

GENERAL CERTIFICATE OF EDUCATION BOARD

Technical and Vocational Education Examination

JUNE 2021

ADVANCED LEVEL

Specialty Name (Specialty Code)	HOME ECONOMICS – HEC (ESF)
Subject Title	CATERING MANAGEMENT AND DIETETICS
Paper No.	2
Subject Code No.	7035

Three Hours

INSTRUCTIONS TO CANDIDATES

Candidates are required to answer FOUR Questions.

Choose Three Questions from Part A and One Question from Part B.

Each question carries 25marks.

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

You are advised to read carefully through the question paper, before you begin your answers.

Turn Over

PART A (PROBLEM SOLVING)**ANSWER ANYTHREE QUESTIONS FROM THIS PART**

1. (a) Outline five (05) functions of protein in the body. (5 marks)
- (b) Enumerate four (04) importance of water in the body. (4 marks)
- (c) (i) State four (04) causes of malnutrition. (4 marks)
- (ii) Give three (03) nutrients which provide the body with energy. (3 marks)
- (iii) Write down the deficiencies of the following vitamins in the body.

Vitamins	Deficiency
Retinol (vit A)	
Thiamin (vit B1)	
Ascorbic acid (vit C)	
Cholecalciferol (vit D)	

- (d) Classify beverages giving two examples of each. (4 marks)
- (5 marks)
- (Total=25 Marks)**

2. (a) Define the following terms.
- (i) Food rationing. (2marks)
- (ii) Diet. (2 marks)
- (iii) Balanced diet. (2 marks)
- (iv) Low biological value protein. (2 marks)
- (b) Advance three(03) importance of balance meals. (3 marks)
- (c) Explain the term left over food. Describe four (04) characteristics of packed meals giving one example of each. (6 marks)
- (d) Propose four (04) dietetic treatments for Brenda suffering from hyper cholesterol. (8 marks)
- (Total=25marks)**

3. (a) Identify four (04) types of spices and bring out their uses. (4marks)
- (b) Briefly explain four (04) factors which can cause bacteria to be transferred to food. (8 marks)
- (c) Explain four (04) causes of food poisoning that occurs due to outdoor catering services. (4 marks)
- (d) Advance four (04) reasons why convenience foods have become popular in recent years. (4 marks)
- (e) Complete the table below indicating the food constituent and digestive juices in each case.

Food constituent	Digestive juices	Molecules resulting from digestion
		Amino acid
		Fatty acids/Glycerol
		Glucose

(5 marks)

(Total= 25marks)

- 4 (a) In a tabular form, outline the causes symptoms and treatment of the following nutritional disorders.
- | | |
|--------------------|-----------|
| (i) Anemia | (6 marks) |
| (ii) Heart disease | (6marks) |
- (b) Explain four (04) principles of money management. (4 marks)
- (c) Propose four (04) dietetic treatments for Nuella suffering from obesity (4marks)
- (d) Describe freezing as a method of food preservation (5 marks)
- (Total= 25 marks)**

PART B (CASE STUDY)

ANSWER ANY ONE QUESTION FROM THIS SECTION.

5. Plant food is the original source of nutrition for mankind and for all other life. Everything that you put into your mouth is either cell-building material or cell destroying material. Fresh vegetables such as carrots, green leafy vegetables, tomatoes, onion, celery, cucumber, yams and a host of other raw and cooked product are the greatest source of all vitamins. Oily foods such as nuts, seeds, olives, avocados and coconuts are among the rich healthy fats that are important to a healthy diet.

Based on the above text, answer the following questions:

- (a) Define balanced meal. (2 marks)
- (b) Identify three (03) malnutritional diseases that can result in children due to eating unbalanced meals. Indicate the symptoms of each. (6 marks)
- (c) Advance five (05) consequences of bad food mixtures on the health of individuals. (5 marks)
- (d) Bring out four (04) ways by which bad cultural food habits can be corrected. (4marks)
- (e) Enumerate and explain five (05) methods by which excess food in seasons can be preserved. (8marks)
- (Total=25marks)**

6. Cancer occurs when there is an undesirable change in the nucleus of the cells of the body specifically the D.N.A. This results in accelerated cell growth- uncontrollable, in appropriate cell growth. The cancerous cell that is the most toxic type of cell that is in the living body. It is believed that we all have this cancer cell so we must do whatever is necessary to enable the body to keep them where they are in remission, before they can become active cancer. Flax oil mackerel oily fish provide a good supply of omega -3. But remember once heated, the healthy fats in these items becomes "trans" fats (trans-fatty acids) and can cause cancer in the body.

Based on the abovetext, answer the following questions:

- (a) Enumerate three (03) chemical nutrients found in the food items we eat daily. (3marks)
- (b) Identify five (05) bad cooking practices that can lead to poor health disorders e.g. cancer, obesity, hypertension etc. (8marks)
- (c) As a caterer suggest four (4) good cooking practice to preserve nutrients in food. (4 marks)
- (d) From the above text, explain how cancer cells develop in a human being. (2 marks)
- (e) Propose a dietetic mid-day meal for an adolescent suffering from tooth decay. (8 marks)
- (Total=25 Marks)**