P640/1

**FOOD AND NUTRITION**

**PAPER 1**

JULY/AUGUST 2016

3HRS

WESTERN JOINT MOCK EXAMINATIONS

Uganda Advanced Certificate of Education

**FOOD AND NUTRTION**

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3HOURS

**INSTRUCTIONS TO CANDIDATES**

* This paper consists of **two** sections **A** and **B**. Answer any two questions from each section.
* Any additional question answered will not be marked.

**SECTION A**

1. (a) Explain how the structure and composition of lipids affect their properties. *10mks*

(b) Explain the causes of the following nutrition deficiency diseases.

i. Osteomalicia *4mks*

ii. Osteoporosis *4mks*

(c) What are the general characteristics of proteins?  *7mks*

2. (a) Discuss the risk factors that causes heart disease. *7mks*

(b) Outline the problems that are faced by eldery people which hinder them from getting adequate nutrition. *9mks*

(c) What factors affect the absorption and utilization of iron in the body? *4mks*

(d) Explain the role of vitamins in the metabolism of carbohydrates. *5mks*

3. (a) Write explanatory notes on the following

i. Plasticity of fats *2mks*

ii. Rancidity of fats *3mks*

(b) Explain the role of iodine in maintaining health. *5mks*

(c) Define the following terms *@2mks*

i. Food habits

ii. Food fad

iii. Food superstition

iv. Food fallacy

v. Food quack

(d) Discuss the function of the liver in the body in relation to nutrition *5mks*

**SECTION B**

4. (a) Explain the principle of food preservation. 5mks

(b) What is first aid and state the first aid to be given for the following accidents.

i. Shock  *3mks*

ii. Cuts  *3mks*

iii. Burns and scalds *5mks*

iv. Chocking *3mks*

(c) How would you conserve vitamin C during vegetable preparation? 5mks

5. (a) Discuss the methods of food preservation in your country? 8mks

(b) What are the functions of sugar in food preparation? 10mks

(c) How would you introduce air flour mixtures? 7mks

6. (a) Discuss how you would control the agents of food spoilage? 10mks

(b) What are the causes of gastric ulcers and their dietary treatment? 15mks

**END**