

UNEB U.C.E FOOD AND NUTRITION PAPER 1 AND 2 2007

PAPER 1

THEORY

SECTION A

Answer all questions from this section. In the boxes provided, write the letter which represents the correct answer.

1. The first aid you would give someone who has been scalded by boiling milk is to

- A. Cover the blister with a plaster.
- B. Use Vaseline on the blister.
- C. Immerse in cold water immediately.
- D. Use paraffin on the blister.

2. When storing food in a deep freezer, the freezer bags should be free of air to

- A. Prevent food contamination.
- B. Prevent crystals to form on food.
- C. Increase efficiency of the cooling system.
- D. Discourage growth of micro organisms.

3. The best finish for a kitchen floor should be

- A. Cork.
- B. Linoleum.
- C. Wood mosaic.
- D. Concrete.

4. To ensure consumption of a balanced diet in the community,

- A. Food should be thoroughly cooked.
- B. Include plenty of foods rich in dietary fiber.
- C. Practice good food hygiene.
- D. Use varied selection of fresh foods.

5. One of the following dishes demonstrates the use of eggs as a binding agent

- A. Sausage rolls.
- B. Swiss roll.
- C. Meal loaf.
- D. Mayonnaise.

6. Convenience foods in the diet

- A. Provide better nutrients than fresh foods.
- B. Are available in a balanced form.
- C. Are cheap to obtain.

- D. Are easy to use.
7. The purpose of the fan in the convention oven is to
- A. Keep the oven temperature constant.
 - B. Increase the temperature according to the food being cooked.
 - C. Decrease the temperature according to the food being cooked.
 - D. Distribute the oven temperature uniform in all parts.
8. The main function of ventilators in the kitchen is to
- A. Take out fumes from cooking foods.
 - B. Provide lighting.
 - C. Provide cool air in the environment.
 - D. Take bad odors from food stores.
9. One of the following dishes is prepared from left over meat
- A. Meat stew
 - B. Samosas
 - C. Roasted joint
 - D. Braised meat
10. The following promote food decay
- A. Moisture
 - B. Enzymes
 - C. Heat above 40°C
 - D. Macro-organisms
11. One of the following is a symptom of beriberi
- A. Poor sight
 - B. Dental caries
 - C. Oedema
 - D. Skin irritations
12. In pot roasting, the food is cooked
- A. In dry heat on a spit
 - B. In an oven by dry heat
 - C. In a saucepan in water
 - D. On a bed of vegetables in a covered pan
13. The vitamin which helps the body to absorb iron from foods is
- A. Ascorbic acid
 - B. Carotene
 - C. Tocopherol

D. Thiamin

14. Off flavors and bad odors that develop in fats are as a result of

A. Saponification

B. Rancidity

C. Dextrinization

D. Caramelisation

15. Why is steaming considered a good method of cooking food for invalids?

A. It makes food tasty and attractive.

B. Food becomes light and easy to digest.

C. Food becomes light and easy to serve.

D. Food gains good texture and color.

16. The main function of bile in the gastro intestinal tract is to

A. Convert proteins into peptones.

B. Clot the milk in the stomach.

C. Emulsify fats for digestion.

D. Breaks down starch into maltose.

17. Which one of the following vitamins is stored in the liver?

A. Vitamin C.

B. Vitamin A.

C. Vitamin B₁.

D. Vitamin B₂.

18. Whole meal flour deteriorates fast due to high content of

A. Vitamins.

B. Fats.

C. Proteins.

D. Carbohydrates.

19. The correct proportion of fat to flour in making short crust pastry is

A. $\frac{1}{4}$ fat to flour.

B. $\frac{1}{4}$ fat to flour.

C. $\frac{1}{4}$ fat to flour.

D. $\frac{1}{4}$ fat to flour.

20. Which one of the following sets of statements is not about saving fuel in the home?

(i) Cook full meals entirely in the oven.

(ii) Use saucepans larger than the hot plate.

- (iii) Use pressure cookers to cook dry legumes.
- (iv) Switch on the oven and all hot plates at the same time.
- A. (i), (ii) and (iii).
- B. (i), (ii) and (iv).
- C. (ii), (iii) and (iv).
- D. (iii), (i) and (iv).

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

21. a) The diagram below shows the structure of meat. Study it carefully and answer questions that follow.

IMAGE

(i) name the parts marked:

- a)
- b)
- c)

(ii) List four characteristics of tough cuts of meat.

b) How would you avoid the following faults in sauce making?

- (i) Lumpy sauce.....
- (ii) Lack of gloss.....

c) Differentiate between saturated fatty acids and unsaturated fatty acids. Given an example in each case.

(i) Saturated fatty acids

Example:

(ii) Unsaturated fatty acids

Example:

d) State four points you would bear in mind when selecting kitchen cloths.

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

e) Give two examples of chemicals that cause food poisoning.

- (i)
- (ii)

f) State the importance of roughage in the diet.

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

g) What are the major uses of microwave ovens?

(i)

(ii)

(iii)

h) Give four advantages of casserole cooking.

(i)

(ii)

(iii)

(iv)

i) The common saying that: "use yourto save your.....," refers to economy ofandin the home.

j) What is the importance of budgeting?

(i)

(ii)

k) Give the meaning of the following cookery terms giving an example in each case.

(i) Au gratin

(ii) Larding

SECTION B

Answer only one question from this section.

22. a) Giving examples in each case, classify vitamins.

b) Discuss the functions of the following in the body:

(i) Vitamin A (Retinol),

(ii) Vitamin B₃ (Niacin).

c) Explain how you would increase vitamin content of meals in general.

23. a) Discuss the importance of fruits in the diet.

b) Explain how the nutrients content of fruits can be conserved during the preparation of a fruit drink.

SECTION C

Answer two questions from this section.

24. a) What should be considered when using grilling method of cooking?

b) Discuss the disadvantages and disadvantages of grilling as a method of cooking.

c) Write out a main course of a meal menu that includes two grilled.

25. a) (i) Explain how contamination of food by animals takes place in the kitchen.

(ii) Outline the ways of preventing it from happening.

b) Discuss five reasons for preserving food.

c) Outline the rules of food hygiene one should observe to avoid food contamination.

26. a) (i) Give two examples of salad dressing.

(ii) State four functions of salad dressing.

b) Discuss vegetables under the following headings:

(i) Importance in the diet,

(ii) Points to consider when choosing vegetables.

27. a) (i) Define the term rechauffe'.

(ii) Explain the importance of rechauffe' cookery in the diet.

b) State the problems one is likely to face when handling rechauffe' dishes.

c) Describe the process of making fish cakes.

PAPER 2

PRACTICAL

1. a) Prepare, cook and serve a main course of a meal for two lactating mothers who are attending the Home Economics workshop at your school.

b) Show your skills in preparing the following:

(i) A weaning dish for a ten month baby.

(ii) Plain biscuits and serve with tea.

2. a) Prepare, cook and serve a dish in each case below to demonstrate uses of eggs in cookery.

(i) Emulsification.

(ii) Garnishing.

b) Make suitable accompaniments for the dish in 2(a) (i) above to complete a two course meal for your teachers.

c) Make ginger bread for their tea.

3. Your brother who has been studying abroad is coming to spend a night with you.

a) Prepare, cook and serve a three course meal for him. Include a traditional dish.

b) Prepare butterfly cakes which will be served for break tea.

4. a) using at least two different methods of cooking, prepare, cook and serve dishes to illustrate your skills in using the following ingredients:

(i) Jam.

(ii) Minced meat.

(iii) Fruit.

(iv) Baking powder.

b) Prepare, cook and serve scotch eggs and fresh vegetable salad to be part of your supper.

5. You have been asked to organize a graduation party for your brother.

a) Prepare three savory and two sweet dishes for the occasion.

b) Make one baked fruit dish and serve it with a sauce.

6. Your class is going for retreat at the beach.

a) Prepare a dish using left over fish.

b) Prepare four other dishes to be packed for lunch.

c) Make an interesting mixed fruit drink to accompany the lunch.

7. You are left in the care of your grandparents.

a) Showing your skills in using the following convenience foods, prepare, cook and serve two separate dishes which will be part of their lunch.

(i) Pasta

(ii) Nut paste

b) Prepare and serve a balanced breakfast for them and include a home made yeast dish.

8. a) Prepare, cook and serve four dishes suitable for a wedding buffet.

b) Make girde scones and serve them with a suitable accompaniment for an evening snack.