

BISHOP'S SENIOR SCHOOL MUKONO
S.3 FOODS AND NUTRITION PAPER
TIME: 1 ½ HOURS.

INSTRUCTIONS:-

- Answer all questions.

1. Which one of the following foods is best for deep fat frying?

- A. meat balls. B. omlet. C. chapatti. D. liver.

2. The readiness of fat for frying doughnuts can be tested by;

- A. dropping in a piece of onion which rises immediately.
- B. observing a blue haze that is given off.
- C. timing bubbles forming on top.
- D. waiting for the hissing sound to stop.

3. Which is the best reason for adding vinegar to water when boiling fish? It

- A. improves the flavor. B. helps in keeping it fresh for longer hours.
C. reduces the strong fish smell.
D. assists in the coagulation of the albumen in fish.

4. The diagram below shows the storage of milk in a home. The purpose of the cloth is to;

- A. keep off light. B. cool the milk.
C. absorb water vapour. D. prevent entry of bacteria.

5. The set which can be broken down by enzyme pepsin is;-

- A. milk and beans.
B. rice and beans.
C. spinach and millet.
D. millet and cassava.

6. Which method of cooking is most economical in fuel and labour?

- A. roasting. B. grilling. C. steaming. D. shallow frying.

7. Cellulose is most valuable in the body in order to;-

- A. Aid oxidation.
B. supply vitamin A.
C. Aid digestion.
D. decrease the feeling of hunger.

8. Which of the following is the most active organ in the production of energy from glucose?
A. intestine. B. stomach. C. kidney. D. liver.
9. Which of the following is not a good method for cooking tough cuts of meat?
A. grilling. B. stewing. C. boiling. D. steaming.
10. Which of the following is a bad practice when preparing leafy vegetables?
A. cooking for a long time.
B. cutting vegetables and washing them after.
11. The enzymes responsible for the digestion of carbohydrates in the small intestines are;-
A. lactose, sucrose, maltase. B. lactase, rennin, maltase.
C. Pepsin, rennin, maltase. D. sucrose, trypsin, maltase.
12. Which of the following is not a symptom of kwashiorkor?
A. distended stomach. B. dark skin. C. weight loss. D. stunted growth.
13. The chemical composition of proteins is different from that of other nutrients due to the content of;
A. Carbon. B. hydrogen. C. nitrogen. D. oxygen.
14. The methods of cooking that promote leaching of soluble vitamins in vegetable into water are;-
A. Boiling, braising and stewing. B. boiling, baking and stewing.
C. braising, roasting and grilling. D. grilling, stewing and roasting.
15. Coating food before frying;
A. makes it more attractive. B. makes it thick.
C. prevents it from breaking up. D. prevents food juices from escaping.
16. Which of the following does not cause obesity? Over consumption of;-
A. mineral elements. B. fats. C. proteins. D. carbohydrates.
17. Which organ produces the hormone that regulates blood sugar?
A. thyroid gland. B. pancreas gland. C. thymus gland. D. pituitary gland.
18. The working principle of a refrigerator depends upon;
A. conduction of gases. B. convection of gases.
C. evaporation of gases. D. radiation of gases.
19. What happens when meat is roasted?
A. surface albumen is hardened.
B. the juices and nutrients are sealed in.
C. all tissues are rendered tender.

D. collagen is converted into gelatin.

20. Identify the complex sugar from the list below;-

A. galactose. B. maltose. C. glycogen. D. fructose.

SECTION B:

21.a) Lipids which are oils at room temperature are called..... and when solids are known as (½ mk @)

b) Fat that surrounds the internal organs of animals is known as
.....and that found in meat muscles is called.....
(½ mk @)

c) The excess fat stored under the skin is known as

d)is fat from pigs.

e)is fat or oil which comes out when you are roasting beef or mutton / chicken.

f) When fat is heated up to around 2000°C a blue smoke is given off and the fat is said to have reached;.....

h) Lipids react with alkalis to form soap a process known as

i) State two methods of heat transfer in each of the following;

i) Boiling of rice;

ii) Roasting potatoes on a charcoal stove;.....

j) State the aim of;

i) Grilling;
.....

ii) Steaming;
.....

k) Define the following terms as used in Foods and Nutrition.

i) Hydrogenation;
.....

ii) Fortification;
.....

iii) Gelatinisation;
.....

iv) Dextrinisation;

.....
I) Write down the meaning of the following ;-

i) Boiling;
.....

ii) Stewing;
.....

iii) Steaming;
.....

iv) Braising;
.....

22.a) Give reasons for cooking food.

b) Explain the points to consider when choosing cooking methods.

c) Write down the disadvantages of boiling as a method of cooking.

23.a) Define rancidity of fats . (1mk)

b) State any five causes of rancidity of fats. (5mks)

c) How can rancidity of fats be prevented. (4mks)

d) Explain the effect of heat in fats.

- END -

NAME:.....STREAM:.....

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S.3 FOODS AND NUTRITION PAPER 1 .
TIME: 1 ½ HOURS

INSTRUCTIONS:-

- Attempt all questions.

SECTION A:

Put a ring on the correct alternative .

1. Radiation is a method of heat transfer whereby ;
A. heat is transferred from one particle to another.

- B. heat passes from its source in direct rays until it falls on the food.
 C. heated particles of a liquid expand and rise.
 D. heat evenly distributes itself throughout a liquid.
2.is a moist method of cooking food.
 A. grilling. B. roasting. C. stewing. D. frying.
3. A method of cooking where food is cooked by steam is.....
 A. stewing. B. pressure- cooking. C. boiling. D. steaming.
4. The traditional method of cooking is a way of demonstrating;
 A. direct steaming. B. indirect steaming.
 C. multiple steaming. D. pressure cooking.
5. Which of the following is NOT a sign of Rickets in children?
 A. bow legs. B. knock knees. C. stunted growth. D. swollen abdomen.
6. One of the following kitchen equipment falls under the group of mixing equipment.
 A. Grater. B. wooden spoon. C. spatula. D. measuring cup.
7. Night blindness can be corrected by taking plenty of;
 A. Vitamin C. B. Vitamin A. C. Vitamin D. D. Vitamin E.
8. Animal proteins are termed as complete proteins because;
 A. they are easy to digest. B. they contain a few essential amino acids.
 C. they contain all essential amino acids. D. they don't spoil easily.
9. Good hygiene in the kitchen;
 A. enables quick preparation of food. B. makes food safe for eating.
 C. bring in household pests and insects.
 D. causes the preparation of delicious meals.
10. A meal is defined as a;
 A. selection of dishes eaten at the same time.
 B. list of dishes available for a meal. C. correction of foods to be prepared.
 D. type of food which satisfied a person.
11. One of the following is a safety precaution against falls in the kitchen;
 A. keep kitchen door always locked.
 B. keep kitchen windows open for fresh air.
 C. wipe spills liquids on the floor immediately.
 D. polish the kitchen floor very well.
- 12.....in fats results in off flavours and bad odour.
 A. Flash point. B. rancidity. C. smoke point. D. emulsification.

13. Select a set which contains organic refuse only;
 A. sweet potato peels, broken glass, food remains.
 B. fresh grass, mineral water bottle, decayed bread.
 C. mineral water bottle, broken glass, old shoes.
 D. food scraps, bones, fruit skin.
14. When a potato is boiled, heat passes from its outer surface into the interior entirely by;
 A. radiation. B. conduction. C. convection. D. vibration.
15. Cassava in a meal provides while peas provides.....
 A. proteins, carbohydrates. B. carbohydrates, minerals.
 C. minerals, vitamins. D. carbohydrates, proteins.
- 16.....is a yellow pigment found in fruits and vegetables.
 A. Carotene. B. glucose. C. amino acids. D. fatty acids.
17. Which of the following items is used when making a fine even flour mixture?
 A. wooden spoon. B. colander. C. sieve. D. strainer.
18. Which of the following foods contains invisible fats?
 A. cooking oil. B. potato crops. C. Blue band. D. fatty fish.
19. One factor contributes to the selection of an electric cooker;
 A. space in the kitchen. B. amount of light in the kitchen.
 C. location of the kitchen. D. nature of the floor surface.
20. The best first aid for a burn is;
 A. covering burnt part immediately with a bandage.
 B. applying Vaseline a body cream. C. placing affected in cold water.
 D. applying a disinfectant.

21. Fill in the blank spaces;

i) Define the following terms ; (18mks)

a) Break -fast:-

.....

b) Meal:-

.....

c) Appetizer:-

.....
.....
d) Simmering:-

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.....
e) Steaming:-

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.....
f) Stock:-

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.....
.....
ii) Plan a main meal for an adolescent. (4mks)

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.....
.....
iii) Discuss the different nutrients found in the meal above. (8mks)

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.....
iv) List down the general points to consider when planning a meal for a family. (7mks)

i).....ii
).....
iii).....i
v).....
v).....vi
).....vii
).....

v) Differentiate between moist and dry methods of cooking. Giving one example of each. (8mks)

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SECTION B: (40 Marks)

Attempt both questions.

22.a) What guidelines would you follow when selecting a method of cooking a family meal? (7mks)

b) Suggest the general rules to follow when boiling potatoes. (6mks)

c) Mention the advantages of steaming food. (7mks)

23.a) Give seven uses of food to the human body. (7mks)

b) What is the importance of water to the body? (7mks)

c) List down 3 sources of water and 3 sources of roughage in the diet.
(6mks)

- END -