

Food & Nutrition 2
0540

GENERAL CERTIFICATE OF EDUCATION (GCE) BOARD

General Certificate of Education Examination

JUNE 2021

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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.

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Turn Over

June 2021/0540/2/B/Q
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1. (a) (i) Explain the term vegetarian. (2 marks)
 (ii) State five (5) reasons for becoming vegetarians. (5 marks)
 (b) Outline and explain five (5) factors that may affect world-food production. (10 marks)
 (c) Mention five (5) information which a food label must contain. (5 marks)
 (d) State three (3) factors that should be considered when budgeting for food. (3 marks)
Total=(25 marks)

2. (a) list and explain four (4) uses of eggs in food preparation. (8marks)
 (b) State four (4) reasons why convenience foods have gained popularity in recent years. (8 marks)
 (c) Mention four (4) ways by which food decay may be slowed down. (4 marks)
 (d) Outline five (5) advantages of microwave cooking. (5 marks)
Total= (25 marks)

3. (a) Explain four (4) types of accidents that can occur in the kitchen during food preparation. (8 marks)
 (b) Enumerate four (4) precautionary measures to follow when using electrical equipment in the kitchen. (4 marks)
 (c) State three (3) principles involved in raising flour products during baking. (7 marks)
 (d) Explain the changes that take place during the cooking of meat. (6 marks)
Total= (25 marks)

4. (a) Name three (3) types of milk found in our markets. (3 marks)
 (b) List eight (8) rules to follow when baking cake. (8 marks)
 (c) Complete the following table:

Animal	Meat	fat
Cow	-----	-----
-----	-----	lard
-----	Mutton	-----

- (d) Explain briefly the effects of heat on fats. (6 marks)
 (e) List three (3) types of informal food services. (5 marks)
Total= (25 marks)

5. (a) Distinguish and list an example on each of the three (3) types of frying. (6 marks)
 (b) State eight (8) rules to follow when frying foods. (8 marks)
 (c) Enumerate six (6) uses of wood as a material used for making kitchen equipment. (6 marks)
 (d) State five (5) points to remember when preparing vegetable salads. (5 marks)

Total= (25 marks)

6. (a) Mention three(3) functions of thiamine and two (2) plant sources. (8 marks)
 (b) Distinguish between macro and micro nutrients with suitable examples. (4 marks)
 (c) State three (3) problems associated with vitamin B₁ deficiency. (6 marks)
 (d) Outline five (5) functions of vitamin C and two (2) rich sources. (7 marks)
Total= (25 marks)