

**GENERAL CERTIFICATE OF EDUCATION BOARD**  
General Certificate of Education Examinations

**JUNE 2025**

**ORDINARY LEVEL**

Subject Title	Food and Nutrition
Paper No.	2
Subject Code No.	0540

**Duration: 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.*



1.
  - a. Define malnutrition. (2 marks)
  - b. Enumerate five (5) causes of low food production in the world. (5 marks)
  - c. State five (5) examples of primary food processing. (5 marks)
  - d.
    - i. List seven (7) factors to be considered when labelling food packages. (7 marks)
    - ii. State three (3) advantages and three (3) disadvantages of buying food from the super market. (6 marks)

**Total = (25 marks)**

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2.
  - a. State five (5) personal hygiene rules. (5 marks)
  - b. List five (5) agents of food contamination. (5 marks)
  - c. Outline six (6) ways of economising the cost of gas for cooking and heating in our homes. (6 marks)
  - d. Name five (5) types of spices. (5 marks)
  - e. Complete the following abbreviations as used in nutrition.;
    - i. T.V.P
    - ii. H.B.V

**Total = (25 marks)**

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3.
  - a. If a cup of fruit flavoured yoghurt contains 10g of protein, 3g of fats and 43g of carbohydrates. Calculate the amount of energy provided by the yoghurt. (6 marks)
  - b. State five (5) functions of water in the body. (5 marks)
  - c. Classify food nutrients and give example in each case. (4 marks)
  - d.
    - i. Differentiate between kwashiorkor and marasmus. (2 marks)
    - ii. State four (4) uses of a food composition table. (4 marks)

**Total = (25 marks)**

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4.
  - a. Enumerate seven (7) reasons for food preservation. (7 marks)
  - b. State five (5) points to consider when selecting beverages. (5 marks)
  - c. List six (6) rules to follow when deep frying. (6 marks)
  - d. Classify vegetables and give an example in each case. (7 marks)

**Total = (25 marks)**

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5.
  - a. State six (6) risk factors of heart diseases. (6 marks)
  - b. Define offals. List four (4) examples of offals. (5 marks)
  - c. List and explain three (3) ways of preserving fish. (6 marks)
  - d. State five (5) effects of heat on vegetables. (5 marks)
  - e. State three (3) importance of egg in cake mixture. (3 marks)

**Total = (25 marks)**

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6.
  - a. Outline seven (7) guidelines to follow for effective use of time. (7 marks)
  - b. Describe the principles in which refrigerators work. (7 marks)
  - c.
    - i. Define raising agents. (2 marks)
    - ii. Explain the fermentation process of yeast. (3 marks)
  - d. List six (6) responsibilities of a guest. (6 marks)

**Total = (25 marks)**