

# GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate of Education Examination

Food & Nutrition 2  
0540

JUNE 2023

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**

0540/2

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1. (a) State five(5) reasons why food labelling is important to a consumer (5 marks)  
 (b) List five (5) types of meals. (5 marks)  
 (c) Enumerate five (5) uses of food additives. (5 marks)  
 (d) Outline five (5) general rules for pastry making . (5 marks)  
 (e) List five (5) types of traditional dishes in Cameroon (5 marks)  
**Total = (25 marks)**
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2. (a) State five(5) points to remember when preparing food for a patient (5 marks)  
 (b) Classify vegetables in five groups giving an example each. (10 marks)  
 (c) Explain the steps for making cake using the creaming method. (5 marks)  
 (d) (i) Outline three (3) roles of herbs to man. (3 marks)  
 (ii) Name four (4) main ingredients for making vegetables salads. (2 marks)  
**Total = (25 marks)**
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3. (a) (i) Define the term first aid. (2 marks)  
 (ii) List three items found in a first aid box . (3 marks)  
 (b) Mention five (5) dietary recommendations for a healthy life style. (5 marks)  
 (c) State five (5) aims of food preservation. (5 marks)  
 (d) (i) List five (5) methods of preserving milk. (5 marks)  
 (ii) Enumerate five (5) importance of studying food and nutrition. (5 marks)  
**Total = (25 marks)**
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4. (a) State five (5) qualities of a good waiter? (5 marks)  
 (b) Outline five (5) points to consider when choosing a refrigerator. (5 marks)  
 (c) (i) Enumerate four (4) reasons for eating food. (4 marks)  
 (ii) State four (4) functions of proteins in the body. (4 marks)  
 (d) Outline seven (7) changes that take place when an egg is getting older. (7 marks)  
**Total = (25 marks)**
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5. (a) (i) Define the term digestion. (2 marks)  
 (ii) State five (5) importance of digestion. (5 marks)  
 (b) Name five (5) main digestive organs. (5 marks)  
 (c) Outline five (5) ways of reducing fat consumption. (5 marks)  
 (d) State eight (8) personal hygiene rules to be observed when preparing food (8 marks)  
**Total = (25 marks)**
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6. (a) In a tabular form, list four (4) small kitchen equipment and their uses (10 marks)  
 (b) List five (5) rules for reheating left-over foods. (5 marks)  
 (c) Enumerate five (5) measures to prevent falls in the kitchen (5 marks)  
 (d) List five (5) basic rules to follow for a successful use of a freezer. (5 marks)  
**Total = (25 marks)**

**GO BACK AND CHECK YOUR WORK**