for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

SOUTH WEST REGIONAL MOCK EXAMINATION

MARKING GUIDE

19th MARCH 2025 ORDINARY LEVEL

Subject Title	**FOOD AND NUTRITION**
Subject Code Number	**0540**
Paper Number	**2**

TWO AND HALF HOURS

INSTRUCTIONS TO CANDIDATES:

This paper carries SIX questions. ***Answer any FOUR questions.***

Each question carries 25 marks. For your guidance, the approximate mark for each part of a question is indicated in brackets.

If you answer MORE THAN four (4) questions, ONLY the first four (4) answers presented will be marked and the other cancelled.

ANSWER ANY FOUR QUESTIONS.

1. ai) What is the difference between an invalid and a convalescence

ANSWERS

An individual suffering from an illness

Convalescence a person recovering from an illness **1x2=2marks**

ii) Name four sources of fiber in a diet.

-Grains

-Vegetables

--Beans

-Avocado **1x4=4marks**

iii) List 5 labour saving devices in the home

Kitchen; microwaves, ovens, electric mixers, juicers, pressure cookers, toasters etc

Laundry; washing machines, dryers, ironing boards etc

Cleaning; robotic vacuum cleaners, vacuum cleaners, mop and bucket system with wringing mechanisms. **1x5=5marks**

b) State two importance of a pressure cooker

For fast cooking, economize fuel, save time for other activities cook variety of dishes etc. 1x2=2marks

c) Write two percussions to take when using a pressure cooker

(4marks).

Add enough liquid to create steam, be mindful of the cooking time to prevent over cooking, follow manufacturer instructions carefully (one point for 2marks) 2x2=4marks

d) Explain two advantages of convenient food.

Save time, easy to access, has a long shelf life etc (Name and explain for 2marks x2points)

2x2=4marks

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

e) State four guide lines in serving meals
(4marks)
Cutlery is set in the order of use, working outside-in. Outer utensils are for the first course with the inner most set reserve for the main course,
Forks always go on the left of the setting The exception of this is if you have a bread plate,
-Knives always on the right of the setting Exception if you have a bread plate
-Glassware above the knives. There are different glasses for different drinks but they are all grouped together in the top right corner of the settings
- if desert the desert spoon and fork should be placed above the plate. The spoon handle should be on the right while the fork handles on the left. So that the right hand can easily pick up the spoon
Napkins can be placed either to the left of the forks, or underneath the forks. If space is limited on the table, you can also place the napkin in the middle of the setting, or on top of the charger plate
-Use a charger plate **1X4=4marks**
(Total=25 marks)

ANSWERS
2ai) What are provitamins.
Provitamins are substance that can be converted into a vitamin in the body eg Beta-carotene
1x2=2marks
ii) List three functions of vitamins in the body
- strengthen immune system, , important for the absorption and use of other nutrients by the body, prevent diseases, for proper functioning of glands and other body structures, regulates body metabolism.**1x3=3marks**
b) State two differences between macro and micro-nutrients

Macronutrients	Micronutrients
Needed by the body in large quantity	Needed by the body in small quantity
Eg carbohydrates, proteins, fats and oil	Eg vitamins and minerals

1x4=4marks

c) State three nutrients that give energy to the body
Carbohydrates, proteins, fats and oil**,** **1x3=3marks**
d) Show five factors that influence meal planning in a home
- the age of the individuals, the health situation of the individuals, the budget, preferred food, cultural/religious belief, dietary needs, allergies etc **1x5=5marks**
e) .Complete the table below

NUTRIENT	FOOD SOURCE	DEFICIENCY DISEASE
Iron	Liver, kidney, green vegetables, dried fruit, lenticels potatoes.	Anaemia
Calcium	Milk, bones of fish, hard water, okoro etc	Osteoporosis, rickets, brittle nails
Vitamin C	Citrus fruits and vegetables ie lemon, oranges, carbages,green pepper etc	Scurvy
Proteins	Beans, lenticels, nuts, seeds, meat, fish, eggs etc	Kwashiorkor

1x8=8marks

(Total =25marks)

3. Explain briefly what you understand by
ai) Buffet party

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

It is a reception that can accommodate variety of plates, serving dishes of food and drinks. Guest are invited to serve themselves and dine according to arrangement

1x2=2marks

ii) Cocktail party

Is a party where people stand and serve themselves as trays pass around with food and drinks Cocktail party are usually a short party and the food serve are easily eaten **1x2=2marks**

b) State six (6) information contained in an invitation card

-host name, event name or purpose, date, time, location or venue, dress coat contact information

1x6=6marks

c) List four importance of issuing an invitation card for an occasion

-To create excitement and anticipation about the occasion, to set the tone and create first impression, helps to highlight importance of the occasion, it is a valuable keepsake, it informs and guides your guest, it gives the guest time to fit it in their own program of activities **1x4=4marks**

d) State the five (5) roles of a waiter in a hotel

- greet customers, collect food and drinks orders, serving food and beverages, ensuring customers satisfaction by attending to their needs, providing information about the menu, handling payments and maintaining the cleanliness of the table **1x5=5marks**

e) Write six qualities of a good hostess

Good host should be welcoming, attentive to the guest needs, make the guest feel comfortable, offer refreshment, be engaging in conversations, able to solve problems effectively while maintaining a positive and organised demeanour.

1x6=6marks. (Total=25marks)

4i) Define the term food contamination

It is the presence of harmful substances in food eg chemicals, germs, or physical matter. **1x2=2marks**

ii) Name three causes of food contamination

Poor handling, poor method of preservation, unsafe farming practices, poor method of preparation

iii) List two bacteria that cause food poisoning **1x3=3marks**

-clostridium botulinum in canned food, Escherichia coli found in food or water, Salmonella

1x2=2marks

.bi) Define frying as used in food and nutrition.

Frying is the cooking of food in hot fats or oils, done in oil bath in a pan over a fire or as deep frying

ii) State the rules that must be observed when frying

- Use a long frying spoon, use a moderate flame,

iii) –Heat the oil gradually, don't overcrowd the pan, filter the oil regularly, don't add wet food in hot oil, use a deep fryer with a thermostat to monitor the temperature.**1x5=5marks**

iv) List 5 (five) factors that influence people's choice for food

- Availability, type of food available in the country and place.

Cost the budget of the family in purchasing the foods

- cultural believe, religious believe, health situation of the individual, likes of the individual, weather the food is season, available budget, activities of the individual etc

1x5=5marks

C) State 3 categories of food additives and their uses

- Preservatives: to keep food longer eg salt, lemon
- Emulsifiers mix substances together
- Flavour enhancers intensify natural taste of food
- Thickeners stabilizes the substance **(Any one point for two marks) 2x3=6marks**

(Total=25 marks)

5a) What is a house hold budget in the context of a house wife

Answers

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com

House hold budget is a written plan that takes statistics on income and expenditure over a period of time of a home. How money is managed in the home by the wife. **1x3=3marks**

b) State five factors that influence family budgeting and expenditure

- Monthly income, Family needs Family size and family values. **1x5=5marks**

c) Give five reasons for the importance of family budget

-reduces shortage, put emphasizes only on values, encourages saving, prevents un-necessary expenditure, improves living standard, **1x5=5marks**

d) Differentiate between steaming and boiling with two examples each of food type

Steaming	Boiling
Takes a shorter time to cook	Takes a longer time to cook
Water is put below the food	Water put over the food
Easily digestible	Not easily digestible
Eg egusi pudding, kwacoco, koki beans	Plantains, yams, rice

1x2x4=8marks

e) List four advantages of steamed foods

- It is easily digested, economises fuel, takes a short time to cook, different types of food can be cooked in one pot e.g. egusi pudding, kwacoco bible, koki etc in one pot. **1x4=4marks**

(Total=25marks)

ANSWERS

6a) Distinguish between a vegan and a lacto vegetarian

A vegan someone who do not eat any animal or the animal products while a lacto-vegetarian is someone who eats vegetables, eggs, and dairy products but do not eat meat **1x2=2marks**

b) State five points considered when planning meals for vegetarians

A vegan food should be balanced and appetising, and the type of vegetarian must be considered,

-no animal food for vegans while animal products for lacto-ovo vegetarians

-food should be well seasoned with herbs **1x5=5marks**

c) List three types of vegetables with one example of each

Vegetable	Example
Root vegetable	Carrots, sweet potatoes, yams etc
Fungi vegetable	Mushrooms
Flower vegetable	Tomatoes, broccoli, eggplant

1x6=6marks

di) State four characteristics of a modern kitchen

-tall ceiling, long countertops, durable materials, clean lines, very airy etc **1x4=4marks**

ii) List four common kitchen accidents

Slips and falls, cuts, electric shocks, burns, fire hazards, **1x4=4marks**

iii) Giving examples, outline ways in which kitchen equipment can be categorized

- Can be divided into small and large equipment

- Large equipment	- Small equipment
- Microwave	- Knives
- refrigerator	- colander
- fridge	- sieve
- oven	- whisk

- **1x4=4marks**

. **(Total=25marks)**

for more past questions and solutions download kawlo kawlo app or visit http://www.gcerevision.com