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UACE Food and nutrition paper 3 questions

Planning session: 2 hours 30 minutes

Preparation work 30 minutes

Practical test; 3 hours

Instructions to Examiner

1. Examiners should make themselves familiar with the syllabus and regulation governing the examinations. They should also read with care the instructions and other information which is sent to schools.
2. The practical paper will contain five tests, numbered 1-5.

The schools will be informed of the time of the examiner's arrival and the time she wishes to start the first practical session and the appropriate time of any subsequent sessions.

It is advisable to be at the school in good time before the test is due to start in order to

- (a) Meet the Principal/Head teacher
 - (b) See the room
 - (c) Enter plans of work in suitable table mark sheet and get familiar with arrangements for the working places, etc.
3. Schools generally value discussions with the visiting examiners at the end of the examination and the board would like to encourage this practice, especially if the examiner can give advice which would lead to improvement in the standard of work. Examiners should, however, be careful not to offer adverse comments where these are not requested. They must on no account divulge the results of the practical test.

4. The examiner should endeavour to put candidates at their ease, but should warn them that plans of work must not be altered and that the practical examination is 3 hours. If the examiner is satisfied that a good reason exist for any change in the plans of work, she may use her discretion in giving permission for the alteration and in deducting any marks for 'General Efficiency". The examiner must mark the test at the end of 3 hours, and candidates who have not finished in that time will be liable to lose marks.

5. **GENERAL EFFICIENCY**-(Maximum 25 marks)

Choice of dishes – (05marks)

General points

- (a) The dishes chosen should show a variety of skills and process.
- (b) The recipes chosen must meet the specific requirements of the test
- (c) The dishes chosen must meet the specific requirements of the test.
- (d) When meals are required, the quantities must be adequate for those being served.

Dishes must combine to form well-balanced meals; consideration should be given to texture, colour, appearance etc.

Reasons for choice – (05marks)

Candidates should give reasons for the choice with reference to food values, tastes and needs of people being catered for. The nutrition information at this level should be specific – Vague remarks about vitamins and minerals gain no marks. The vitamins for organic element must be named.

Calculation – (03marks)

Understanding of food tables will be shown by correct choice of figure for raw and cooked foods. Kilocalories or joules values should be given to the nearest 5-10. The correct method of calculation should gain marks; an error in simple arithmetic is not serious and should not be heavily penalized. Marks should be deducted for insignificant values (e.g.0 lemon – 2kCal per mg or 8kJ per mg).

Plan of work – (03marks)

This should give the order of working with timing, which is to be followed throughout the examination period. The plan should also state the amount of work to be completed during the practical preparation period.

Costing – (03marks)

Cost of ingredient should be entered on the shopping list provided. Cost should be checked carefully and only accurate prices should be accepted and marked.

Economy – (03marks)

Hygiene – (03marks)

6. EFFICIENCY AND METHOD OF WORKING – (maximum 35marks)

Award for the following point

- (a) Intelligent approach
- (b) Appreciation of timing
- (c) Ability to work neatly and methodically
- (d) Correct methods and good manipulation
- (e) Degree of skills, variety of skills and process.
- (f) Hygiene in both preparation and serving of foods.
- (g) Economy in use of food and fuel.

7. RESULTS – (Maximum 0 marks)

General points award mark for

- (a) Appetising and well-flavoured food
- (b) Correct consistency
- (c) Correct texture
- (d) Correct temperature
- (e) Quantities sufficient for those being served.

8. APPEARANCE AND SERVING – (10marks)

Appearance:

Award marks for attractive presentation, neat decoration and good garnishes, use of clean dishes, clean table – cloths and flowers.

Serving:

Hot food should be served in heated dishes; cold food should be really cold (i.e., cold drinks not at room temperature, jellies etc. should be set. Note the sequence of serving the meal- correct order and one course **following others with only a small interval of time allowed.**

SUMMARY – ALLOCATION OF MARKS

GENERAL EFFICIENCY	- 25 marks)
MANIPULATION SKILLS AND METHOD	- 35 marks)
RESULTS	- 30 marks
APPEARANCE AND SERVING	- 10 marks
<u>Total</u>	<u>100marks</u>

Examiners should read the marking scheme carefully for more details of marking of this year's set test

Practical

Planning session: 2 hours 30 minutes

Preparatory work: 30 marks

Practical examination: 3 hour

Planning Session

When you have chosen your test, you are allowed 2 hours 30 minutes in which to do the following:

- (i) Write down the name of the dishes chosen and give practical and nutritional reason for your choice.
- (ii) Make (using the carbonated sheet provided) a detailed plan of work showing recipes and estimated cost of the main ingredients.
- (iii) Draw up, from the recipes a list of the total quantities of ingredients required.
- (iv) Do the calculations of the nutrients content as asked by the particular test you have chosen.

Note: Calculation should be done within the planning session.

Food tables, recipe book and note books may be used for planning but should not be referred to constantly in the examination. At the end of the planning session, give this question paper and the carbonated sheets (except one copy of the shopping list which you keep) to the supervisor. Do not bring fresh notes to the examination. Copy of your plan of work and question paper will be returned to you and you will be allowed half an hour of preparatory work before the beginning of the test. You will be expected to keep to your plan, which you should hand back to the visiting examiner at the end of the test, if you wish to change your plan you must consult the examiner.

Questions (Note that each paper contains five questions)

1. (a) Display your versatile cookery talents by preparing two proteins dishes and two desert dishes
- (b) In addition ... to the dishes in (a) above, prepare four other dishes to complete a buffet dinner party.
- (c) Calculate the vitamin A content of the two protein dishes.
2. (a) Prepare a dish in each case using the following
 - (i) batter
 - (ii) Grated cheese
 - (iii) Sponge cake mixture
- (b) Prepare a roast joint and suitable accompaniments to form a main course of a meal for four car mechanics.
- (c) Calculate the calorific content of the dishes in (b) above.
3. (a) Prepare dishes that demonstrate the use of the following raising agents
 - (i) Steam
 - (ii) Bicarbonate of soda
- (b) Show skills in fruit preservation by preparing a fruit marmalade.
- (c) Using the following ingredients, prepare four dishes suitable for an evening cocktail party.
 - (i) peas
 - (ii) minced meat
 - (iii) orange
 - (iv) irish potatoes
- (d) Calculate the vitamin B1 content of the raising agents dishes.
4. (a) The British Ambassador is visiting your school to open a science classroom block. Prepare dishes using the following methods of cooking.
 - (i) poaching

- (ii) baking
 - (iii) stir-frying
 - (b) Prepare accompaniments for the dishes above to complete a three-course meal for the Ambassador and his accompanying staff.
 - (c) Use fruits to make a colourful and impressive centre piece for the food service table.
 - (d) Calculate the vitamin C content of the centre piece.
5. (a) Prepare cook and serve the following items
- (i) a stuffed starter
 - (ii) a sandwich
 - (b) Using one of the dishes in 5(a) above, prepare other dishes to form a two course meal for a strict vegetation couple.
 - (c) Use shortcrust pasty to prepare a flan and serve with a cocoa drink.
 - (d) Calculate the protein content of the two course meal.
6. Foreign visitors to Uganda enjoy indigenous foods.
- (a) Prepare an exciting dish in each case for the main course of lunch to entertain four tourists using the following local foods.
 - (i) Sweet potatoes
 - (ii) Groundnuts
 - (iii) Green vegetables
 - (iv) A fruit drink
 - (b) Make an appetizer and a pineapple upside down pudding to complete the three course meal.
 - (c) Show your skills in making cheese scones.
 - (d) Calculate the protein content of the main course of this meal.
7. You have been requested to provide catering service for a P.T.A executive meeting taking at your school.

- (a) Prepare the following to be served for the members mid-morning tea break.
- (i) A savory dish
 - (ii) Pies using rough puff-pasty
 - (iii) short bread biscuits
 - (iv) English tea
- (b) Stuff and bake whole fish and serve it with two vegetable accompaniments to form part of their lunch meal.
- (c) Calculate the vitamin A content in the stuffed baked fish and the vegetable accompaniments in (b).
8. (a) Use the leftover food given below to prepare a dish in each case
- (i) Boiled Irish potatoes
 - (ii) Fried peas
- (b) Make an assortment of biscuits using the following methods of manipulation
- (i) Rubbing in
 - (ii) Melting
 - (iii) Creaming
- (c) Prepare a **chutney** and some tasty vegetable sandwiches
9. (a) Prepare a packed mid-day meal to be eaten during a seminar.
- (b) Using the following items make an interesting dish from each of them
- (i) Sausage
 - (ii) Cassava
 - (iii) cheese
 - (iv) Oats
- (c) Calculate the vitamin C content of the packed meal.
10. Your school is having a thanks giving ceremony to last year's excellent A-Level exam performance.

- (a) Prepare a grand buffet meal for sixteen of the candidates' parents who happen to be all diabetic.
 - (b) Make a cake and decorate it. Use this cake to serve as the centre piece for the serving table.
 - (c) Calculate the calorific content of the buffet meal.
11. Your sister's daughter has just turned eight years.
- (a) Prepare, cook and serve a three course party lunch for the three of you and her classmates.
 - (b) Show your skill in making and decorating a birthday cake for her.
 - (c) Calculate the calcium content of the meal in (a) above.
12. You are in charge of meals for workers at your brother's construction site.
- (a) Prepare, cook and serve a two course supper for the workers.
 - (b) Prepare a roast item for their evening tea.
 - (c) Prepare, cook and pack two dishes suitable for a snack for your school going nephew.
 - (d) Calculate the calorific content of the meal in 2 (a) above.
13. You have been requested to provide catering services for a seminar taking place at your school.
- (a) Prepare the following dishes to be served for the break tea.
 - (i) Savory scones
 - (ii) Meat pies using rough puff pastry.
 - (iii) Butterfly cakes
 - (iv) English tea.
 - (b) Prepare a mixed grill and serve with accompaniments.
 - (c) Calculate the vitaminB₁ (Thiamine) content of the savory scones and the pastry dish in a (ii) above.
14. (a) Prepare an elaborate meal for initiation function of two year old twins.

- (b) Prepare African tea and serve with as interesting accompaniment for the twin's parents.
 - (c) Calculate the vitamin A (Retinol) content of the meal in (a) above.
15. (a) Using the following food ingredients, prepare and serve one weaning dish in each case.
- (i) Milk
 - (ii) Eggs
 - (iii) Irish potatoes
- (b) Prepare and serve a main course of a meal for a lactating mother.
 - (c) Using cocoa powder and dried fruits, prepare a steamed pudding to serve as a desert for the dish in (b) above.
 - (d) Calculate the protein of the weaning dishes in (a) above.
16. (a) Demonstrate your skills in cookery processes below by preparing a dish in each case
- (i) Whisking method
 - (ii) Melting method of cake making
 - (iii) Baking blind
- (b) Prepare two suitable dishes and fruit punch to accompany the dish in (a)(iii) above for a senior six leavers' cocktail party.
 - (c) Prepare coffee and some tasty sandwich and serve on a tray for your teachers' mid-morning break snack.
 - (d) Calculate the calorific value of the cocktail party in (b) above.
17. (a) Show your skills in incorporating soya products to daily meals by preparing two dishes.
- (b) Prepare two interesting dishes to accompany one of the dishes you chosen in (a)above for your lunch.
 - (c) Prepare two dishes and serve with tea for visiting friends who have opted not to take lunch
 - (d) Show your skills in preserving a fruit inseason.

- (e) Calculate the protein content of two soya product dishes in (a) above.
18. Your school is holding an annual general meeting for the old students association.
- (a) Using the creaming method, demonstrate your skills in cake making and cake decoration by preparing a surprise cake for them.
 - (b) Prepare, cook and serve a two course lunch for the organizing committee for the occasion.
 - (c) Prepare a dish using a convenience food and serve with flavoured tea for the school administrators.
 - (d) Calculate the vitamin A content of the convenience food dish and flavored tea drink.
19. (a) You have been requested to provide catering service for a seminar taking place at your parish. Prepare the following dishes to be served for high Tea.
- (i) Vegetable Pie using Rough Puff Pasty
 - (ii) Butterfly Cakes
 - (iii) English Tea
- (b) Prepare a mixed grill and serve this with two suitable accompaniments for a main course of a lunch meal for Seminar sponsors.
 - (c) Prepare a steamed pudding for the lunch.
 - (d) Calculate the iron content of the lunch main course in 4(b).
20. (a) Show your skills in preparing a dish in each case using the following methods of cooking
- (i) Steaming
 - (ii) Stewing
 - (iii) Deep fat frying
- (b) Using the dishes above, prepare other dishes to complete a three course meal for your elderly neighbour suffering from osteomalacia.
 - (c) Make creamed biscuit and a milk shake for your neighbour's three Grandsons returning home from Nursery school.

- (d) Calculate the calcium content of the three-course meal.
21. (a) Your teacher of Home Economics has graduated with a Master's Degree. For her graduation cocktail party prepare her
- (i) A beautiful graduation cake
 - (ii) An impressive meat dish
 - (iii) Fish fritters
 - (iv) A dish using a cereal
 - (v) A cheese dish using flaky pastry
 - (vi) A root vegetable dish.
- (b) Calculate the vitamin A content of the flaky pastry dish and the root vegetable dish.
22. (a) Making use of two varied labour saving device prepare a dish for each of the following cookery process:
- (i) Shredding
 - (ii) Whisking
 - (iii) Braising
 - (iv) Steaming
- (b) Prepare accompaniments to go with the above dishes to complete a three course meal for four boxers.
- (c) Prepare Jam Doughnuts for these boxers' mid-morning break snack.
- (d) Calculate the vitamin B₁ content of the desert of the three-course meal and the Jam Doughnuts.
23. (a) (i) Using one of the fuel saving cooking utensils, prepare dish using one of the locally grown pulses in Uganda.
- (ii) Prepare accompaniments to the dish in 3(a)(i) above to complete a two-course meal for three adolescent girl who have been advised to increase iron intake.
- (b) Prepare the following dishes:
- (i) A fish dish suitable for breakfast

- (ii) A chicken dish using pastry
 - (c) Calculate the iron content of the two-course meal
24. (a) Your sister in boarding school. Using the following methods of cooking make and pack an item from each of the cooking method that she will take to school for use during the term: -
- (i) Frying
 - (ii) Baking
 - (iii) Roasting
- (b) Make a fruit squash/concentrate for her to take to school.
 - (c) Prepare and serve three dishes using different protein food suitable for four strict vegetarian delegate attending a conference.
 - (d) Calculate the protein content of the dishes for strict vegetarians.
25. (a) Show your skill in the use of two convenience foods by preparing two separate dishes
- (b) Using one of the dishes in 5(a), above prepare, cook and serve four other suitable accompaniments to make a HighTea for four pilots retiring from aviation service.
 - (c) Calculate the calorific content of the two convenience food dishes.
26. (a) Prepare a selection of dishes to demonstrate yours skills in the following:
- (i) An edible centre piece for a four year old's birthday party
 - (ii) Using boiled eggs
 - (iii) A cassava dish
 - (iv) Using raw vegetables
 - (v) A snack comprising of pulses
- (b) Prepare a packed meal to be eaten on long bus journey.
 - (c) Calculate the vitamin C content of the packed meal
27. (a) Make four dishes to show your skills in using butter in cookery

- (b) Prepare two suitable accompaniments to the dishes above and serve them for a tea party.
 - (c) Make scones and pineapple jam.
 - (d) Calculate the calorific value of the butter dishes.
28. (a) Prepare, cook and serve a two-course meal for two pregnant women who are diabetic.
- (b) Make a clear soup and toast as part of their evening meal.
 - (c) Calculate the calorific value of the meal in (a)
29. Your pen pal from United Kingdom has come to visit you in your rural home.
- (a) Prepare, cook and serve a traditional luncheon in honour of your guest.
 - (b) Show your skills in whisking by preparing a desert served with sauce.
 - (c) Prepare one special item and pack it for him/her
 - (d) Calculate the vitamin A content of the traditional meal
30. (a) Show how a working mother can have meals on time by preparing a two-course lunch for herself and her two children.
- (b) Demonstrate the use of the following skills in cookery using flour mixtures:
 - (i) Kneading
 - (ii) Whisking
 - (iii) Creaming
 - (c) Calculate the vitamin B1 content of the meal prepared in (a)
31. (a) Show how you would conserve fuel by preparing a two-course meal used for a family of four whose head is a casual laborer.
- (b) Cook and display interesting dishes using the following
 - (i) Cocoa powder
 - (ii) Cheese
 - (iii) Apples

- (c) Calculate the calorific value of the three dishes.
32. (a) Prepare, cook and serve a three course midday meal for two elderly women attending a workshop.
- (b) Make a yeast dish that will accompany their afternoon tea.
- (c) Calculate the calcium content of the meal in 2a) above.
33. (a) Using the following methods of cooking below, prepare a three course meal for the teachers.
- (i) Poaching
- (ii) Grilling
- (iii) Braising
- (b) Demonstrate one method of preserving fruits
- (c) Show your skills in preparing biscuits and pack for storage.
- (d) Calculate the vitamin C content of the three course meal in 3(a) above.
34. (a) Prepare dishes to show the following uses of eggs in cookery:
- (i) Thickening
- (ii) binding
- (iii) Clarifying
- (b) Using two of the dishes in 4(a) above, prepare four accompaniments to complete a sendoff luncheon for your sister going overseas to study.
- (c) Make cheese straw to be served with coffee later in the day.
- (d) Calculate the protein content of the luncheon.
35. Two of your classmates are recovering from a malaria attack.
- (a) Prepare a main course of a lunch for them
- (b) Prepare chocolate pinwheels and ginger bread and serve with African tea on a tray for school nurse treating students.
- (c) Prepare a traditional vegetable dish to show how you can preserve Vitamin C.

- (d) Calculate the protein content of the lunch.
36. Your teacher is obese and anaemic
- (a) Prepare, cook and serve a three course meal for him
 - (b) Make a sponge cake and present it for the cookery competition
 - (c) Show your skill in preparing and presenting tea on a tray.
 - (d) Calculate the iron content of the three course meal in (a) above.
37. (a) Show your skills in the making of suitable dishes for an evening cocktail using the following
- (i) Flaky pastry
 - (ii) Grilling
 - (iii) Sandwiching
 - (iv) Simsim
- (b) Prepare, cook and serve a main course of a meal for a school leavers' function at your school.
 - (c) Calculate the vitamin A value of the meal in (b).
38. Frying as a method of cooking may not be a risk to health when properly managed.
- (a) Make two dishes to show you can manipulate frying to reduce the risk it carries.
 - (b) Together with the two dishes you have prepared in 3(a) above, select and prepare other dishes to complete a three course meal for vegetarian elderly woman.
 - (c) Show your skills in using melting method to prepare a dish and serve with coffee.
 - (d) Calculate the protein content of the main course of the meal in (b) above.
39. Your uncle who is a wheel barrow operator is paying you a visit.
- (a) Prepare, cook and serve a two course meal for the two of you, emphasizing the calcium content of the meal.
 - (b) Make a yeast dish and piped biscuit and serve with hot beverage.

- (c) Calculate the calcium content of the meal
40. (a) Prepare, cook and serve interesting dishes using the following
- (i) Stock
 - (ii) Roasted groundnuts
 - (iii) Maize meal flour.
- (b) Prepare suitable accompaniment to the above dishes to complete a three course meal for a family of four people.
- (c) Prepare doughnuts and cheese scones using yeast for their tea.
- (d) Calculate the protein content of the three course meal
41. Three teenage girls are going for further studies from your school.
- (a) Prepare three savoury items which can be served at the farewell cocktail party.
 - (b) Prepared, cook and serve breakfast for them
 - (c) Show your skill in making a dish using creaming method and cost it.
 - (d) Calculate the iron content of the breakfast meal.
42. The school Board of governors is coming to inspect the Home Economics Department.
- (a) Make items to show your skills in using the following in cookery
 - (i) Yeast
 - (ii) An appetizer
 - (iii) Sweet potatoes
 - (b) Together with the dishes in (a)(ii) above, select, prepare and cook other dishes to complete a three course meal for three members of the Board of Governors.
 - (c) Show your skills in preserving leafy vegetables.
 - (d) Calculate the protein content of the Board of Governors' meal.
43. (a) Prepare, cook and serve a three course dinner meal for three business women who are overweight.

- (b) Using the following, prepare a dish in each case and serve with a hot beverage:
- (i) Whisking method
 - (ii) cheese
- (c) Calculate the energy content of the three course meal
44. Your school is expecting three visitors who are lacto-vegetarians.
- (a) Prepare a three course luncheon for them
 - (b) Using flaky pastry, prepare an interesting dish and serve with tea
 - (c) Calculate the protein content of the three course meal.
45. (a) Using the following processes in cookery, prepare, cook and serve a dish in each case.
- (i) Stuffing
 - (ii) Clarifying (showing the use of eggs in cookery).
- (b) Together with the dishes in (a)(i) and (a)(ii) above, prepare dishes to complete a three course meal for three school teachers.
- (c) Show your skills in making the following
- (i) Somosas
 - (ii) An item from creaming method
- (d) Calculate the protein content of the three course meal.
46. (a) Showing your skills in using energy and time saving equipment, prepare, cook and serve a three course lunch for two manual workers
- (b) Using the following processes, prepare, cook and serve a dish in each case
 - (i) Steam as a raising agent,
 - (ii) Deep fat frying
 - (c) Calculate the vitamin B1 (Thiamine) content of the three course meal

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