

UNEB U.C.E FOOD AND NUTRITION PAPER 1 AND 2 2005

PAPER 1

THEORY

SECTION A

Answer all questions in this section. Write the correct answers **A, B, C or D**, in the box on the right hand side of each question.

1. The following are ways of mechanically raising mixtures:

- A. Sieving and whisking.
- B. Addition of baking powder and sieving.
- C. Addition of yeast and bicarbonate of soda.
- D. Beating and addition of baking powder.

2. Which of the following sets is not the effect of dry heat on sugar?

- A. It melts and caramelizes.
- B. It dissolves and caramelizes.
- C. It burns and turns black.
- D. It melts and turns black.

3. One of the following is a true set of root vegetables:

- A. Carrots and turnips.
- B. Kales and potatoes.
- C. Parsnips and cucumber.
- D. Swede and broccoli.

4. What happens to cream in homogenized milk?

- A. It rises to the surface.
- B. It is evenly distributed in small droplets.
- C. It settles at the bottom and burns.
- D. It forms a thin layer on top of milk.

5. Which of the following methods of cooking is best suitable for cooking Rump-steak?

- A. Braising.
- B. Stewing.
- C. Grilling.
- D. Boiling.

6. One of the following sets is correct about the functions of sugar in food preparation:

- (i) Sugar has a tendering effect on baked items.
- (ii) Sugar aids in moisture retention in cakes.
- (iii) Sugar acts as a shortening agent in sweet pasties.

(iv) Sugar improves on aeration of creamed cakes.

A. (i),(ii) and (iii).

B. (i), (ii) and (iv).

C. (i), (iii) and (iv).

D. (ii), (iii) and (iv).

7. The vitamin responsible for clotting of blood is

A. Vitamin E

B. Vitamin K

C. Vitamin B₁

D. Vitamin B₂

8. What causes a black ring around the yolk of a hard boiled egg?

A. Reaction of sulphur with iron.

B. Reaction of sulphur with calcium.

C. Reaction of sulphur with phosphorus.

D. Reaction of sulphur with protein.

9. One of the following explains the reaction that takes place when yeast is used in making bread:

A. Enzymes break down sugar by fermentation.

B. Enzymes break down alcohol.

C. Enzymes break down the gas carbon dioxide.

D. Enzymes break down fat and salt to give rise to carbon dioxide.

10. Which one of the following pieces of equipment is used for draining cooked food and washed vegetables?

A. Sieve

B. Strainer

C. Grater

D. Colander

11. The process by which amino acids are released from protein foods in the body is known as

A. Hydrolysis

B. Gelatinization

C. Oxidation

D. Condensation

12. One of the following is not a component of cereal starch:

A. Glycogen

B. Amylase

C. Cellulose

D. Disaccharides.

13. Which of the following sets of fish are examples of oily fish?

(i) Nile perch

(ii) Cod

(iii) Mackerel

(iv) Tilapia

A. (i) and (iii)

B. (i) and (ii)

C. (ii) and (iii)

D. (iii) and (iv)

14. The recommended range of calories for children aged 7-9 years is

A. 2,500 - 5,000 cal.

B. 1,200 - 3,000 cal.

C. 2,500 - 3,600 cal.

D. 2,100 - 2,500 cal.

15. How does sugar reduce the risk of curdling in baked custard?

A. By raising the coagulation temperature.

B. By holding together the egg and milk particles.

C. By raising the emulsifying temperature.

D. By holding together the custard powder particles.

16. One of the following statements shows a high proportion of pectin during jam making:

A. Several smaller but firm clots of juice.

B. Thin, soft, broken clots of juice.

C. One firm clot of juice.

D. One soft clot of juice.

17. Which of the following sets gives the qualities of a well cooked cake?

(i) Evenly coloured.

(ii) Firm when pressed lightly.

(iii) Producing a hissing sound.

(iv) Shrank a little from the sides.

A. (i), (ii) and (iv).

B. (i), (iii) and (iv).

C. (i), (ii) and (iii).

D. (ii), (iii) and (iv).

18. One of the following sets has rules for cleaning a chopping board.

(i) Scrub with warm water and hard soap.

- (ii) Rinse with clean hot water.
- (iii) Wipe as dry as possible.
- (iv) Allow to dry in current of air.

- A. (i), (ii) and (iv).
- B. (i), (ii) and (iii).
- C. (ii), (iii) and (iv).
- D. (i), (iii) and (iv).

19. In the handy measures, what would be the equivalent of 100g flour?

- A. 5 rounded teaspoonfuls.
- B. 3 rounded dessert spoonfuls.
- C. 5 rounded tablespoonfuls.
- D. 3 rounded tablespoonfuls.

20. Why are kitchen cloths often soaked in a solution of soda?

- A. To improve the color.
- B. To remove grease.
- C. To kill germs.
- D. To remove tea stains.

For questions 21, write your responses in the spaces provided.

21.a) (i)and are water soluble vitamins.

(ii) The fat that surrounds vital organs in the body is called.

b) State three effects of heat on cheese.

- (i)
- (ii)
- (iii)

c) Name the proteins found in the following foods.

- (i) Wheat flour
- (ii) Meat
- (iii) Egg white
- (iv) Egg yolk And

d) Give four symptoms of anaemia in children.

- (i)
- (ii)
- (iii)
- (iv).....

e) (i) The protein digesting enzyme found in the duodenum is

(ii) Name the end products of fat digestion.

.....and.....

f) Mention three important nutrients which must be supplied in the diet of a 5 month baby.

.....and.....

g) Fresh fruits and vegetables served as part of a meal provide.

(i)

(ii)

(iii)

h) The following points should be observed when steaming food.

(i)

(ii)

(iii)

(iv).....

i) The amount of glucose in blood is controlled by

j) List four causes of fatigue in the kitchen.

(i)

(ii)

(iii)

(iv).....

k) Mention at least two deficiency diseases caused by lack of fat soluble vitamins.

SECTION B

Answer only one question from this section.

22.a) What happens to proteins which are eaten in excess of body requirements?

b) (i)Mention four effects of kwashiorkor on health of an infant.

(ii) How would you prevent kwashiorkor?

c) Write out a suitable menu for lunch for two retarded toddlers.

23. a) Describe the nutritive value of eggs.

b) Explain what you understand by the following process.

(i) Gelatinization.

(ii) Emulsification.

(iii) Denaturation of proteins.

SECTION C

Answer any two questions form this section.

24. a) State the qualities of ingredients suitable for making rich bread.

b) Explain four ways of developing the correct texture and appearance of good bread.

c) Give five uses of left over bread.

25. a) state the points you would bear in mind when planning meals for the following:

(i) An elderly person.

(ii) A strict vegetarian.

b) Explain the different ways by which an obese person can be assisted to reduce weight.

26. a) Why is gas a popular form of fuel in urban homesteads?

b) State qualities you would look for when purchasing:

(i) Baking trays

(ii) Waste dustbins.

c) Explain how you would store food from the weekly shopping in the refrigerator.

27. a) With aid of diagrams, describe three different kitchen layouts.

b) Distinguish between food spoilage and food poisoning.

c) Outline ways by which food deterioration can be delayed.

PAPER 2

PRACTICAL

1. a) Prepare, cook and serve two dishes for a snack with an accompanying drink for three working mothers. Use eggs and bread crumbs as a coating agent in one of the two dishes.

b) Make one protein dish with suitable accompaniments to be used as part of supper for three expectant mothers.

c) Prepare caramel pudding for their supper.

2. a) Show how you would economize on fuel when preparing a three course meal for three adolescents.

b) Prepare queen cakes and serve with tea on a tray.

3. a) Make a dish from each of the following leaf over foods.

(i) Fish,

(ii) Beans or peas.

b) Using one of the above dishes, make accompaniments to complete a two course meal for two elderly parents.

4. a) Prepare an interesting appetizer for three strict vegetarians.

b) Prepare, cook and serve a main course lunch for them.

c) Make a fruit flan and serve with a suitable sauce.

5. You are requested to organize a cocktail party for the outgoing PTA Executive members of your school.

a) Prepare two savory and two sweet dishes to be served as part of the menu for the party.

b) Using a selection of fruits, make an attractive fruit salad to be served at the party.

c) Make an attractive centre piece for the cocktail.

6. Your sister and her 10 month old baby have come to spend a night with you.

a) Prepare two weaning dishes for the baby. Use legume in one of the dishes.

b) Prepare stuffed baked fish.

c) Make accompaniments for the dish in (b) above to complete a two course meal for your sister and yourself.

7. a) Using two methods of cooking, prepare, cook and serve two dishes to illustrate your skills in using the following for a packed meal.

(i) Cheese,

(ii) Rubbing in method.

b) Prepare and display the following items for an exhibition at your school.

(i) Preserved fruit,

(ii) preserved vegetable,

(iii) Cassava balls.

8. a) Prepare, cook and serve a two course meal for two girls recovering from malaria fever.

b) Prepare a dish using short crust pastry which will be served for evening tea.