

20. (a) Giving four good sources, name one high biological value nutrient which may be used in the diet of an infant. (2 marks)
(b) What role does that nutrient play in the diet? (6 marks)
(c) State what happens when vitamin C is omitted from the diet of the above infant. (6 marks)
(d) How would you reduce loss of vitamin C during the preparation of fresh vegetable salad. (6 marks)
21. (a) Giving two examples in each case outline the major classes of carbohydrates.
(b) How does the body benefit from rice when eaten as part of a meal?
(c) What are the problems caused by a diet lacking proteins?
(d) Outline four effects of heat on a fried egg.
22. (a) What are the major causes of cuts in the kitchen?
(b) What first aid would you administer to help the following categories of people?
(i) a person with severe nose bleeding
(ii) an individual who has been scalded by steam?

(c) What are the advantages of using gas as fuel in the kitchen?
(d) Why is flour sieved during cake making?
23. (a) Why are eggs and margarine important in baking of cakes?
(b) List the general rules for making cakes.
(c) Why are four mixtures aerated?
(d) Mention different ways of detecting a cake which is well cooked or ready.
24. (a) Outline four different methods of cooking and classify them.
(b) List the points to bear in mind when deep frying food.
(c) Why are fried foods popular among adolescent?
(d) Why is proper refuse disposal important in the kitchen?
25. (a) Explain why fresh fruits are important in the diet.
(b) What would happen if these food stuffs are omitted from the diet.
(c) State the functions of the following food substances in the diet
(i) fats
(ii) vitamin A

(d) What would you bear in mind when preparing and cooking a meal for a sixty year old grandmother?
(e) What roles do beverages play in the diet?
26. (a) Why is it important to eat cooked food?
(b) State the properties of:
(i) sugars
(ii) proteins
(c) What are the advantages of including some uncooked foods in the menu?
(d) How would you make use of left over bread in the kitchen?

27. (a) Explain why the following nutrients should be included in the diet
- (i) Iron
 - (ii) Iodine
 - (iii) Riboflavin (Vitamin B2)
- (b) State the economic value of carbohydrates.
- (c) Give four different ways of using carbohydrates in food preparation.
28. (a) Why is it necessary to eat food?
- (b) Mention three factors which may affect the metabolic rate of an individual.
- (c) (i) What is malnutrition?
- (ii) Outline four causes of malnutrition in Uganda today and suggest a remedy for each of the causes
29. (a) Describe three kitchen formations/layouts which maybe used in homes.
- (b) How can natural light be introduced in the kitchen.
- (c) How would you care for each of the following kitchen items so as to keep them in good condition:
- (i) Kitchen knives
 - (ii) An electric cooker
- (d) Give five guidelines for safety in the kitchen.
30. (a) What are the causes and possible results of food contamination?
- (b) Explain fully why reshuffle cookery is important in the kitchen.
- (c) Explain each of the following terms and state how each of them can be utilized by a cook:
- (i) Blanching
 - (ii) Folding-in
 - (iii) Binding
 - (iv) Kneading
 - (v) Rind
31. (a) What role do eggs play in cake-making?
- (b) How can one determine the freshness of an egg.
- (c) Give seven ways of using eggs in the home.
- (d) How would you safely store eggs in the home.
32. (a) What are convenience food?
- (b) Illustrate how convenience foods can be beneficial to a working house wife.
- (c) What are the disadvantages of using a pressure cooker?
- (d) Describe how to unload a pressure cooker after cooking food.
33. (a) What is a sauce?
- (b) What role do sauces play in the diet?
- (c) Explaining how each is done, mention four ways of thickening sauces.
- (d) What is the right consistency of a coating sauce?

34. (a) Mention two labor-saving devices which may be used in the kitchen
(b) For each of the above devices, give five advantages of using it.
(c) State how you would care for each of the following kitchen equipment:
(i) a refrigerator
(ii) a kitchen weighing scale
35. (a) What is pastry?
(b) Name three types of pastry and explain what each is.
(c) List seven rules for making pastry.
(d) Compare rubbed in and creamed cake-mixtures.
36. (a) Why are buffet meal arrangements commonly used on functions?
(b) Explain how you can economise the following resources in a home:
(i) Electricity
(ii) Money spent on food
(iii) Human labour
(c) Outline eight points to bear in mind when planning cooking and serving packed meals.
37. (a) What are deficiency diseases?
(b) Outline the signs and symptoms of each of the following:
(i) Scurvy
(ii) Rickets
(iii) Kwashiorkor
(c) Why do adolescent girls and expectant mothers require high amounts of Iron in their diets.
38. (a) What would you consider when selecting fruits and vegetables for preservation.
(b) Describe in detail the method you would use to preserve one of the most common fruit in your home area.
(c) Illustrate two ways you would make use of the product in (b) above in your own community.
39. (a) Differentiate between lean and oily fish
(b) What role does fish play in the body of the elderly?
(c) State the economic value of fish in the diet.

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