

CATERING MANAGEMENT AND DIETETICS 2

7035

CAMEROON GENERAL CERTIFICATE OF EDUCATION BOARD

Technical and Vocational Education Examination

JUNE 2020

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,

Choosing **Three** questions from Part A and **One** question from Part B.

Each question carries **25**marks.

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 any Three questions from this Part**

1. (a) In a tabular form outline the digestive enzymes that act on carbohydrate during digestion and state the areawhere they are situated in the digestive system. **(8 marks)**
- (b) (i) Outline the functions of hydrochloric acid in digestion. **(4 marks)**
(ii) State the positive role of cholesterol in the body. **(2 marks)**
- (c) (i) Soya beans are good examples of meat substitute: state three nutritional values of soya beans. **(3 marks)**
(ii) In a tabular form, state the health benefits and risk factors associated with alcoholic and non-alcoholic beverages. **(8 marks)**
(Total=25 Marks)

2. (a) (i) Define cereals. **(2 marks)**
(ii) State four (4) roles of cereals in the diet. **(4 marks)**
(iii) Enumerate four (4) parts of a wheat grain and state their nutritive values. **(4 marks)**
- (b) In a tabular form; Enumerate four (4) classes of food additives and state one example of each class. **(6 marks)**
- (c) Write short notes on the following;
(i) Food taboos. **(3 marks)**
(ii) Food allergy. **(3 marks)**
(iii) Metabolism. **(3 marks)**
(Total=25 Marks)

3. Catering is fast becoming a popular industry in our society today.
- (a) (i) Define catering. **(2 marks)**
(ii) State four (4) factors that influence the choice of a catering industry. **(4 marks)**
- (b) State and explain four (4) points to consider when preparing catering meals that will ensure nutritional balance and individual needs. **(8 marks)**
- (c) (i) Explain four (4) factors that affect the basal metabolic rate. **(8 marks)**
(ii) Define genetically modified organisms and cite two examples. **(3 marks)**
(Total= 25 Marks)

4. (a) Define the following terms:
(i) Saturated fatty acids **(2 marks)**
(ii) Enzymes **(2 marks)**
(iii) Complete protein **(2 marks)**
(iv) Food poisoning **(2 marks)**
- (b) (i) State five (5) guidelines to follow when handling and preparing vegetables in order to ensure nutrient conservation. **(5 marks)**
(ii) Differentiate between herbs and spices; giving three (3) examples of each. **(5 marks)**
- (c) The pressure cooker is a kitchen apparatus which is fast becoming popular. State three parts of a pressure cooker and cite four advantages of pressure cooking. **(7 marks)**
(Total= 25 marks)

PART B (CASE STUDY)**Answer any One question from this Part.**

5. The world is fast evolving from simple manual characteristics to complex industrialized aspects in relation to food production, supply, population increase and scientific applications within individuals. Hence, our physical bodies and personalities change, affecting our personal needs and goals. These constant changes need a positive balance so as to achieve healthy living habits for a healthy population. For these concepts of changes and balances to be realistic, the study of catering management and dietetics for good health is a priority for nation building.

Work Required:**Based on the text above, answer the following questions**

- (a) In a tabular form, outline the causes and manifestation of the following health problems and prescribe a dietary regime for each.
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|--------------------|-----------|
| (i) Diabetes. | (3 marks) |
| (ii) Obesity | (3 marks) |
| (iii) Hypertension | (3 marks) |
- (b) State four (4) factors that influence rapid progress in the food and catering industry. (4 marks)
- (c) Differentiate between the following:
- | | |
|---|-----------|
| (i) Food poisoning and food intoxication. | (4 marks) |
| (ii) Kwashiorkor and marasmus | (4 marks) |
| (iii) Herbs and spices. | (4 marks) |
- (Total=25 marks)**

6. Cameroon is Africa in miniature, with a rich ethnic and cultural diversity. Due to easy communication, there is rapid spread of various cultures and distribution of resources; resulting in the rapid growth of the catering industry. Modern ways of improving on nutritional quality of various traditional and family meals as well as catering demands is necessary for the control of nutritional disorders prevalent in the society today. The development of a society depends on the health of the people. In order to achieve the development goals of 2035, proper feeding, hygiene, sanitation and nutritional education are the basis for sustainable development.

Work Required:**Based on the text above, answer the following questions**

- (a) Explain four (4) measures to take in order to ensure proper feeding as a measure to attain the 2035 sustainable development goals. (4 marks)
- (b) State four modern food handling techniques for assured food quality and safety standards. (6 marks)
- (c) Write short notes on the following:
- | | |
|-------------------------|-----------|
| (i) Food Habits | (3 marks) |
| (ii) Food Conservation | (3 marks) |
| (iii) Food Preservation | (3 marks) |
| (iv) Cooking Methods | (3 marks) |
| (v) Food Additives | (3 marks) |
- (Total=25 Marks)**