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UACE Food and nutrition paper 1 questions

Section A

1. (a) State the functions of monosaccharides in the body (06marks)
 - (b) Explain the properties of starch. (06marks)
 - (c) (i) What are the dangers of consuming excess carbohydrates? (04marks)
 - (ii) Outline the role of the B group vitamins in carbohydrate metabolism. (09 marks)
2. (a) State the physiological functions of water (06 marks)
 - (b) Explain the causes of dehydration in human body (06 marks)
 - (c) (i) Analyze the factors that determine the body's requirements for water (08marks)
 - (ii) Outline the qualifications of water that make it the most suitable liquid in the body. (05marks)
3. (a) What are the functions of the following mineral salts:
 - (i) Calcium (05marks)
 - (ii) Zinc (06 marks)
 - (b) Describe the occurrence and characteristics of the following conditions in the body:
 - (i) Osteomalacia (07 marks)
 - (ii) Hyperkalemia (07marks)
4. (a) Give the physiological functions of the following nutrients in the body:
 - (i) Phosphorus (05marks)
 - (ii) Thiamine (05marks)

- (b) State the signs and symptoms exhibited by patients with the following nutritional problems:
- (i) Ariboflavinosis (05marks)
 - (ii) Peptic ulcer (05marks)
- (c) What advice would you give to a friend suffering from peptic ulcers. (05marks)
5. (a) Describe the role of the bile in digestion and absorption of lipids. (12marks)
- (b) Explain the disturbances in lipid absorption in the body. (06marks)
- (c) What is hyper vitaminosis D? (03marks)
- (d) (i) Identify the causes of megaloblastic anaemia.(02marks)
- (ii) Give the signs and symptoms of mehaloblastic anaemia. (02 marks)
6. (a) Giving an example, explain the meaning of secondary deficiency of a nutrient. (04 marks)
- (b) (i) Differentiate between properties and stability of vitamin A and vitamin C. (06marks)
- (ii) What are the factors that affect the amount of minerals available for utilization in the body.
- (c) Explain the advantages and disadvantages of cholesterol in the body. (06marks)
- (d) State the causes and symptoms of lactose intolerance. (04marks)
7. (a) (i) State the functions of a pantothenic acid. (05marks)
- (ii) How is equilibrium achieved in water distribution in the body? (05 marks)
- (b) Discuss the factors that influence the basal metabolic rate of a person. (08marks)
- (c) What happens to metabolized glucose and amino acids in the body? (07marks)
8. (a) (i) "Iron is common in most foods yet iron deficiency anaemia is common in Uganda." discuss.
- (ii) Apart from iron deficiency anaemia, explain five other types of anaemia. (05marks)
- (iii) Enumerate the factors that promote the absorption of iron in the body. (05marks)

9. (a) Giving examples, explain the different classes of fatty acids. (06marks)
- (b) (i) "A limited amount of cholesterol is desired in the body." Verify this statement. (04marks)
- (ii) State the physiological role cholesterol in the body. (03marks)
- (iii) Explain the factors that may determine the amount of fats in one's body. (08marks)
- (c) Giving examples, describe the emulsification property of lipids. (04marks)
10. (a) Discuss the role of lipids in a diet. (10marks)
- (b) Describe the digestion of Lipids in the body. (06marks)
- (c) Explain how diet can be used to minimize cardio-vascular disease occurrences. (09marks)
11. (a) Explain the importance of water in the body. (10marks)
- (b) Discuss the factors that affect the absorption and utilization of iron in the body. (10marks)
- (c) Give the signs and symptoms of iron deficiency in the body. (10marks)
12. (a) Differentiate between the chemical and physical properties of the two classes of vitamins. (06marks)
- (b) What role does vitamin D play in the body. (04marks)
- (c) Describe the effects of hyper-vitaminosis D in the body and state its symptoms. (06marks)
- (d) Explain the factors that would affect the Basal metabolic rate. (09marks)
13. (a) Discuss the factors that determine the intake and utilization of nutrients by an individual. (18marks)
- (b) Explain how sodium and potassium relate with each other in performing body function. (07marks)
14. (a) with reference to protein nutrients, describe the following:
- (i) Element composition of proteins and the structure of amino acids. (05marks)
- (ii) formation of the peptide bond in protein(05marks)

- (iii) Biological value of proteins (04marks)
 - (iv) Nitrogen balance. (04marks)
 - (b) Giving examples, explain the importance of supplementary value of proteins
 - (c) Explain the iso-electric point of protein
15. (a) Differentiate between the following body processes
- (i) glycolysis and lipolysis (02 marks)
 - (ii) Glycogenesis and gluconeogenesis
- (b) (i) Explain the role of the liver in nutrient metabolism. (07marks)
- (ii) Examine the underlying causes of hypervitaminosis A (03marks)
- (c) Explain how hyperglycemia occurs (06marks)
- (d) What nutritional advice would you give to the patient with hyperglycemia? (05marks)
16. (a) What is meant by:
- (i) Biological value of protein. (02marks)
 - (ii) Denaturation of proteins. (02marks)
- (b) Giving examples of agents in each case, describe how denaturation of proteins takes place. (06marks)
- (c) Discuss the causes and disease picture of the following nutritional deficiencies:
- (i) Dry beri-beri (05marks)
 - (ii) Scurvy (05marks)
 - (iii) Pellagra (05marks)
17. (a) Outline the dangers of consuming a diet dominated by the following categories of food:
- (i) Highly refined foods (06marks)
 - (ii) Rich proteins foods. (04marks)

- (b) Describe the extent to which the following conditions are dangerous during pregnancy:
- (i) Eclampsia (05marks)
 - (ii) Obesity (03marks)
 - (iii) anaemia (03marks)
- (c) Explain the conditions which may lead to anaemia during pregnancy. (04marks)
18. (a) (i) Explain the causes of coeliac disease. (04marks)
- (ii) How can coeliac disease be managed using the diet? (05marks)
- (b) Explain the relationship between calcium and Vitamin K in the clotting of blood. (05marks)
- (c) Describe the causes, signs and symptoms of the following disease:
- (i) Diverticular (06marks)
 - (ii) Peptic ulcers. (04marks)
19. (a) Explain the physiological functions of the following nutrients in the body:
- (i) Vitamin B₁. (03marks)
 - (ii) Vitamin C (04marks)
 - (iii) Proteins (05marks)
- (b) How can a good supply of Vitamin B₁ be ensured in the diet? (03marks)
- (c) (i) Discuss the role of dietary fibre in the body. (05marks)
- (ii) State the factors responsible for the consumption of fibre-depleted diets in Uganda today. (05marks)
20. (a) Explain why it is important for the following categories of people to have a nutritionally sound diet:
- (i) Expectant mothers. (05marks)
 - (ii) the elderly people. (04marks)
- (b) What are the physiological factors that may cause problems when catering for the nutritional requirements of the expectant mother? (10marks)

- (c) Explain how the elderly people can be helped by society to overcome their nutritional problems. (03marks)
- (d) What dietary recommendation would you make for an anaemic 65-year old woman who is severely underweight and osteoporotic at the same time? (03marks)
21. (a) Discuss the occurrence and characteristics of the following polysaccharides:
- (i) Starches (04marks)
 - (ii) cellulose (03marks)
 - (iii) glycogen (02marks)
- (b) What are the relationship between nutritional status and metabolism. (04mark)
- (c) Relate the properties of starch to its in cookery. (04marks)
- (d) Compare the formation of the two disaccharides named below:
Sucrose and lactose. (08marks)
22. (a) With examples, give the major classification of vitamins. (05marks)
- (b) (i) Explain the importance of Retinol in the body. (06marks)
- (ii) Discuss the effects of deficiency of retinol in the body. (04marks)
- (c) (i) State the factors that affect the absorption of vitamin D (05marks)
- (ii) Explain vitamin D toxicity. (05marks)
23. (a) Explain the application of the following properties of lipids in food production
- (i) Hydrogenation (03marks)
 - (ii) Rancidity (03marks)
 - (iii) emulsification (03marks)
- (b) (i) what are available carbohydrates? (01marks)
- (ii) Differentiate between amylose and amylopectin. (06marks)
- (c) Examine the relationship between dietary fibre and Coronary Heart Diseases (CHDs) (05marks)

24. (a) (i) State the habits and practices that should be avoided during pregnancy. (04marks)
- (ii) Describe the effects of the practices and habits mentioned above in pregnancy. (08marks)
- (b) Outline the nutritional care that a lactating mother requires to ensure successful lactation. (07marks)
- (c) Explain how nutrient needs of an infant can be adequately met during weaning. (06marks)
25. (a) (i) Differentiate between obesity and anorexia nervosa. (04marks)
- (ii) Examine the factors responsible for the increased prevalence of obesity in society. (08marks)
- (b) What dietary guideline should be observed in the control of obesity in an individual? (07marks)
- (c) Discuss the consequences of anorexia nervosa among teenage girls. (06marks)
26. (a) Outline the mechanism by which the body maintains the following:
- (i) acid base balance
- (ii) water intake and output
- (b) Discuss the factors that affect the absorption of the following nutrients
- (i) iron (07marks)
- (ii) calcium (07marks)
27. (a) (i) Outline the physical properties of fats (07marks)
- (ii) Describe the factors that accelerate rancidity of fats. (04marks)
- (b) (i) Why is deficiency of fat in the body. (03marks)
- (c) Discuss the importance of cholesterol in the body. (08marks)
28. (a) Describe the role of the liver in nutrient utilization in the body. (09marks)
- (b) (i) What is the importance of basal metabolism? (02marks)
- (ii) Describe the reactions which take place during the process of glycolysis. (04marks)

- (c) Explain two processes that lead to dehydration in the body (04marks)
- (d) Outline the role of sodium and potassium in the body. (06marks)
29. (a) With reference to structure and properties, explain the difference between globular and fibrous proteins. (08marks)
- (b) (i) Why are proteins referred to as a secondary source of energy? (03marks)
- (ii) Explain the dangers of relying on proteins as the source of energy in the body. (05marks)
- (c) Giving reasons, explain nutritional problems associated with the elderly and how they can be managed. (09marks)
30. (a) (i) Explain the factors that have led to increased incidence of, diabetes in Uganda. (09marks)
- (ii) State four complications associated with diabetes. (04marks)
- (b) What nutritional advice would you give to an expectant mother who is diabetic? (06marks)
- (c) (i) with examples, illustrate the classification of unsaturated fatty acids. (06marks)
- (ii) Explain the importance of unsaturated fatty acids in the diet. (03marks)
31. (a) Distinguish between primary deficiency and secondary deficiency of vitamins (04marks)
- (b) Describe how the loss of vitamin C can be controlled in food preparation and service. (08marks)
- (c) What are the effects of insufficient intake of vitamin C in the body of an adult? (04marks)
- (d) Explain the role of the following vitamins in the body.
- (i) Vitamin E (05marks)
- (ii) vitamin B1 (04marks)
32. (a) Illustrate the molecular structure and reducing action of disaccharides (09marks)
- (b) Calculate the energy value of an egg of 50g portion, if it contains 12% protein and 11% fat. (03marks)
- (c) Discuss the determinants of energy requirements of an individual. (08marks)

- (d) What is the effect of fasting on metabolism? (05marks)
33. (a) State the scientific definition of food. (02marks)
- (b) Discuss the social functions of food in the community. (09marks)
- (c) Explain the factors that affect the pattern of food intake in a human being. (08marks)
- (d) Explain the following terms
- (i) Optimal nutrition (01mark)
- (ii) Malnutrition (05marks)
34. (a) Describe the factors that affect the absorption of vitamins in the body
- (b) Explain the following properties of fats and state their use in food.
- (i) Hydrogenation
- (ii) Plasticity
- (c) Discuss the dietary problems relating to carbohydrates.
- (d) Discuss how the food blocks in the food path way lead to malnutrition in an urban child
35. (a) Define the term nutrient malabsorption and explain the cause.
- (b) Why does a child who takes milk remain satisfied for long time despite its liquid nature?
- (c) Denaturation of protein structure in food preparation does not mean loss of function to human body. Discuss.
36. (a) Distinguish between neurological cretinism and hypothyroid cretinism.
- (b) What are the physiological functions of the following?
- (i) Iodine
- (ii) Calcium
- (c) What factors affect the absorption of calcium?
37. (a) What is meant by the following?

- (i) Hypervitaminosis
 - (ii) Hypercalcemia
- (b) Describe the relationship between sodium and potassium in the body.
- (c) Differentiate between starch and glucose.
38. (a) Explain the factors that affect the absorption of iron in the body.
- (b) Discuss the effects of excessive water depletion in the body.
- (c) Identify the means of water intake and water output in normal body functioning.
39. (a) 'Anaemia is a major health hazard affecting many people today.' Enumerate the underlying causes of this observation and suggest measures that a homemaker can take to solve this problem.
- (b) Describe the buffer action of protein as a regulator in acid-base balance in the body.
- (c) (i) highly refined foods
- (ii) rich proteins foods
40. (a) Explain how the structure and composition of lipids affect their properties.
- (b) What are the effects of excessive fat in the body? How can it be avoided?
- (c) (i) Explain why the energy value of carbohydrates is lower than that of fats.
- (ii) Carbohydrates have a protein sparing effect. What does this statement mean?
41. (a) Describe the electrolyte control of body dehydration.
- (b) Discuss the factors that determine total energy requirement of the body
- (c) What are the physiological functions of vitamin A in the body?
- (d) Explain the causes of the following nutritional deficiency diseases.
- (i) Osteomalacia
 - (ii) Osteoporosis
42. (a) Explain giving examples, the role played by different minerals in the body.
- (b) what are the signs of the following diseases?

- (i) Beriberi
- (ii) Pellagra
- (c) Outline the problems that are faced by elderly people which may hinder them from getting adequate nutrition.

Section B

1. (a) Describe the principals involved in the following methods preservation:
 - (i) Freezing (03marks)
 - (ii) Dehydration (03marks)
 - (b) Giving reasons outline the basic steps you would follow to ensure good brown stew. (05marks)
 - (c) State the importance of the following preparation:
 - (i) Gelatine (06marks)
 - (ii) Food color (03marks)
 - (d) What problems are you likely to encounter when planning meals for strict vegetarians? (05marks)
2. (a) Compare whole meal flour and white flour. (06 marks)
 - (b) Describe reactions that take place during fermentation of bread dough. (07marks)
 - (c) With examples, describe the browning reactions that occur in foods. (06marks)
 - (d) Explain the importance of glycogen content in meat and fish quality
3. (a) What are the qualities of a good sauce? (05marks)
 - (b) How do the following affect gelatinization of flour mixtures:
 - (i) Sugar (02marks)

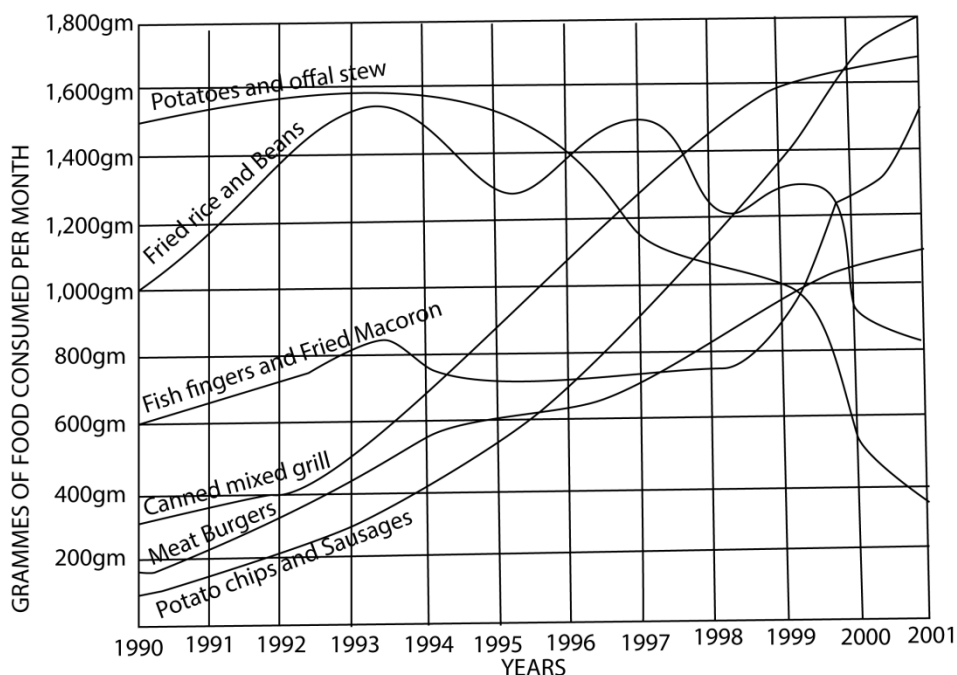
- (ii) lemon Juice (02marks)
- (c) What could be causes of the following faults in cake making
 - (i) Sunken top (04marks)
 - (ii) Close heavy texture. (04marks)
- (d) How does steamed water vapour cause raising flour mixtures?
- (e) What methods are used to introduce air mechanically into mixture?
- 4. (a) Discuss the effect of cooking on meat. (07marks)
- (b) Using diagrams, describe any three methods of steaming food. (12marks)
- (c) Explain the principles of grilling food. (06marks)
- 5. (a) (i) Discuss the general principles of making pasty. (07marks)
- (ii) Explain the term flakiness in pasty making. (03marks)
- (b) (i) What can be done to increase the electricity of break dough? (05marks)
- (ii) Describe the changes that take place when bread is baked. (07marks)
- (c) Give six uses of bread in cookery. (05marks)
- 6. (a) What qualities would be looked out for when buying packed food?
- (b) Explain the ways in which food processing has influenced the food habits of Ugandans today. (08 marks)
- (c) (i) Explain various techniques that can be used to prevent food spoilage. (05marks)
- (ii) What are the aims of food preservation? (05marks)
- 7. (a) What do you understand by the term Specific Dynamic Action of food? (03marks)
- (b) Why do people of low income have challenges in dietary guidelines? (07marks)
- (c) (i) Differentiate between food poisoning and food contamination. (03marks)
- (ii) State the causes of chemical food poisoning. (04marks)
- (d) Trace the possible contamination routes of the the following right from their sources to the table;

- (i) Vegetables (04marks)
 - (ii) Eggs (04marks)
8. (a) Describe the changes that occur in beef during hanging. (07marks)
- (b) Explain why fish may be preferred to beef in the diet of the elderly. (05marks)
- (c) State the importance of a recipe in meal preparation. (07marks)
- (d) Discuss the problems encountered when planning meals for infants aged 1 ½ to 3 years. (06 marks)
9. (a) (i) What is gluten? (02marks)
- (ii) Explain the different ways of developing gluten. (04marks)
- (b) Discuss the uses of the following in cake making:
- (i) Sugar (05marks)
 - (ii) Liquid (04marks)
- (c) Explain the different ways which you would use to increase the digestibility of cheese. (06marks)
- (d) Describe the changes that occur to starch during the making of maize porridge. (04marks)
10. (a) Describe the qualities of a good kitchen. (09marks)
- (b) Enumerate the possible causes of fatigue in the kitchen. (05marks)
- (c) How can one prevent fatigue when working in the kitchen? (06marks)
- (d) Discuss the ways in which you would care for a refrigerator to ensure that it remains in good working condition. (05marks)
11. (a) Explain the role played by garnishes and spices in improving the nutrient intake of a convalescent. (05marks)
- (b) State the traditional food practices that lead to nutrient loss during the preparation of green leafy vegetable. (06marks)
- (c) Outline the general points you would consider when planning meals for invalids. (08marks)
- (d) What are the advantages of using locally available foods over supplements?

12. (a) Give the recipe for making a pouring sauce by the roux method. (06marks)
- (b) State the functions of the major ingredients used in making a roux sauce. (04marks)
- (c) Explain the factors that make fish deteriorate quickly. (05marks)
- (d) (i) Describe the process of cooking fish in a micro-wave. (07marks)
- (ii) What challenges would one face while using the method in (d)(i) above (03marks)
13. (a) Discuss the nutritive value of Nile perch. (10marks)
- (b) State the qualities to look for when buying fresh fish. (04marks)
- (c) (i) Why is it important to coat fresh fish before deep fat frying? (07marks)
- (ii) Describe two methods of preserving fish. (04marks)
14. (a) Outline the desirable and undesirable characteristics of food additives. (07marks)
- (b) Justify the need for food packaging in the food production industry. (05marks)
- (c) In the preparation of mayonnaise cause, explain the principles behind formation of stable emulsions. (05marks)
- (d) How would you avoid the following faults in the soup preparation?
- (i) Poor flavor (03marks)
- (ii) Poor consistency (03marks)
- (iii) Curdling (02marks)
15. (a) Giving examples, explain how products from flour mixture are made light and open in texture. (10marks)
- (b) (i) Outline the procedure of manufacturing Textured Vegetable proteins (YVP). (06marks)
- (ii) Write down a recipe in which Texture Vegetable Protein is used as a meat extender. (07marks)
- (c) How does the nutritive value of Textured Vegetable Proteins differ from that of ordinary meat? (02marks)
16. Study the graph below and answer the questions that follow.

The graph shows the consumption of food dishes bought from a textile factory restaurant over a span of eleven years by twenty five employees. These employees are; the factory executive manager, tailors, cleaners, engineers and machine mechanics.

CONSUMPTION OF FOOD DISHES BOUGHT FROM TEXTILEFACTORY RESTAURANT BY EMPLOYEES BETWEEN 1990 - 2001



- (a) (i) Comment on this restaurant Menu. (04marks)
- (ii) What physical changes are likely to have occurred in the bodies of employees after 1996? (01mark)
- (iii) Name the complications that are associated with the bodily changes in 4(a)(ii) above (03marks)
- (iv) What advice would you give the restaurant management staff on improvement of the above diet? (05marks)
- (v) Make suggestions to employees on how to manage/control the complications in 4 (a)(iii) above
- (b) Which group of employees in this factory are likely to have bought the canned mixed grill and why? (02marks)
- (c) Give suggestion to restaurant manager on how to maintain the kitchen hygiene of this restaurant.

17. (a) Classify biscuits and give the general rues for biscuit making. (08marks)

- (b) How is leavening effect achieved when using the following agents in flour mixture?
- (i) sodium Bi-carbonate (02marks)
 - (ii) Yeast (04marks)
- (c) (i) what is meringue? (01 ½ marks)
- (ii) Explain the procedure of making a meringue. (03 ½ marks)
 - (iii) State two uses of meringues in cookery. (02marks)
- (d) Distinguish between royal icing and Butter icing and name four dishes where any of these two icings may be applied.
18. (a) Justify the popularity of meat as versatile food in our society. (08marks)
- (b) Describe the chemical actions that take place when meat is cooked. (05marks)
- (c) What are the causes of the following faults in yoghurt production?
- (i) Separation of curd from whey. (02marks)
 - (ii) Fermentation of sucrose (01 mark)
 - (iii) Too much acid
- (d) Outline the aspects of personal hygiene that should be observed when handling the production of milk products.
19. (a) (i) State the meaning of the food blocks. (02marks)
- (ii) Enumerate the food blocks that are likely to affect the feeding of a 5-year old child. (08marks)
- (b) Discuss the influence of the physiological advancement on human nutrition. (10marks)
- (c) Examine the influence of the physiological sensory organ on the human diet. (05marks)
20. (a) What advice would you give a group of mothers in a rural setting on ways of increasing consumption of fruits and vegetables in their diet? (07marks)
- (b) Explain how you can make fruits and vegetables an interesting item in the diet of children. (05marks)
- (c) Account for the changes that occur when fruits are stored. (06marks)

- (d) Outline the faults that occur in vegetable preparation and cookery procedures. (07marks)
21. (a) (i) Outline the points to bear in mind when planning a Buffet Dinner party. (08marks)
- (ii) Explain the consideration you would take when serving food for the occasion in (a) (i) above. (05marks)
- (b) (i) What is the importance of making a shopping list before going to buy food ingredients for this Buffet Dinner party? (05marks)
- (ii) State the meaning of a food label and give the information that a good food label should contain. (04marks)
- (c) Giving reasons, state three suitable dishes for a High Tea party. (03marks)
22. (a) Milk is a versatile food in the home. Examine this statement in reference to the following headings:
- (i) Nutritive value (05marks)
- (ii) Uses in cookery (05marks)
- (b) Discuss the benefits of using whole meal cereal as compared to refined ones. (10marks)
- (c) Examine the factors that enhance gluten formation in dough. (05marks)
23. (a) Outline the dietetic value of soy bean and its products. (08marks)
- (b) Discuss how colour and textural changes should be managed during the preparation of the following foods
- (i) Fruits (08marks)
- (ii) Vegetables. (09marks)
24. (a) (i) Discuss the reasons why frying is increasingly becoming a popular method of cooking. (07marks)
- (ii) Giving examples, describe the different types of frying. (04marks)
- (b) Outline eight safety measures which should be observed when frying food. (04marks)
- (c) Compare and contrast steaming and stewing methods of cooking. (10marks)

25. (a) (i) explain the reasons for preserving food. (06marks)
- (ii) What is the principle underlying dehydration method of preserving food? (05marks)
- (b) Describe canning as a method of heat treatment of food. (05marks)
- (c) How does food get contaminated by the following bacteria?
- (i) Salmonella (05marks)
- (ii) Stahyllococci (04marks)
26. (a) Describe the following processes:
- (i) Gelatinization (05marks)
- (ii) Gluten formation (04marks)
- (b) State the factors that affect the ability of flour to gelatinize. (07marks)
- (c) (i) Explain how white sauce can be used in preparation of various dishes in cookery. (06marks)
- (ii) What precautions should be taken when using coating batter? (03marks)
27. (a) (i) What are 'junk' foods? (03marks)
- (ii) Why have junk foods become popular today? (08marks)
- (b) Discuss the nutritional implication of overdependence on junk food. (08marks)
- (c) (i) Outline the process of pasta production (04marks)
- (ii) Name any four pasta products. (02marks)
28. (a) What is the importance of fermented milk products in the diet? (07marks)
- (b) With clear explanation, distinguish between a curd and gel. (08marks)
- (c) Describe the various heat treatment given to milk and their effects on the nutritive value. (10marks)
29. (a) Explain the principle underlying the various methods used in tendering meat.
- (b) (i) What factors should be observed when braising meat? (05marks)
- (ii) Outline the advantages and disadvantages of braising. (04marks)

- (c) (i) Distinguish between a food fad and food myth. (04marks)
- (ii) Give the factors that perpetuate food faddism in society. (07marks)
30. (a) What are principles that govern the preparation of the following:
- (i) Soup (05marks)
- (ii) Suet pasty? (05marks)
- (b) Give explanations for the faults and how they can be prevented:
- (i) heavy and close textured chapatti.
- (ii) toughened fruits in jam
- (iii) fermentation of the pineapple juice (12marks)
- (c) State three precautions to take when using an electric food mixer.(03marks)
31. (a) Explain how thickening effect is achieved in using flour. (05marks)
- (b) Describe the value of a sauce in the diet. (06marks)
- (c) What points should you observe when making reheated dishes?
- (d) Explain the purpose of the following ingredients in cake making:
- (i) Baking powder (03marks)
- (ii) Sugar
32. (a) With reasons, compare shopping in the supermarket and open markets. (08marks)
- (b) (i) Outline six fallacious claims by food faddists. (06marks)
- (ii) Suggest ways of guarding against food misinformation. (03marks)
- (c) Discuss the reasons why food poisoning can take place in public eating places. (08marks)
33. (a) Illustrate two kitchen arrangements and each, show the application of the work triangle. (11marks)
- (b) Outline ways of preventing fatigue in the chicken (07marks)
- (c) What are the safety measures taken in using a pressure cooker? (07marks)

34. (a) Explain the principle of simmering method of cooking.
- (b) Describe how nutrients are affected during the cooking of groundnut stew.
- (c) Account for absence of carbohydrates in the following
- (i) Meat
 - (ii) Yoghurt
- (d) Explain how wheat proteins facilitate the raising effect during baking and state how best you can develop the protein.
35. (a) Distinguish between formal and informal party entertainment
- (b) Describe the following types of parties
- (i) Cocktail
 - (ii) Banquet
 - (iii) Dinner
- (c) Discuss the principles of party menu planning
- (d) Explain the advantages and disadvantages of food additives to the food industry.
36. (a) Discuss the advantages and disadvantages of food additives to the food industry.
- (b) Differentiate between food spoilage and food poisoning
- (c) Describe the different ways of disposing of kitchen refuse
- (d) How can food safety be affected in the community.
37. (a) At each stage of kitchen planning, safety should be considered. Outline the points you would consider in ensuring safety in kitchen.
- (b) Discuss the different methods used in food preservation.
- (c) Explain the important factors that are taken into consideration when making tea.
38. (a) Discuss the different methods of raising flour mixtures.
- (b) State the rules for making stock.
- (c) (i) Outline the reasons why food is cooked.

- (ii) What are the advantages and disadvantages of stewing as method of cooking?
39. (a) Trace the contamination of the following foods right from their sources through to the table:
- (i) Vegetable
 - (ii) Fresh fish
- (b) State the causes of chemical food poisoning.
- (c) (i) Describe the following types of food poisoning mentioning the methods through which microbes are introduced to the food in each case:
- staphylococcal
 - Salmonellosis
- (ii) Account for the increase in the use of convenience food in Uganda today.
40. (a) Explain why the following cereals are extremely useful in Uganda diet:
- (i) Rice
 - (ii) Maize
- (b) (i) Justify why table sugar is a versatile ingredient in the diet.
- (ii) Why is an excess of sugar in diet undesirable?
- (c) What is the significance of the strength of wheat flour in cookery?
41. (a) (i) Explain ways by which one can make use of friction in a home.
- (ii) How can we control friction at home to reduce its disadvantage?
- (b) State the principle and functioning of a hair drier.
- (c) Outline the mechanical action that enable rubber sucker (plunger) to unblock a sink.

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Thanks