

GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate of Education Examination

Food & Nutrition 2
0540

JUNE 2022

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.

Turn Over

1. (a) Define the following terms used in digestion. (2 marks)
 (i) Absorption (2 marks)
 (ii) Enzymes (2 marks)
 (iii) Metabolism
 (b) State and explain three (3) uses of energy in the body. (6 marks)
 (c) Enumerate three (3) digestive organs. (3 marks)
 (d) Identify five (5) digestive enzymes and the nutrient they act on. (10 marks)
Total = (25 marks)
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2. (a) Write out the scientific names of the following vitamins:
 - Vitamin A _____
 - Vitamin D _____
 - Vitamin B₁ _____
 - Vitamin C _____
 - Vitamin B₃ _____
 - Vitamin E _____
 (b) State the effects of heat on starch. (6 marks)
 (c) Explain four (4) functions of fats in the body (6 marks)
 (d) List five (5) food sources of invisible fats. (8 marks)
Total = (25 marks)
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3. (a) Enumerate four (4) types of rice found in our markets and state 4 (four) main nutrients found in rice (8 marks)
 (b) List four (4) kitchen equipment made out of wood (4 marks)
 (c) State eight (8) factors to consider when preparing food for a convalescent (8 marks)
 (d) List five (5) uses of milk in cookery (5 marks)
Total = (25 marks)
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4. (a) List three (3) types of food suitable for stock making (3 marks)
 (b) Mention five reasons why some people become vegetarians. (5 marks)
 (c) In a tabular form state two (2) functions and a source of vitamin A.D.E and K each (12 marks)
 (d) Enumerate five (5) nutritional disorders that may arise from wrong food choices. (5 marks)
Total = (25 marks)
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5. (a) Define metabolism (2 marks)
 (b) State seven (7) importance of food labels. (7 marks)
 (c) List four (4) structures of meat (4 marks)
 (d) Highlight five (5) ways of disposing kitchen waste. (5 marks)
 (e) State seven (7) sources of food poisoning at home. (7 marks)
Total = (25 marks)
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6. (a) Name and describe three (3) types of kitchens (9 marks)
 (b) Highlight five (5) advantages of well planned kitchen. (5 marks)
 (c) List five (5) agents of food contamination. (5marks)
 (d) Enumerate six (6) importance of breast milk. (6 marks)
Total = (25 marks)

GO BACK AND CHECK YOUR WORK