

**GENERAL CERTIFICATE OF EDUCATION BOARD**  
Technical and Vocational Education Examination

**JUNE 2025**

**KAWLO**

**INTERMEDIATE LEVEL**

Specialty Name and Acronym	<b>HOME ECONOMICS – HEC</b>
Subject Title	<b>FOOD NUTRITION AND HEALTH</b>
Subject Code No.	<b>5035</b>
Paper No.	<b>2</b>

**Duration: Three Hours**

**INSTRUCTIONS TO CANDIDATES**

**This Paper has Two Sections.**

**Section A - Answer any THREE Questions**

**Section B - Answer any ONE Question**

- All questions carry equal marks.

***You are reminded of the necessity for good English and orderly presentation in your answers.***

### SECTION A: ANSWER ANY THREE (3) QUESTIONS

- 1) a) Define the terms below:
- i) Beverages
  - ii) Food portion
  - iii) Nutrition
  - iv) Food additive
  - v) Menu card
- b) Classify beverages into **two** groups and provide **two** examples of each.
- c) Name **five** (5) equipment used for food preparation.
- d) Enumerate **four** (4) symptoms of kwashiorkor.

(10 marks)

(6 marks)

(5 marks)

(4 marks)

**Total (25 marks)**

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- 2) a) Name **five** different types of cereal.
- b) In a tabular form give **three** (3) advantages and **two** (2) disadvantages of white flour.
- c) Write short notes on the following:
- i) Marasmus
  - ii) Dental caries
  - iii) Obesity
  - iv) Beriberi
  - v) Cholesterol
- d) State **five** (5) points to back up the nutritive value of milk.

(5 marks)

(5 marks)

(10 marks)

(5 marks)

**Total (25 marks)**

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- 3) a) State **five** (5) factors that influence the choice of food during meal planning.
- b) List the **three** (3) main meals of the day and state when they are eaten.
- c) Define the following terms:
- i) Diet
  - ii) Breakfast
  - iii) Balanced meal
  - iv) Courses
  - v) Dessert
- d) List **four** (4) factors that influence food rationing.

(5 marks)

(6 marks)

(10 marks)

(4 marks)

**Total (25 marks)**

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- 4) a) List **five** (5) ingredients used to produce yoghurt.
- b) Enumerate **Four** (4) mechanical methods of incorporating air into a mixture.
- c) Outline **five** ingredients for cakes production.
- d) Give **six** (6) reasons why we should eat a balanced diet.
- e) Advance **five** (5) advantages of buying good quality food stuff.

(5 marks)

(4 marks)

(5 marks)

(6 marks)

(5 marks)

**Total (25 marks)**

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### SECTION B: CASE STUDY - ANSWER ANY ONE (1) QUESTION

- 5) Many people feel they need to lose weight. Some people who try to lose weight are not even obese or overweight. Girls and women in particular may be under pressure to get the ideal body image they see on television screens and magazines. With this idea of losing weight they run into health issues. With your knowledge in Food Nutrition and Health advise them.

#### WORK REQUIRED

Based on the above text, answer the following questions.

- a) State **four** (4) sources of good drinking water. (4 marks)
- b) List **six** (6) types of ready – cooked foods. (6 marks)
- c) Define the following terms:
  - i) Food
  - ii) Malnutrition
  - iii) Under nutrition
  - iv) Obesity
  - v) Balanced diet
- d) Enumerate **five** (5) points you will advance to advise those who want to slim down. (10 mark)  
(5 marks)

**Total (25 marks)**

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- 6) In order to eat well and live a healthy life, the knowledge of food preservation and food equivalence have to be applied in synergy (together).

#### WORK REQUIRED

Based on the above text

- a) Define the following terms:
  - i) Meal planning
  - ii) Food preservation
  - ii) Food equivalence.
  - iv) Diet
  - v) Diabetes
- b) Outline **five** (5) hygienic rules to apply during meal preparation. (10 marks)  
(5 marks)
- c) Describe how to boil **two** (2) cups of rice. (5 marks)
- d) Plan a day's menu for a family of three (3) with a teenage girl. (5 marks)

**Total (25 marks)**

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