

Name.....

Signature.....

School.....

Index No.....

662/1
FOODS AND NUTRITION
PAPER 1
July / August 2014
2 hours



WAKISSHA JOINT MOCK EXAMINATIONS

Uganda Certificate of Education

FOODS AND NUTRITION

Paper 1

2 hours

INSTRUCTIONS TO CANDIDATES:

This paper consists of three sections; A, B and C.

- *Answer all questions in section A, one question from section B and two questions from Section C.*
- *Answers to section A should be written on this question paper by circling the correct objective, and filling in the spaces provided for No. 21.*

For Examiner's use only			
Section	Question	Maximum	Marks obtained
A	1-20	20	
	21	20	
B	22	20	
	23	20	
C	24	15	
	25	15	
	26	15	
	27	15	
TOTAL		90	

SECTION A

Answer all questions in this section

1. Amino acids are;
 - A. Complete proteins found in foods.
 - B. Foods stored in the body.
 - C. The smallest unit of a protein.
 - D. Acids found in the stomach.
2. When making Ginger bread, one of the following major raising agents is used
 - A. Whisked eggs.
 - B. Baking powder.
 - C. Sieving.
 - D. Bi carbonate of soda.
3. The reason why it is not recommended to cook meat from a freshly killed animal is because...
 - A. of presence of too much blood in the muscle.
 - B. the muscle is hard before relaxing.
 - C. of presence of a lot of connective tissue in muscle.
 - D. Its flesh, then its too soft.
4. The provision of serviettes at meal times is for
 - A. Decorating the table.
 - B. Drying of hands after washing.
 - C. Drying of sweat.
 - D. Protecting clothes from food.
5. The egg yolk colour is highly dependant on
 - A. The size of the hen.
 - B. Diet of the hen.
 - C. Quantity of layers marsh eaten.
 - D. Exposure of the hen to light.
6. The egg is said to be a perfect food because
 - A. It has all the nutrients required by the body.
 - B. It is quick to prepare and cook.
 - C. Its proteins are absorbed completely by the body.
 - D. Its widely eaten by the adults and the children.
7. A strict vegetarian is somebody who
 - A. Will not eat foods of animal origin.
 - B. Eats a lot of vegetables.
 - C. Allergic to meat.
 - D. Just eats only little portions of animal foods.
8. Glycogen is simply another name for
 - A. Carbohydrates food reserves in man.
 - B. Glucose and collagen mixture.
 - C. A glycerol compound.
 - D. A plant carbohydrate.

9. The following are methods of saving fuel in the Kitchen, except;
- A. Slicing foods to be grilled in thinner slices.
 - B. Opening the oven door frequently to check on food being cooked.
 - C. Using the oven to cook several dishes at ago.
 - D. Using an electric kettle rather than a hot plate to boil water.
10. The part – cooking of certain food which are then finished by another method of cooking is called;
- A. Braising.
 - B. Stewing.
 - C. Roasting.
 - D. Par – boiling.
11. Linoleic and linolenic acids are examples of
- A. Poly unsaturated fatty acid.
 - B. Mono unsaturated fatty acid.
 - C. Saturated fatty acid.
 - D. Unsaturated fatty acid.
12. Eggs for cake making should be
- A. Fresh and right out of the refrigerator.
 - B. Fresh and at room temperature.
 - C. Heavy for their sizes.
 - D. Light and speckled if held against light.
13. The process of breaking up the fat globules in milk and distributing them evenly throughout the milk is
- A. Homogenization.
 - B. Pasteurization.
 - C. Sterilization.
 - D. Saponification.
14. Which of the following sets of statements is true about using a pressure cooker
- A. All the air should be driven out after pressure has built up inside.
 - B. Allow water to boil with a locking lid on without pressure gauge and steam to escape.
 - C. Place the pressure gauge on the locked lid, bring water to boil and steam to escape.
 - D. Place your food, lock the lid and the pressure gauge on the cooker and steam it.
15. The main function of bile in the gastro – intestinal tract is to
- A. Clot milk in the stomach.
 - B. Break down starch to maltose.
 - C. Emulsify fats for digestion.
 - D. Covert proteins into peptones.
16. The correct proportion of fat to flour in making short crust – pastry is
- A. $\frac{1}{2}$ fat to flour.
 - B. $\frac{1}{4}$ fat to flour.
 - C. $\frac{1}{3}$ fat to flour.
 - D. $\frac{3}{4}$ fat to flour.

17. "Sweating in food and nutrition may mean
A. Cooked in fat under a lid without colour.
B. Leaching of mineral elements.
C. Extraction of juices from food being cooked.
D. Steaming food over a saucepan.
18. Which of the following sets of foods are good examples of thickening agents.
A. Wheat flour, milk and corn flour.
B. Wheat flour, carrots and bread crumbs.
C. Wheat flour, corn flour and arrow roots.
D. Wheat flour, arrow roots and bread crumbs.
19. Which of the following is not a likely cause of obesity
A. Hormonal disorder.
B. Eating a lot of fruits and vegetables than the body needs.
C. Eating more foods than the body needs.
D. Eating high calorie foods than the body needs.
20. Nursing mothers are usually encouraged to feed their babies
A. On demand.
B. Five times.
C. Strictly on time table.
D. When the breast feels too full.

For Questions 21, write your responses in the spaces provided.

21. a) Define a low calorie diet. (2 marks)

- b) Mention any six characteristics of a low calorie diet. (3 Marks)

- c) Give any six functions of eggs. (3Marks)

d) Define the following terms as used in cookery.

(4 marks)

(i) Blanching

(ii) Par boiling

(iii) Garnishing

(iv) Braising

e) Give any **four** functions of coating food.

(2 marks)

f) State any **three** difficulties associated with planning meals for strict vegetarians.

(1½ marks)

g) State the importance of roughages in the diet.

(1½ marks)

h) State the uses of the following ingredients in cake making

(i) Fat

(1mark)

(ii) Sugar

(1mark)

i) State **two** causes of curdling in a creamed mixture.

(1mark)

Turn Over
5

SECTION B

Answer any one question from this section.

22. (a) Discuss the roles of the following mineral salts in the body
(i) Iron (5marks)
(ii) Calcium (5marks)
- (b) With examples, explain the advantages of food additives. (5marks)
- (c) What are the qualities of a good packaging material? (5marks)
23. (a) How can the loss of Vitamin C be minimized during food preparation and service? (5marks)
- (b) Write short notes on the following;
(i) A three course meal (5marks)
(ii) Causes of malnutrition (5marks)
(iii) Diet during constipation (5marks)

SECTION C

Answer any two questions from this section

24. (a) (i) What are the qualities of a good sauce? (5marks)
(ii) Briefly explain the procedure of making white sauce. (5marks)
- (b) Explain the uses of the following in the kitchen. (10marks)
(i) Kitchen paper
(ii) Cling film
(iii) Soy sauce
(iv) Doily paper
(v) Tongs
25. (a) (i) Briefly explain the steps you can take to ensure a well risen yeast product. (5marks)
(ii) Give any **four** examples of yeast products. (2marks)
(iii) Apart from using yeast, outline any other **four** raising agents. (2marks)
- (b) Briefly explain the principles underlying the following methods of food Preservation.
(i) Freezing. (3marks)
(ii) Use of chemicals. (3marks)
26. (a) "Dr. Ssali advises people to eat foods raw" Give your points for and against his view. (10 marks)
- (b) Outline the changes that take place during the cooking of these foods; (10 marks)
(i) Maize flour for making porridge.
(ii) Milk.
(iii) Roasting of beef.
27. (a) Discuss the importance of the following;
(i) Garnishing and decorating foods. (5marks)
(ii) Sugar in cookery. (5marks)
- (b) What are the dangers of excessive consumption of, (10marks)
(i) Alcohol.
(ii) Carbohydrates.
(iii) Saturated fatty acids.

END

Name.....

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662/1

FOODS AND NUTRITION

PAPER 1

July / August 2012

2 hours



WAKISSHA JOINT MOCK EXAMINATIONS

Uganda Certificate of Education

FOODS AND NUTRITION

Paper 1

2 hours

INSTRUCTIONS TO CANDIDATES:

This paper consists of three sections; A, B and C.

- Answer **all** questions in section A, **one** question from section B and **two** questions from Section C.
- Answers to section A should be written on this question paper by circling the correct objective, and filling in the spaces provided for No. 21.

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SECTION A

1. Which of the following is not a moist method of cooking?
A. Broiling B. Boiling C. Stewing D. Steaming
2. Soaking of meat in a mixture of ingredients, so as to tenderize it and improve on its flavor is called;
A. Coating B. Marinating C. Braising D. Fermenting
3. The last meal eaten before bed time can also be called,
A. Supper B. Evening meal C. Diner D. High tea
4. Which of the following methods of cooking best retains the vitamin C content of food;
A. Grilling B. Frying C. Conservative cooking D. Pressure cooking
5. Which of the following metals is commonly used for making saucepans?
A. Tin B. Silver C. Aluminum D. Iron
6. In which of the following meal courses would you place a hot soup?
A. First course B. 2nd course C. 3rd course D. 4th course
7. Which of the following causes stickiness in over cooking meat?
A. Elastin B. Gelatin C. Collagen D. Myosin
8. Which of the following foods is suitable for dry frying?
A. Fish B. Bacon C. Pan cakes D. Eggs.
9. The protein found mainly in fish is called;
A. Elastin B. Collagen C. Myosin D. Caseinogen
10. Which of the following methods of cooking economises fuel?
A. Grilling B. Roasting C. Pressure cooking D. Boiling
11. The chemical substance that retains the green colour of vegetables and yet destroys vitamin C is,
A. Tartaric Acid B. Sodium chloride C. Acetic Acid D. Sodium Bicarbonate
12. What are the characteristics of an over-cooked egg?
A. Very soft B. Easy to digest
B. Very tough D. Not easy to digest.
13. The major reason for kneading during bread making is to;
A. Release CO₂ gas C. To develop gluten
B. Break the flour into smaller particles D. To make the mixture sweet
14. The correct order of the methods of heat transfer during the roasting of meat in an oven is,
A. Radiation, Conduction, Convection
B. Conduction, Radiation, Conduction
C. Radiation, Convection, Conduction
D. Convection, Conduction, Radiation.
15. Why is hot fat poured over meat during roasting? To.....
A. Prevent sogginess
B. Glaze the food
C. Allow Braising
D. Prevent the food from scratching.
16. Which vitamin among the ones listed below is most likely to be lacking in cheese?
A. Vitamin K B. Vitamin D C. Vitamin A D. Vitamin B₁

17. Which of the following sets of food stuffs are milk products?
 A. Butter, Meringue, Cheese
 B. Cream, Meringue, Souffle
 C. Butter, Yoghurt, cheese
 D. Yoghurt, Whey, Sourfle.
18. Presenting food in attractive and colourful way is called
 A. Seasoning B. Flavouring C. Garnishing D. Spicing.
19. Which of the following is a bad practice when preparing leafy vegetables
 A. Cooking for a long time
 B. Covering the pot during cooking
 C. Chopping them after washing
 D. Sprinkling them with lemon juice after clopping.
20. The largest percentage of milk is;
 A. Fat B. Sugar C. Water D. Protein.
21. a) Why is Yoghurt a suitable food for invalids? (02 marks)
 i)
 ii)
- b) Explain why wheat flour is more popular than other cereal flours in cake making. (02 marks)
 i)
 ii)
- c) State 4 (four) features of a good kitchen. (04 marks)
 i)
 ii)
 iii)
 iv)
- d) Define the following terms (01½ marks)
 i) Coating

 ii) Glazing. (01½ marks)

- e) Give 4 (four) advantages of casserole cooking. (04marks)
 i)
 ii)
 iii)
 iv)
- f) What is the importance of blanching fruits and vegetables. (02marks)
 i)
 ii)

Turn Over

- (01½ marks)

- (01 1/2 marks)

662/2
FOODS AND NUTRITION
Paper 2
July / August 2011
2½ hours



WAKISSHA JOINT MOCK EXAMINATIONS

Uganda Certificate of Education

FOODS AND NUTRITION

Paper 2
PRACTICAL

PLANNING SESSION : 2 hours

PREPARATORY WORK: 30 minutes

PRACTICAL EXAMINATION: 2½Hrs.

INSTRUCTIONS TO CANDIDATES:

When you have been given your test, you are allowed two hours in which to do the following;

- (i) Write down the names of the dishes chosen and give practical and nutritional reasons.*
- (ii) Making use of the carbonated sheet provided, make a detailed plan of work showing recipes and estimated cost of the main ingredients.*
- (iii) Draw up from the recipes a list of the total quantities of ingredients required.*

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

1. Three teenage girls are going for further studies from your school.
 - a) Prepare two savoury items for them to pack.
 - b) Prepare, cook and serve breakfast for them.
 - c) Show your skill in making a dish using creaming method.
2.
 - a) Prepare, cook and serve a two course meal for three business women.
 - b) Using the following prepare a dish in each case and serve it with tea.
 - i) Whisking method
 - ii) Cheese
3.
 - a) Using the following processes in cooking; prepare, cook and serve a dish in each case.
 - i) Stuffing
 - ii) Clarification
 - b) Show your skills in making the following;
 - i) Samosas
 - ii) An item using melting method
 - c) Prepare one item to show your skill in yeast cookery. Serve it with a suitable accompaniment.
4. Your father has organized a clan meeting;
 - (a) Making use of locally available foods, prepare a traditional meal for three of your grand parents to attend.
 - (b) Show your skill in the following by preparing a dish in each case;
 - i) Deep fat frying
 - ii) Steam as a raising agent.
5.
 - a) Prepare a 2-course meal for two convalescing children.
 - b) Make yeast buns and short bread biscuits, serve them with tea.
6.
 - a) Prepare a dish in each case to demonstrate the use of eggs in cookery.
 - i) emulsification
 - ii) Aerating
 - iii) Binding
 - b) Prepare four other dishes including a fruit punch to complete a farewell luncheon for your headteacher on transfer.
7.
 - a) Show your skill in making a fruit pudding and serve with a suitable accompaniment.
 - b) Prepare, cook and serve four dishes for high tea to be taken by members of your youth group.
 - c) Make ginger nuts.

END

662/2
FOODS AND NUTRITION
Paper 2
July / August 2013



WAKISSHA JOINT MOCK EXAMINATIONS

Uganda Certificate of Education

FOODS AND NUTRITION

Paper 2
PRACTICAL

PLANNING: 1Hour 30minutes

PRACTICAL TEST: 1Hour 30minutes

INSTRUCTIONS TO CANDIDATES:

When you know which of the Tests is assigned to you, read through it carefully, then prepare a plan of work and a list of ingredients as follows: (Use Carbon paper to make duplicate copies)

- (i) *Write down the dishes you decide to make.*
- (ii) *Show the quantities of ingredients required (a full recipe is not necessary).*
- (iii) *Complete the plan of work to show the order of working, the methods used and the length of time required for each dish.*
- (iv) *Recipe and text books may be used during both the planning and examination session but constant reference to them during the examination must be discouraged.*

1. (a) i) You are competing to win a tender to supply food to a mega super market.
Prepare any four dishes you would display from the following skills.
 - i) Rubbing in
 - ii) Melting method
 - iii) Grating
 - iv) Rechauffé cookery
 ii) Assume you are one of the Megga shoppers.
Using any of the dishes bought above, prepare a suitable break fast for your boyfriend.
2. Your young sister is recovering from an operation.
 - a) Prepare a main course lunch for her.
 - b) Prepare, cook and pack for her a snack she would carry as she goes for a medical review.
 - c) Prepare and serve a fresh fruit salad for your self.
3. A group of expectant mothers have been invited for a one day seminar on child care.
 - a) i) Demonstrate to them how to make two weaning dishes for an eight month baby.
 - ii) Prepare a two course meal lunch for them.
4. Two of your vegetarian friends from England are visiting your rural home.
 - a) Prepare a traditional lunch meal for you to eat with the visitors.
 - b) Prepare and pack for them one savoury and one sweet dish.
5. a) Prepare, cook and serve a dish to illustrate each of the following uses of eggs in cookery.
 - i) Eggs as a glazing agent.
 - ii) Eggs as a raising agent.
 b) Prepare, cook and serve a two course meal lunch for three of your friends preparing for a volley ball competition.
6. a) You are provided with any of the following basic ingredients.
 - i) 500g fresh meat with banana leaves OR dry meat in sim sim.
 - ii) Matooke with banana leaves OR millet.
 - iii) Passion fruits, oranges and pineapples.
 Select any other possible ingredients to complete a two course meal for your cultural leader.
 b) Make a Victoria sandwich cake for him to take while leaving.
7. a) Prepare, cook and serve the following dishes for display on your school open day.
 - i) Shepherd pie.
 - ii) Baked egg custard.
 - iii) Fish souffle.
 b) Prepare a suitable breakfast for your head teacher.
8. a) i) Making the use of spices, prepare any two dishes for your sister who is going back to a boarding school.
 ii) Prepare any beverage to accompany the dishes above.
 b) Prepare and pack any four long lasting dishes for your sister to take to school.
They should include a preserved fruit squash.

END