

**CAMEROON GENERAL CERTIFICATE OF EDUCATION BOARD**  
Technical and Vocational Education Examination

**JUNE 2021**

**INTERMEDIATE LEVEL**

SPECIALTY	HOME ECONOMICS HEC (ESF)
Subject Title	FOOD NUTRITION AND HEALTH
Subject Code No.	5035
Paper No.	TWO

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**THREE HOURS**

**INSTRUCTIONS TO CANDIDATES**

Answer FOUR questions, selecting THREE from PART A, and ONE from PART B.

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.*

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*Turn Over*

**PART A: ANSWER ANY THREE (3) QUESTIONS**

- (1) (a) State (6) characteristics of an egg. (6 marks)  
 (b) Explain between perishable and non-perishable food. (4 marks)  
 (c) List two products of the following:  
 (i) Meat (6 marks)  
 (ii) Flour (6 marks)  
 (iii) Milk (3 marks)  
 (d) Describe the preparation of pineapple drink.  
 (e) Classify beverages giving (2) examples of each. (3 marks)
- Total (25 marks)**

- (2) (a) In order to properly lecture some pregnant women at the infant welfare clinic, complete the table below:

NUTRIENTS	SOURCES	FUNCTIONS
Protein		
Carbohydrates		
Vitamins		
Fats and oil		
Mineral salt		

- (b) Identify five reasons why it is important to buy good quality food stuff. (10 marks)  
 (c) Propose an appropriate meal for an obsessed person. (5 marks)  
 (d) State five table manners to observe while eating on the dining table. (5 marks)
- Total (25 marks)**

- (3) (a) Give the uses of the following equipment:  
 (i) Chopping board  
 (ii) Blender and electric mixers  
 (iii) Casseroles  
 (iv) Whiskers and beaters (4 marks)  
 (b) Name and explain nine (9) points to consider when preparing a balanced menu. (9 marks)  
 (c) Give seven (7) advantages of fruits in the diet. (7 marks)  
 (d) List five (5) packed meals to take on a picnic. (5 marks)
- Total (25 marks)**

- (4) (a) Identify eight (8) uses of eggs in food preparation. (8 marks)  
 (b) State seven (7) guidelines for using refrigerators. (7 marks)  
 (c) Bring out five (5) points to show how convenience foods are increasingly used nowadays. (5 marks)  
 (d) Classify fruits giving two (2) examples each. (5 marks)
- Total (25 marks)**

**PART B: CASE STUDY**  
**ANSWER ANY ONE QUESTION**

- (5) Mr Hwegeli and Neki his wife are your closest neighbours and they have two children, Liko who is  $2\frac{1}{2}$  year old and Nyama is  $8\frac{1}{2}$  years old Neki solicits help from you to educate her about balanced menu, so that she can be able to provide her family with balanced meals to prevent her family members from deficiency diseases resulting from malnutrition.

**WORK REQUIRED:**

Based on the above text, answer the following questions

- (a) Define the following phrases
- (i) Malnutrition
  - (ii) Deficiency disease
  - (iii) Complete protein
  - (iv) Balanced meal
  - (v) Biological value
- (b) The children's breakfast consists of dextrin pap and puff-puff on daily bases.
- (i) Balanced this meal to make it more nourishing.
  - (ii) Analyse this meal.
- (c) Give five (5) reasons for the importance of proper storage of food
- (d) State four (4) reasons why extra water is required by the body

(10 marks)

(3 marks)

(3 marks)

(5 marks)

(4 marks)

**Total (25 marks)**

- (6) Mamadu has been alcoholic for many years, and now the following signs are manifesting in him: swollen belly, general tiredness, weight loss, lack of appetite.

**WORK REQUIRED:**

Answer the following questions based on the text above.

- (a) (i) What is he suffering from? (1 mark)  
(ii) Give four (4) other diseases caused by alcoholism. (4 marks)
- (b) Plan a day's meal for a family of 4 including a toddler and a grandmother to show how local foodstuffs can be used to make a balanced meal. (6 marks)
- (c) (i) Give four(4) reasons why a person may become a vegetarian. (4 marks)  
(ii) Who is a diabetic person? (2 marks)  
(iii) List three (3) foods that a diabetic patient is not supposed to eat. (3 marks)
- (d) Describe five (5) practices to combat food contamination. (5 marks)

**Total (25 marks)**