

**WAKISSHA JOINT MOCK EXAMINATIONS
MARKING GUIDE**

**Uganda Certificate of Education
FOOD AND NUTRITION 662/1
UCE July / August 2015**



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|------|-------|-------|-------|
| 1. C | 6. B | 11. A | 16. C |
| 2. A | 7. C | 12. B | 17. A |
| 3. B | 8. C | 13. C | 18. C |
| 4. D | 9. D | 14. C | 19. A |
| 5. A | 10. A | 15. D | 20. D |

21. (a) Achievement of Insulation

- Double grazing
- Using carpet
- Using ceilings
- Wooden doors and window
- Steam pipes through walls.

@ $\frac{1}{2}$ mark

(b) Factors that determine Nutrient requirements.

- Age
- Sex
- Physiological state of body
- Weight and height

@ $\frac{1}{2}$ mark

(c) Reasons for marinating food.

- To improve texture/making it tender.
- To improve shelf life /preservation
- To ensure little cooking time
- To improve the flavour.

@ $\frac{1}{2}$ mark

(d) Rigor Mortis is the stiffening of animal muscle after slaughter.

$\frac{1}{2}$ mark

(e) Tenderisation of meat.

- By injecting tenderizing chemicals
- By hitting using a steak hammer
- Using slow moistening methods
- By marinating.

@ $\frac{1}{2}$ mark

(f) Points to consider when planning meals for the elderly.

- Provide normal body building foods, protective food and less energy giving foods.
- Food should be well cooked and easy to digest.

- Consider tastes and preference
- Serve dishes rich in calcium phosphorous, iron, iodide & vitamin A, D, and C.
- Meals should be balanced.
- Serve in small quantities at regular times.
- Serve foods attractively.

@ $\frac{1}{2}$ mark

- (g) Gelatine is a protein food obtained from the muscle of animals, it is transparent, tasteless and odourless and it sets liquids it is to make jellies/gels and ice cream.

@ $\frac{1}{2}$ mark

- (h) Effect of heat on fish

- Protein coagulate and shrink
- Connective tissue changes to gelatine
- Bacteria and worms are destroyed
- Overcooking causes fish to disintegrate
- Water soluble vitamins are lost

@ $\frac{1}{2}$ mark

- (i) Uses of eggs in cookery.

- As a coating agent
- As a binding agent
- Enricher
- Served as a main dish
- Used for glazing
- As a lightening agent
- As a garnish etc.

@ $\frac{1}{2}$ mark

- (j) Maintenance of High quality standards of milk

- Treatment and safe guarding the herd from infections.
- Proper cleanliness and hygiene of the milking parlour
- Proper sanitation and hygiene of the dairy
- Processing of milk.

@ $\frac{1}{2}$ mark

- (k) Economy on Budget

- Buy foods in season they are always cheap
- Buy only what is enough
- Choose the cheapest method of cooking.
- Budget prior to buying.

@ $\frac{1}{2}$ mark

SECTION B

22. a) Importances of proteins in the diet

- Body growth and repair
- Provision of energy
- To boost the Immune system
- For fluid balance
- Buffering action
- Balance of minerals in the body i.e. Sodium and potassium
- To prevent deficiency diseases.

@1mark

Max = 8marks

(b) Causes of denaturation of proteins.

- Heat
- Mechanical agitation
- Organic solvents
- Acids and alkaliz
- Heavy metals
- Alkaloidal agents

@1mark

Max 6marks

(c) (i) Supplementary value of a protein.

is the ability of one protein to make good of the deficiency of another protein e.g. Gelatine when served with bread, bread lacks lysine but has tryptophan which is absent in Gelatine but Gelatine contains lysine. 3marks

(ii) Limiting amino acid which is in short supply and whose quantity Will affect the process of protein synthesis.

3marks

23. a) Importances of calcium

- Bone development
- Tooth development
- Blood clotting
- Muscle contraction
- Nerve impulse transmission
- Needed for the absorption of dietary vitamin B₁₂

@1mark

Max 6marks

b)

OSTEOPOROSIS	OSTEOMARACIA
(i) Decreased level of Oestrogen hormone	- Prolonged malatisafition
(ii) Impaired calcium absorption	- Due to venal failure
(iii) Low calcium iron intake for year	- Indegequate calcium intake during pregnancy

2marks

Any 2 points

(c) (i) Symptoms and signs of Rickets.

- Person waddles
- Muscle tetany
- Bones become softened
- Pain occurs in the pelvis
- Spontaneous fractures occur
- Bow legs

@ 1 mark
Any 5 points
5 marks

(ii) Treatment and prevention.

- Give vitamin D supplements
- Provide calcium supplements and tablets
- In women antenatal care is necessary
- Adequate exposure to sunlight.
- Advice should be given
- Control of family size
- Improved economy.
- Nutritional education.

Any 7 points
@ 1 mark
Max 7 marks

SECTION C

24. a) A raising agent is a substance which when introduced into the dough expands on heating. 1 mark

b) Methods of incorporating air into a dough mixture.

- Using a raising agent
- Sieving
- Whisking
- Creaming
- Kneading
- Rubbing in
- Sponging
- Folding
- Knocking Back.

Any 9 points well explained
@ 1 mark
Total Mark = 9 marks

c) Preparation of Bread rolls

- Sieve the flour into a bowl;
- Cream the yeast into a bowl;
- Make a well in the center of flour add the cream yeast;

- Leave in a warm place for the yeast to ferment;
- Knead firmly until smooth and free from stickness;
- Leaves to prove until double the size;
- Knock back;
- Shape into pieces of desirable shape;
- Leaves to prove again;
- Bake in a hot oven; glaze and serve;

@ 1/2 mark
5marks

25 a) Milk is a perfect food.

- It contains all the essential food values
- It is easily obtainable
- It is priceless
- It is versatile can be drunk, raw or cooked
- There is no wastage.
- It has a bland flavour so one doesn't get tired of it
- It is very filling
- Can be taken by people of different age and health conditions

Any 7 points

@ 1 mark

Total Mark = 7marks

b) Storage of milk.

- Refrigerate if possible
- Processed milk can easily be stored i.e. possible process
- Provide a sheltered spot away from sunlight.
- Keep milk covered
- Don't store near strong smelling foods
- Always use very clean containers when storing milk
- Don't mix one days delivery milk with another

Any 8points

8marks

26. a) Points to consider when purchasing

(i) Saucepans

- Size of the saucepan in relation size.
- Durability
- Cost
- Type of fuel to on which to be used.

Any 3 points

3marks

(ii) Cattery

- Purpose
- Durability
- Cost
- Attractiveness

3marks

- (iii) Refrigerators.
- Size
 - Durability
 - Economy on energy and money
 - Ease of cleaning
 - Colour space available
 - Space available
 - Star rating.

Any 4points
4marks

b) Maintenance of refrigerator

- Wipe shelves daily
- Clean and defrost regularly
- Clean with a soft cloth and warm soapy water
- Never place a refrigerator near hot heat sources
- Allow space for air to circulate behind the refrigerator
- Never put hot things in a refrigerators.

Any 5 points
5marks

27 a) Factors affecting flavour of herbs & spices

- Storage
- Method of preparation
- Climate
- Maturity
- Time from harvest
- Pounded, ground or Cube

Any 4points
4 marks

(b) Importances of Additives

- help in preserving of food
- to enhance the flavour, colour and colour of food.
- produce uniform food during large scale production.
- to provide ease in preparation
- to vary the dishes.

Any 5points
5 marks

(c) Ways of thickening soups

- Using eggs
- Using flour

- Use of gelatine Any 3marks

(d) Salad dressing.

- Vinegar
- Mayonaise
- Yoghurt
- Lime/lemon

3marks

END