of rice in the diet. (4 marks)
(iii) Mention six (6) methods of food preservation. (3 marks)
(b) (i) State five (5) points to look into when choosing fish. (5 marks)
(ii) Suggest eight (8) suitable fast food. (4 marks)
(c) (i) What is the importance of fruits in the diet? (5 marks)
(ii) How can fruits be stored? (2 marks)

Total= (25 marks)

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4. (a) (i) Bessem and Ebai ate meat pie containing 8 grams of fat, 3 grams of proteins and 6 grams of carbohydrate. How much kilo calories did they obtain from the meat pie? (4 marks)
(ii) Identify the causes of heavy texture in cakes. (5 marks)
(b) (i) Outline two (2) effects of frying on the nutritive value of food. (4 marks)
(ii) Suggest foods suitable for shallow frying. (3 marks)
(c) Explain how the water-soluble vitamins are significantly affected by:
(i) Oxidation.
(ii) Prolonged cooking and keeping food hot.
(iii) Preparation for cooking. (9 marks)

Total= (25 marks)

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5. (a) (i) List and describe briefly three (3) actions of enzyme in food that can result to food spoilage. (6 marks)
(ii) Give scientific reasons why a black ring appears round the yolk of a hardboiled egg. (4marks)
(b) (i) Briefly explain what happens when a flour mixture rises. (5 marks)
(ii) Explain why protein food is important in the diet of toddlers and (3 marks)
(c) (i) State the periods when extra water is required by the body. (4 marks)
(ii) Name three (3) illnesses associated with dirty water. (3 marks)

Total= (25 marks)

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6. (a) Explain briefly what you understand by:
(i) Buffet party. (2 marks)
(ii) Cocktail party. (2 marks)
(b) State six (6) information that should be contained in an invitation card. (6 marks)
(c) List five different occasions in which an invitation card could be served. (5 marks)
(d) State the qualities of a good host. (10 marks)

Total= (25 marks)