

P640/3

**FOODS AND NUTRITION
(WITH SCIENCE IN THE HOME)**

PRACTICAL

PAPER 3

July / August 2015



WAKISSHA JOINT MOCK EXAMINATIONS

Uganda Advanced Certificate of Education

**FOODS AND NUTRITION
(with science in the home)
PRACTICAL**

Paper 3

Planning Session: 2½hours

Preparatory work: 30 Minutes.

Practical examination: 3hours

PLANNING SESSION

INSTRUCTIONS TO CANDIDATES:

- *When you have chosen your test; you are allowed 2 hours and 30 minutes in which to do the following:-*
 - (i) *Write down the names of the dishes chosen and give practical and nutritional reasons for your choice.*
 - (ii) *Make (using the carbonated sheet provided), a detailed plan of work showing recipes and estimated cost of the main ingredients.*
 - (iii) *Draw up from the recipes a list of total quantities of ingredients required.*

NOTE: *CALCULATIONS SHOULD BE DONE WITHIN THE PLANNING SESSION.*

Food tables, recipe books and note books may be used for planning, but should not be referred to constantly within the examination.

- *Do not bring fresh notes to the examination.*
- *At the end of the planning session, the question paper and carbonated sheets should be handed in to the supervisor except one copy of the carbonated shopping list.*

SECTION A

1. You are catering for two diabetic patients.
 - (a) Prepare a fish soufflé and four other dishes for their lunch.
 - (b) Prepare a dish for each of the following cookery processes.
 - (i) Creaming.
 - (ii) Kneading.
 - (c) Calculate the carbohydrate value of the meal in 1(a) above.
2.
 - (a) Use the left-over foods given below to prepare a dish in each case.
 - (i) Boiled beans.
 - (ii) Bread.
 - (b) Make suitable accompaniments to dishes in 2(a) above to form a two course meal.
 - (c) Show your skills in making muffins and oven scones.
 - (d) Calculate the protein content of boiled bean dish.
3.
 - (a) Using the following processes in cookery, prepare, cook and serve a dish in each case.
 - (i) Basting
 - (ii) Whisking
 - (b) Make suitable dishes as accompaniment to the dish in 3(a)(i) above to complete a three course meal for three office workers.
 - (c) Show your skills in making ginger bread and serve with tea.
 - (i) Calculate carbohydrate content of gingerbread.
4.
 - (a) Prepare, cook and serve a two course mid-day meal for a pregnant strict vegetarian.
 - (b) Show your skills in making use of the following items in food preparation.
 - (i) Caramel
 - (ii) Roasted groundnut.
 - (iii) Butter icing.
 - (c) Calculate the fat content of the roasted ground nut dish.
5.
 - (a) Using a staple food in your local area as part of the menu, prepare, cook and serve a traditional meal for three members of the school's Board of Governors.
 - (b) Make a suitable baked dessert for the meal in 5(a) above.
 - (c) Demonstrate your skills in using the following foods in cookery by preparing a dish in each case.
 - (i) Irish potatoes
 - (ii) Minced meat
 - (d) Calculate the vitamin A content of the traditional meal in 5(a) above.

END