

UGANDA CERTIFICATE OF EDUCATION

MOCK EXAMINATIONS 2016

662/1 FOODS AND NUTRITION

PAPER 1

TIME: 2 HOURS

Instructions:

- The paper consists of sections A,B and C
- Answer all questions in section A, one question in section B and two questions in section C
- Answers to section A should be written on the question paper

For examiners use only.

| | Question | Maximum | Obtained |
|-----------|----------|---------|----------|
| SECTION A | 1 – 20 | 20 | |
| | 21 | 20 | |
| SECTION B | 22 | 20 | |
| | 23 | 20 | |
| SECTION C | 24 | 20 | |
| | 25 | 20 | |
| | 26 | 20 | |
| | 27 | 20 | |

SECTION A:

1. Which of the following is an example of an incomplete animal protein food?
A: Collagen B: Gelatin C: Myosin D: Elastin
2. What is the role of eggs in the making of bread and butter pudding?
A: Coating B: Binding C: Glazing D: Thickening
3. A small meal eaten between meals is known as a
A: Brunch B: Snack C: Bite D: Dessert
4. Which of the following is not an example of a garnish?
A: Boiled egg slices B: Grated cheese
C: Chopped raisins D: Toasted bread
5. Which of the following is not a spice?
A: Nutmeg B: Paprika C: Cinnamon D: Parsley
6. Which of the following is an example of a two course meal?
A: Egg curry, fried rice, boiled peas and carrots, orange drink, cake and custard
B: Macaroni, cheese, fried spinach, orange drink, stuffed tomatoes, and mixed fruit jelly
C: Stuffed chicken, roasted Irish potatoes, gravy and passion fruit drink
D: Steamed matooke, vegetable rice, stewed liver and fruit drink.
7. Steamed foods are suitable for invalids because they are
A: Nutritious and attractive B: Nutritious and easily digestible
C: Colorful and easily digestible D: Attractive and non-greasy
8. Vitamin D in the body assists in the absorption and utilization of the following minerals
A: Iron and phosphorus B: Iron and iodine
C: Calcium and iron D: Phosphorous and calcium
9. Which of the following fruits are effective in prevention and treatment of scurvy?
A: Mangoes, oranges and papaws B: Mangoes, pineapples and oranges
C: Limes, lemons and oranges D: Lemons, mangoes and grape fruits
10. Half-fat -to flour is used in the making of

A: Rich cakes B: Sponge cakes C: Whisked cakes D: Plain cakes

11. Extractives are

- A: Proteins in meat which are insoluble
- B: Bundles of very tiny fibres or cells in meat
- C: Fat cells distributed in meat fibres
- D: Natural juices present in tissues of meat

12. The element that makes proteins different from other nutrients is

- A: Carbon B: Hydrogen C: Nitrogen D: Oxygen

13. The main difference between sterilized milk and pasteurized milk is that in pasteurized milk

- A: Milk keeps longer if kept at room temperature
- B: The flavor and appearance of milk is more affected
- C: Harmful and souring microbes are killed with the exception of spores
- D: Nutrients are badly affected as high temperatures are used.

14. The equipment used to turn food during shallow frying is

- A: Kitchen food B: Palette knife C: Fish slice D: Flat spoon

15. The round cut of fish with a hole is called the

- A: Cutlet B: Steak C: Drumstick D: Tail piece

16. Which of the following explain conservative cooking?

- (i) is a combination of boiling and steaming
- (ii) is a combination of steaming and frying
- (iii) retains vitamins and minerals
- (iv) foods cook quickly at a high temperature

- A: (i) and (iii) B: (i) and (iv) C: (iii) and (ii) D: (iv)

17. Which of the following is not true about “poaching”?

- A: The temperature used is lower than the boiling point
- B: The temperature is above the simmering point
- C: The water should be “trembling” but not bubbling
- D: The food is partly covered by the liquid

18. Which of the following occupies the biggest percentage in the egg structure?
A: Shell B: Air space C: White D: Yolk

19. Which of the following processes is responsible for colour change in roasted meat?
A: Denaturation of protein B: Maillard's reaction of protein
C: Coagulation of protein D: Hydrolysis of protein

20. The main proteins in meat are

| | |
|------------------------|--------------------------|
| A: Collagen and myosin | B: Actin and Elastin |
| C: Keratin and myotin | D: Collagen and bromelin |

21. (a) Cheese is made more digestible by (4 marks)

- (i)
- (ii)
- (iii)
- (iv)

(b) Name two faults responsible for fermentation of jam. (2 marks)

- (i)
- (ii)

(c) Suggest four ways of economizing electricity when wiring an electric cooker. (4 marks)

- (i)
- (ii)
- (iii)
- (iv)

(d) Name four sources of complete proteins. (2 marks)

- (i)
- (ii)
- (iii)
- (iv)

(e) Mention four causes of ulcers (2 marks)

- (i)
- (ii)
- (iii)
- (iv)

(f) What are beverages? (1 mark)

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(g) Name three main groups of beverages and give an example in each group (3 marks)

- (i).....
- (ii).....
- (iii).....

(h) State the precautions to observe when pressure cooking food. (2 marks)

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SECTION B:

Choose one question from this section

22. (a) (i) Name the main mineral salt found in the egg shell. (1 mark)
 (ii) State four functions of the mineral mentioned above. (4 marks)
 (b) What are the effects of heat on starch? (5 marks)
 (c) Why is water essential for life? (6 marks)
 (d) Identify four functions of energy in the body (4 marks)
- 23 (a) Explain the following terms and give examples where necessary
 (i) malnutrition (2 marks)
 (ii) diet (2 marks)
 (b) What points would you observe when planning a meal for an adolescent girl? (2 marks)
 (c) Suggest breakfast suitable for the above adolescent (3 marks)
 (d) How can malnutrition be prevented in Uganda? (7 marks)

SECTION C:

Attempt two questions from this section

23. (a) List down four dry methods of cooking (2 marks)
 (b) Distinguish between stewing and steaming (6 marks)
 (c) Describe the changes that occur when meat is cooked (6 marks)
 (d) Outline how “a fried egg” is prepared (4 marks)
24. (a) What points would you bear in mind when purchasing the following equipments?
 (i) Saucepans (6 marks)
 (ii) Chopping board (4 marks)
- (b) Give reasons why the kitchen should be well lit. (5 marks)
 (c) How would you maintain the efficiency of a refrigerator? (5 marks)
25. (a) (i) What are pulses? (2 marks)
 (ii) State the dietetic value of peas (6 marks)

- (b) Describe how you would handle a strict vegetarian diet. (6 marks)
- (c) Give six reasons for the popularity of convenience foods. (6 marks)
26. (a) Explain the role of sauces in cookery. (7 marks)
- (b) Describe how you would make white sauce by roux method. (5 marks)
- (c) How would you treat the following accidents?
- (i) Scald (3 marks)
 - (ii) Fainting (3 marks)

END