

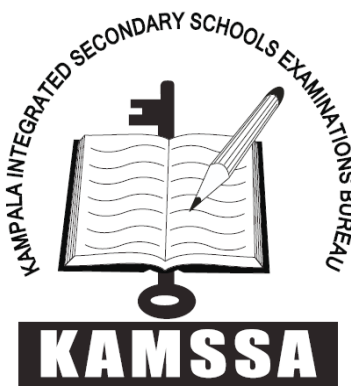
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**FOOD AND  
NUTRITION**

**Paper 1  
JAN/FEB 2021  
TIME: 2HRS**



**KAMSSA 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 A, One question in section B and two questions from section C

For Examiners' Use Only			
Section	Question	Maximum mark	Marks obtained
A	1- 20	20	
	21	20	
B	22	20	
	23	20	
C	24	20	
	25	20	
	26	20	
	27	20	
TOTAL	27Qns	100	

## SECTION A

- 1 Obesity is caused by eating:
  - a. too much eggs
  - b. a lot of carbohydrate foods
  - c. a lot of fish
  - d. a lot of roughage
- 2 Which of the following is caused by deficiency of Vitamin A.
  - a. Rickets
  - b. Blindness
  - c. Night blindness
  - d. Beriberi
- 3 The role of roughage in a diet is to:-
  - a. Make the food attractive and easy to digest.
  - b. Give bulk and prevent constipation.
  - c. Improve flavour and give bulk.
  - d. Make one satisfied and cut down costs
- 4 Which of the following is connected to energy release in the body?
  - A. Hydrogen
  - B. Potassium
  - C. Phosphorus
  - D. Calcium
- 5 Which one of the following does not coagulate milk?
  - a. Lactic acid
  - b. Rennet
  - c. Caseinogen
  - d. Rennin
- 6 The protein found mainly in milk is called?
  - a. Elastin
  - b. Myosin
  - c. Collagen
  - d. Caseinogen
- 7 The following nutrients prevent rickets in children;
  - a. Calcium and Vitamin D
  - b. Vitamin D and Iron
  - c. Calcium and Vitamin C
  - d. Vitamin D and Iodine
- 8 Identify the complex carbohydrate from the list below:-
  - a. Galactose
  - b. Glycogen
  - c. Maltose
  - d. Fructose

- 9 What is the effect of dry heat on sugar? It
- melts
  - gelatinises
  - caramelizes
  - dextrinises
- 10 The foodstuff which supplies the largest amount of calories to the body is;
- Steamed cassava
  - Cassava chips
  - Matooke and beans
  - Mashed beans and potatoes
- 11 The most suitable material for a kitchen wall covering is;
- Rubber
  - Hardwood
  - Ceramic tiles
  - Linoleum
- 12 The main reason for preserving food is to:
- Ensure long shelf life.
  - Make it more palatable
  - Give it more flavour
  - Improve its food value
- 13 Digestion of carbohydrates begins in the;
- Stomach
  - Mouth
  - Duodenum
  - Ileum
- 14 The vitamin that ensures good skin condition, healthy digestive system and clear vision is;
- Retinol
  - Riboflavin
  - Niacin
  - Thiamine
- 15 One way of minimizing accidents in the kitchen is to:-
- Use topmost shelves for heavy items.
  - Regularly polish the floor.
  - Keep heavy items within easy reach.
  - Avoid using a step ladder.
- 16 Iron is important in the body for:-
- Formation of haemoglobin
  - Formation of bones.
  - Formation of hormones.
  - Normal functioning of muscles.

- 17 Which organ produces the hormone that regulates blood sugar?
- Thymus gland
  - Pancreas gland
  - Pituitary gland
  - Thyroid gland
- 18 Which of the following units are used to measure energy value of food?
- Kilo calories
  - International units
  - Micrograms
  - Milligrams
- 19 Which one of the following deficiency diseases is caused by general starvation?
- Kwashiorkor
  - Marasmus
  - Pellagra
  - Beriberi.
- 20 One element which makes proteins different from other nutrients is:-
- Carbon
  - Hydrogen
  - Oxygen
  - Nitrogen

**For question 21, write your responses in the spaces provided.**

21. (a) (i) .....and.....are  
water soluble vitamins (01mk)
- (ii) The fat that surrounds vital organs in the body is called..... (1/2mk)
- (b) State three effects of heat on cheese (1 1/2mks)
- (i).....
- (ii).....
- (iii).....
- (c) Name the proteins found in the following foods
- (i) Wheat flour.....(1/2 mk)
- (ii) Meat.....(1/2mk)
- (iii) Egg white  
.....(1/2mk)
- (iv) Egg yolk..... (1/2mk)

(d) Give four symptoms anaemia in expectant mothers (02mks)

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

(e) (i) Name the end products of fat digestion

.....and.....

(ii) The protein digesting enzyme in the duodenum is .....(1mk)

(f) Mention three important nutrients which must be supplied in the diet of a five month baby. (1 1/2mks)

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

(g) Fresh fruits and vegetables served as part of a meal provide: (1 1/2mks)

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

(h) Write four points that should be observed when steaming food (2mks)

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

(i) Name the hormone that regulates the amount of glucose in

blood.....(1/2mk)

(j) Suggest any four effects of poor ventilation in the kitchen (2mks)

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

(k) Define the term deficiency disease .....

.....(1mk)

## SECTION B

Answer only **one** question from this section

22. (a) What happens to protein which is eaten in excess of body requirements? (05mks)
- (b) (i) Mention four effects of kwashiorkor to the health of an infant (04mks)
- (ii) How would you prevent kwashiorkor? (05mks)
- (c) Write out a suitable menu for lunch for two retarded toddlers (06mks)
23. (a) (i) Explain the functions of water in the human body (04mks)
- (ii) What factors determine one's daily water requirements? (04mks)
- (b) Briefly explain the following processes and in each case give one use of each in cookery
- (i). Gelatinization (03mks)
- (ii) Emulsification (03mks)
- (ii) Caramelization (03mks)
- c) Why is energy required in the body? (03mks)

## SECTION C

24. (a) Give the qualities of ingredients suitable for making rich bread (06mks)
- (b) (i) Explain four ways of developing the correct texture and appearance of a good bread (04mks)
- (ii) List four uses of leftover bread in food preparation (02mks)
- c) Explain the nutritive value of eggs (08mks)
25. (a) Why is gas a desirable form of fuel (05mks)
- (b) Draw and label the structure of a pressure cooker (04mks)
- (c) Discuss how you would use a gas economically to save fuel (06mks)
- (d) How would you store food from the weekly shopping in the refrigerator? (05mks)
26. (a) Discuss the points you would bear in mind when planning meals for the following groups of people
- (i) Elderly (05mks)

- (ii) Strict vegetarians (05mks)
- (b) (i) Why is food cooked? (04mks)
- (ii) Explain the factors that determine the choice of the method of cooking(06mks)
27. (a) (i) Using diagrams describe any three kitchen lay outs, in each case illustrate the work triangle (06mks)
- (ii) Give any four faults common in African traditional kitchens (04mks)
- b) Distinguish between food spoilage and food poisoning (04mks)
- c) Suggest six ways of delaying deterioration of food in storage (06mks)

**END**