

# STANDARD HIGH SCHOOL ZZANA

## Uganda Advanced Certificate of Education

### MID TERM I EXAMINATIONS, 2020

#### S.5 FOODS AND NUTRITION

#### PAPER 1

TIME: 3HOURS

### INSTRUCTIONS

- Answer **3** questions.
  - FORWARD SCANNED ANSWERS TO stahiza2020@gmail.com
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1. (a) Explain fully each of the following with reference to proteins.
    - (i) Denaturation (03marks)
    - (ii) Peptide link formation (03marks)(b) Discuss the following properties of fats and state their uses in food preparation.
    - (i) emulsion (03marks)
    - (ii) plasticity (03marks)(c) Discuss the role of dietary fibre. (06marks)
  - (d) With the help of structures differentiate between amylopectin and amylose. (07marks)
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2. (a)(i) Differentiate between buffer capacity and Iso-electric point of protein. (04marks)
  - (ii) What are the factors that affect protein requirements in the body? (06marks)
  - (b) Discuss the physiological functions of the following.
    - (i) vitamin A (05marks)
    - (ii) Vitamin C (05marks)
  - (c) Describe the role of vitamin B complex in the release of energy. (05marks)
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3. (a) Discuss the challenges of having a diet full of highly processed foods. (04marks)
  - (b) Outline the functions of carbohydrates in the body. (06marks)
  - (c) Discuss how you can effectively manage time and energy when preparing cooking and serving food. (06marks)
  - (d)(i) Differentiate between saturated and unsaturated fatty acids. Give examples in each case. (03marks)
  - (ii) Discuss any three types of rancidity. (06marks)
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4. (a) Outline the fate of glucose and protein metabolism in the body. (08marks)
  - (b) What factors affect the digestion and absorption of food in the body? (06marks)
  - (c) Describe the effects of heat on starch and lipids. (08marks)
  - (d) What is the importance of breast feeding in human life? (03marks)

**END**