

662/1
Foods and
Nutrition
Paper 1
August 2023
2½ Hours



MATIGO MOCK EXAMINATIONS BOARD

Uganda Certificate of Education

FOODS AND NUTRITION

Paper 1

Theory

Duration: 2½ hours

INSTRUCTIONS TO CANDIDATES:

1. Attempt all questions in section **A**; choose **one** from section **B** and **two** questions from section **C**. Any extra will not be marked.
2. Answers to section A should be filled in the gaps provided on the question paper and write answers to section B and C in the answer booklets provided.
3. Ensure a good hand writing
4. Start numbers on a fresh page
5. All answers should be written on the sheets provided
6. Hand in both the question papers and the answer sheets/booklet
7. Do not write anything in the table labeled “**FOR EXAMINER’S USE ONLY**”.

FOR EXAMINER’S USE ONLY

Test number	Test no.	Maximum score	Actual score
SECTION A	1-20	20	
	21	20	
SECTION B	22	20	
	23	20	
SECTION C	24	20	
	25	20	
	26	20	
	27	20	

1. Which of the following is an important practice for maintaining good personal hygiene?

Total	100	
--------------	------------	--

- A. Washing hands regularly
- B. Using expired skincare products
- C. Sharing personal care items with others
- D. Avoiding dental check-ups

2. Which of the following is a renewable source of energy?

- A. Natural gas
- B. Nuclear energy
- C. Coal
- D. Solar power

3. What is the purpose of a food processor in the kitchen?

- A. Mixing dough
- B. Cutting vegetables
- C. Grinding spices
- D. Boiling water

4. What cooking method involves cooking food by immersing it in hot water?

- A. Steaming
- B. Boiling
- C. Stir-frying
- D. Baking

5. Which nutrient is essential for maintaining healthy bones and teeth?

- A. Vitamin C
- B. Calcium
- C. Iron
- D. Fiber

6. Which food is a rich source of vitamin D?

- A. Eggs
- B. Potatoes
- C. Rice
- D. Carrots

7. Which nutrient should be emphasized in a meal plan for pregnant women?
- A. Folate
 - B. Sodium
 - C. Vitamin C
 - D. Caffeine
8. Which dietary modification is recommended for individuals with high blood pressure?
- A. Increasing sodium intake
 - B. Consuming high-fat meals
 - C. Limiting processed foods and salt intake
 - D. Avoiding all fruits and vegetables
9. What is the purpose of baking soda as a raising agent in baking?
- A. To add sweetness
 - B. To provide texture
 - C. To neutralize acidity
 - D. To enhance browning
10. What is the purpose of greasing a baking pan before use?
- A. To prevent sticking
 - B. To enhance browning
 - C. To add flavor
 - D. To reduce cooking time
11. How can you reduce water waste in the kitchen?
- A. Leaving the tap running while washing dishes
 - B. Using a dishwasher for small loads
 - C. Fixing leaky faucets promptly
 - D. Overusing water for cooking and cleaning
12. Which food preservation method involves storing food in airtight containers and removing air to prevent spoilage?
- A. Canning
 - B. Fermenting
 - C. Freezing
 - D. Vacuum sealing

13. What is the purpose of task lighting in the kitchen?
- A. To create ambiance
 - B. To illuminate countertops and work areas
 - C. To highlight decorative features
 - D. To conserve energy
14. What is the recommended location for storing spices in the kitchen?
- A. Next to the stove
 - B. In the refrigerator
 - C. In a cool, dry place away from direct sunlight
 - D. In a transparent container for easy identification
15. What is the purpose of a kitchen pantry in kitchen design?
- A. To provide additional storage for non-perishable items
 - B. To create a seating area for dining
 - C. To separate the kitchen from other rooms
 - D. To enhance countertop workspace
16. What is the recommended location for storing raw meat in the refrigerator?
- A. On the top shelf
 - B. On the bottom shelf
 - C. In the door compartments
 - D. In a separate drawer
17. Which nutrient is important for brain function and cognitive development?
- A. Protein
 - B. Vitamin B12
 - C. Sodium
 - D. Omega-3 fatty acids
18. Which nutrient is necessary for the formation of collagen and aids in wound healing?
- A. Vitamin C
 - B. Vitamin D
 - C. Fiber
 - D. Calcium
19. Which nutrient supports the immune system and acts as an antioxidant in the body?
- A. Vitamin C
 - B. Calcium
 - C. Iron
 - D. Potassium

20. What is the purpose of creaming butter and sugar together in baking?

- A. To add moisture
- B. To provide structure
- C. To enhance flavor
- D. To create a light and fluffy texture

21a). List any four biological food contaminants (02 marks)

- i.
- ii.
- iii.
- iv.

(b). List any four general signs of food poisoning (02 marks)

- i.
- ii.
- iii.
- iv.

(c). Complete the table below (02 marks)

Carbohydrate	Source
.....	Germinating cereals
Lactose
.....	Sugar cane
Fructose

(d). State four rules for making pastries (02 marks)

- i.
- ii.
- iii.
- iv.

(e).What is the meaning of the following terms as used in cookery.

i. A better (01mark)

.....
.....

ii. Stock (01mark)

.....
.....

(f). Give **four** reasons why stock is considered a fundamental building block in cookery. (02 marks)

- i.
- ii.
- iii.
- iv.

(g). Give four ways through which vitamins can be lost during preparation of food. (02 marks)

- i.
- ii.
- iii.
- iv.

(h). Explain four rules for deep fat frying. (04 marks)

- i.
- ii.
- iii.
- iv.

(i). List any four examples of food additives. (02marks)

- i.
- ii.
- iii.
- iv.

SECTION B

22a(i). Explain **five** physiological functions of dietary fiber. (05 marks)

(ii). Identify **four** ways of increasing dietary fiber in the diet. (04 marks)

(b). Explain **five** effects of overconsumption of carbohydrates. (05 marks)

(c). Explain **six** properties of carbohydrates (06 marks)

23(a). Explain the functions of the following nutrients in the body @ (04 marks)

- i. Iodine
- ii. Sodium

(b). State the effects of deficiency of vitamin C (05 marks)

(c). Explain **four** factors that can promote the absorption of iron (04 marks)

(d). State **three** signs of calcium deficiency in children (03 marks)

SECTION C

- 24a). Give reasons as to why milk is considered a perfect good. (05 marks)
- (b). Explain **five** rules for preparing weaning dishes. (05marks)
- (c). Explain the causes of malnutrition in Uganda. (05 marks)
- (d). Suggest intervention measures to prevent the effects of malnutrition in Uganda. (05 marks)

25(a). Explain the following terms as used in food preservation. @ (01mark)

- i. pasteurization
- ii. Ultra Heat Treatment
- iii. sterilization

- (b). Explain **six** reasons for preserving food (06 marks)
- (c). Define food poisoning and state the conditions for the poisoning to occur. (06 marks)
- (d). Discuss the relevance of food additives in the food industry (05marks)

26a). State the qualities of a good first aider. (05 marks)

- (b). How can ventilation and lighting prevent accidents in the home? (04 marks)
- (c). Describe the procedure for occasional cleaning of a refrigerator. (07 marks)
- (d). State three advantages of using bio gas as a home fuel. (04 marks)

27a). Define the term Roux as used in cookery. (01 mark)

- (b). Explain the relevancy of sauces in the diet. (05 marks)
- (c). Discuss the different types of pastries. (08 marks)
- (d). Explain the faults in bread making and state their causes. (06 marks)

End