

**P640/1
FOODS AND
NUTRITION
(THEORY)
Paper I
August, 2019
3 HOURS**



UNNASE MOCK EXAMINATIONS

Uganda Advanced Certificate of Examinations

FOODS AND NUTRITION

(THEORY)

PAPER I

3 hours

Instructions to Candidates

- *Answer 4 questions*
- *Two (2) questions from each section must be attempted.*

1. (a) Account for the increased incidences of coronary heart diseases in Uganda today. (5marks)
(b) Discuss the general causes of malnutrition in Africa. (10marks)
(c) What is arteriosclerosis? Explain how it develops. (10mark)
2. (a) What do you understand by the following terms.
(i) Basal metabolic rate
(ii) Biological value of food
(iii) Lipogenesis
(iv) Anorexia Nervosa

(b) Compare and contrast the properties of sugar and starch.
(c) What are the symptoms of diabetes mellitus and what nutritional advice would you give to a diabetic person.
3. (a) Discuss the effects of deficiency of
(i) Vitamin C
(ii) Iron
(iii) Retinol

(b) What are the factors that affect calcium absorption.

SECTION B

4. (a) What is the dietetic value of fats and oils.
(b) Discuss the properties of lipids .
(c) What is the nutritive value of liver.
5. (a) Describe the factors that favour microbial growth.
(b) Outline the uses of micro-organisms in the home.
(c) Discuss the causes of food poisoning giving means by which it can be minimised in a home.
6. (a) Distinguish between pasteurised milk and homogenised milk.
(b) Discuss the rules to follow when cooking cheese and how to make it more digestible.
(c) Describe the various changes that take place in an egg during long storage.

END