



JUNE XXXX

INTERMEDIATE LEVEL

Subject Title	FOOD NUTRITION AND HEALTH
Subject Code No.	5035
Paper No.	TWO

THREE HOURS

INSTRUCTIONS TO CANDIDATES

Answer FOUR questions, selecting THREE from PART A, and ONE from PART B. Answer the questions in your answer booklet. All questions carry equal marks.

Only a blue or black ballpoint pen should be used.

You are reminded of the necessity for good English and orderly presentation in your answers.

Turn Over

PART A: ANSWER ANY THREE (3) QUESTIONS

- 1) (a) Define the following terms:
 (i) Nutrients.
 (ii) Human nutrition
 (iii) Digestion
 (iv) Balanced diet **(9 marks)**
- (b) Copy out and complete the table below showing the digestion of the various nutrients. State at least one (1) Enzyme involved where necessary:

ORGAN	PROTEIN	CARBOHYDRATES
mouth		
Stomach		
Duodenum		
ileum		

- (c) Cite three (3) types of meats and their uses. **(8 marks)**

(6 marks)**Total (25 marks)**

- 2) (a) Give three classes of fruits giving an example of each. **(6 marks)**
- (b) State four (4) ways by which vitamins can be preserved in vegetables. **(4 marks)**
- (c) Identify one deficiency disease of the following
 (i) Vitamin A
 (ii) Iodine
 (iii) Vitamin D
 (iv) Iron
 (v) Vitamin C **(5 marks)**
- (d) List four (4) examples of energetic foods. **(4 marks)**
- (e) Enumerate three (3) types of cereals. **(6 marks)**
- Total (25 marks)**

- 3) (a) List four (4) factors that influence the choice of cooking methods. **(4 marks)**
- (b) Outline two (2) reasons of food preservation. **(4 marks)**
- (c) State two (2) advantages of bulk buying. **(4 marks)**
- (d) Explain the arrangement of the following items in the different locations in the refrigerator.
 (i) Meat
 (ii) water
 (iii) milk
 (iv) bread
 (v) cooked food
 (vi) butter
 (vii) Vegetables
 (viii) tomatoes
 (ix) fresh fish
 (xi) cheese **(5 marks)**
- (e) List four (4) accidents that may occur in the kitchen and adopt four (4) safety measures to prevent them **(8 marks)**

Total (25 marks)

- 4) (a) List and explain three methods of food preservation. (6 marks)
 (b) Classify vegetables and give one example of each. (5 marks)
 (c) Advance four (4) rules to follow in preparing left over foods. (4 marks)
 (d) List out three (3) grains/pulses and their use in food preparation. (5 marks)
 (e) Briefly explain two (2) rules to observe during stewing. (4 marks)
- Total (25 marks)**

PART B: CASE STUDY
ANSWER ANY ONE QUESTION

“You are what you eat” goes the popular slogan. Nutrition and nutrients are what keeps life. The aged who are part of the society have to feed alongside others, but often they have problems with their digestive and absorptive processes and so they require dietary advice.

WORK REQUIRED:

Answer the questions based on the text above

- 5) (a) (i) State four (4) points you will take into consideration when planning meals for the aged. (4 marks)
 (ii) Briefly explain four (4) ways by which you will manage the digestive problems of the aged. (4 marks)
 (b) Define the following terms
 (i) An invalid
 (ii) Convalescents
 (iii) Hypertension
 (iv) Obesity (4 marks)
 (c) Advance four (4) reasons why we cook food. (4 marks)
 (d) Write out three (3) advantages of steaming as a suitable method of cooking for the elderly. (3 marks)
 (e) Plan a days menu for your grandmother who has poor dentition. Tabulate your work. (6 marks)
- Total (25 marks)**

- 6) Out door catering has become fashionable and many people are into the sector. As a nutritionist and event planner, you have some pieces of advice for someone who wants to embark in this business venture.

WORK REQUIRED:

Answer the questions based on the text above.

- (a) Advance six (6) principles of good practices of kitchen hygiene. (6 marks)
 (b) List three (3) conditions that can promote the growth of micro organisms. (3 marks)
 (c) Name four (4) bacteria that are responsible for food poisoning. (4 marks)
 (d) Outline six (6) reasons for the alarming rate of food poisoning. (6 marks)
 (e) Advance six (6) points in advising Mme Alice on the purchase of a gas cooker. (6 marks)
- Total (25 marks)**