

P640/1
FOODS AND NUTRITION
(With science in the home)

THEORY

PAPER 1

July/August 2024

3 hours



WAKISSHA JOINT MOCK EXAMINATIONS

Uganda Advanced Certificate of Education

FOODS AND NUTRITION
(With Science in the home)

Paper 1

3 hours

INSTRUCTIONS TO CANDIDATES:

- This paper consist of two sections A and B.
- Answer four questions, choosing two from each section.
- Any additional question(s) answered will not be marked.

SECTION A

1. (a) Explain the principles of food and nutrition in relation to feeding behavior according to;
(i) Internal factors affecting food behavior. (04 marks)
(ii) External factors that determine food behavior. (07 marks)
- (b) Discuss the following statements;
(i) Proteins have a variety of functions. Why? (06 marks)
(ii) Lipids have a protein sparing effect. (04 marks)
(iii) An exclusively protein diet results into ketoacidosis. (04 marks)
2. (a) (i) Describe the different categories into which fatty acids are classified. (08 marks)
(ii) What advantage do carbohydrates have over lipids as respiratory substrates? (05 marks)
- (b) Define hyper vitaminosis D and mention its effects on an individual. (07 marks)
- (c) Explain why foods rich in high density lipoproteins are recommended compared to their counterparts containing low density lipoproteins. (05 marks)
3. (a) Women after giving birth are given injection of vitamin K, explain the role of Vitamin K, to the mother who has just given birth. (05 marks)
(b) (i) What do you understand by the term anorexia nervosa? (03 marks)
(ii) Discuss the factors that have contributed to the increased occurrence of anorexia. (08 marks)
- (c) State the effects of potassium deficiency in the body. (04 marks)
- (d) Account for the fact that oral rehydration salts are given to individuals who are vomiting and having diarrhea. (05 marks)

SECTION B

4. (a) (i) Define meal planning. (01 mark)
(ii) Explain the points to consider when drawing up a family menu. (06 marks)
- (b) Give an account of the different courses of a meal while citing examples. (06 marks)
- (c) Outline the reasons why people become mostly vegetarians. (07 marks)
- (d) What are the advantages of accelerated freeze drying? (05 marks)
5. (a) (i) Describe the basic process of cheese manufacture. (05 marks)
(ii) State the uses of cheese in cookery. (03 marks)
(iii) Cheese is not a readily digested food. Explain. (04 marks)
- (b) (i) Define food additives. (01 mark)
(ii) Outline the reasons why food additives are commonly used. (06 marks)
- (c) Explain how convenience foods can be best utilized in cookery. (06 marks)
6. (a) (i) What is defrosting? (01 mark)
(ii) State the procedure to follow when defrosting a refrigerator. (06 marks)
- (b) Mention the different ways of classifying puddings. (06 marks)
- (c) (i) Why do we cook food? (07 marks)
(ii) Outline the different uses of left-over bread. (05 marks)

END