

O' LEVEL FOODS AND NUTRITION SEMINAR -2018

1. (a) Elaborate the different classes of lipids
(b) Explain the properties of lipids, giving their culinary application.
(c) Lipids have a higher energy value than carbohydrates of the same quantities. Why isn't lipids first option energy giving foods?

Old Kampala SS

2. (a) With examples, classify vitamins.
(b) Explain what happens when the body receives inadequate amounts of niacin for a long period of time.
(c) State the symptoms of marasmic Kwashiorkor in the body of a child.
(d) What could be done to reverse the condition?

Gayaza high school

3. Describe any five steps taken in the making of pitta bread.
(b) Define the following terms and how they are applied
 - i. Blanching
 - ii. Binding
 - iii. Shredding
 - iv. Glazing
 - v. Basting
 - (vi) Marinating
 - (vii) Garnishing
 - (viii) A course of a meal
 - (ix) Menu
 - (x) Bouquet garni

Kololo SS

4. (a) Explain the importance of proper meal planning
(b) Write down the recipe for battered fried fillet.
(c) Why do we use short, gentle strokes in rolling pastry?
(d) Explain the principles followed in preparation and cooking of deep fried beef pies.

Midland H/S Kawempe

5. (a) State the nutritive value of well-prepared giblets.
(b) Explain the role of Vitamin A in the body.
(c) Outline the benefits of coating to fried foods.
(e) What are the dangers of feeding on highly polished foods?

Kings college Buddo

6. Differentiate between the following
 - i. Skimmed milk and condensed milk
 - ii. Butter and batter
 - iii. Simmering and poaching
 - iv. Salads and convenience foods
(b) State the uses of cream in food preparation.

(c) Explain the effects of dry heat on proteins.

St Mbuga Vocational School

7. Define the following terms

- i. Borderline nutrition
- ii. Hydrogenation of lipids
- iii. Gelatinization of starch
- iv. Caramelisation of sugars
- v. Condiments

- (b) i. Explain the different ways of raising flour mixtures.
ii. Explain the importance of sifting dry ingredients during cake preparation

Mengo SS

8. (a) What are the different ways of reducing fatigue in the kitchen?

(b) Outline the importance and food sources of the following

- i. Potassium
- ii. Iron
- iii. Zinc
- iv. Calcium.

Our Lady of Good Counsel Gayaza

9. (a) With examples of local dishes, clearly explain the difference between direct and indirect steaming

(b) State the effects of deficiency of vitamin C.

(c) Explain the properties of the following

- i. Carbohydrates
- ii. Water
- iii. Proteins.

Naalya ss Namugongo

10. (a) State how bulimia nervosa differs from anorexia nervosa.

(b) Describe the physical and chemical digestion of a well-drained grilled beef

(c) State the effects of deficiency of dietary fibre.

Makerere college school

11. (a) Give the causes of the following faults in cookery.

- i. Heavy “sad” bread
- ii. Mould growth on jam
- iii. Tough and hard pastry.
- iv. Cake sunk in the middle.

v. Vegetable rice not grainy.

(b) How is gelatin used in cookery in order to obtain good results?

Lubiri SS

12. Explain what happens to an egg when it is left in the pantry for a much longer duration.

(b) State the effects of heat on eggs.

(c) Milk is a perfect food, discuss

St Mary's college Kisubi

13 (a) What are the roles of the following in food preparation?

i. Fat

ii. Yoghurt

iii. Sugar

(b) Explain the principle provision for good labeling and regulation.

Masaka SS

(a) Describe the following

i. Convection heat transfer

ii. Pasteurization of milk

iii. Rancidity of a lipid

iv. Obesity

(b) State the dangers of over indulgence on convenience foods.

St Noa's Girl's SS Zzana

14 (a) Explain the importance of garnishes and decorations in food service.

(b) How do you ensure digestibility of tough cuts of meat?

(c) Suggest any six personal hygiene rules that a person preparing food should follow.

Kawempe Muslim SS

15 (a) What is first aid and why should it be taught?

(b) Describe the first aid you can give to a friend who has had a snake bite.

(c) State the general safety measures to ensure minimum occurrence of accidents at home.

Lubiri High School

16 (a) i. List any eight examples of yeast dishes.

ii. Name the enzymes and their roles during alcohol production in dough proofing

(b) State the other examples of raising agents than yeast.

(c) Explain the different ways of preserving food.

Kibuli SS

17 (a) Explain the points one should consider when buying equipment to be put in a kitchen

(b) With the aid of diagrams, describe the different kitchen layouts.

(c) i. Give reasons why eggs are added to most flour mixtures.

ii. How can one identify the stale egg?

Hope SS

18 Define “pastry” and give its classes.

(b) State the rules for making pastry dough.

(c) Explain what happens to a cake in a baking tin during its cooking period.

Bugema Adventist SS

19 Draw the structure of wheat grain and indicate the following parts

(i) Bran

(ii) Sultellum

(iii) Aleuron layer

(iv) Germ

(v) Endosperm

(b) Describe the milling process of wheat flour up to the packing stage.

(c) Give reasons why whole wheat flour is not commonly used at home

Kitante Hill SS

20 (a) State any four lipids commonly used in food preparation.

(b) Giving an example, define the term “limiting amino acid”

(c) What is the nutritive value of cereals?

(d) Draw well labeled yeast cells.

(e) In which ways is yeast useful and harmful to man.

Rubaga Girls SS

21 What are the principles underlying the preparation of;

i. Jam pastries

ii. Sauces

iii. Cakes

(b) Discuss the nutritive value of the following foods;

i. Tofu

ii. Rice

iii. White fish

Bishop Cipriano Kihangire

22 Discuss proteins under the following headings

i. Properties

ii. Functions

iii. Classification

- iv. Food sources
- v. Digestion

(b) State the symptoms of protein deficiency in children.

Bishops's SS Mukono

23 State the merits and demerits of including the following in the diet.

- i. Flavourings
- ii. Sauces
- iii. Soups
- iv. Left over foods.

(b) Plan a triplex dish for an eight month baby to show protein supplementation.

Kalinabiri SS

24 (a) What preparations do you make before going out to shop for food?

(b) Name one dish you would prepare for lacto vegetation and describe how you make it.

Mariam H/S

25 (a) i. Name any four solid fuels you know

ii Write the advantages of each mentioned fuel in 26 a (i) above

(b) i. State the advantages of using electricity as a fuel.

ii. Explain the reasons why electricity in Uganda is expensive

Lugazi Mixed School Naalya

26 (a) How would you care for a refrigerator at home?

(b) State the effect of heat on;

- i. Fruits.
- ii. Rough puff pastry

(c) Discuss how colour and texture changes would be managed during the preparation of a fruit salad.

Mityana Secondary School

27 (a) Outline the dietetic value of chicken

(b) Vegetables are versatile foods at home; explain this statement in reference to;

- i. Nutritive value
- ii. Uses in cookery

(c) Despite the prices of eggs being high, people still buy them. Give the justification of this statement.

Mt St Mary's Namagunga

28 (a) How would you advice a local farmer to produce good milk and keep it safe?

(b) Explain the different types of cheese found on market in Uganda.

(c) What are the uses of cheese in the diet?

29 Define the following terms;

- (i) starters
- (ii) courses
- (iii) Desserts
- (iv) Main meal
- (v) Main dish

(b) Give the qualities of a good kitchen refuse bin

East H/S Ntinda

30 State the factors to consider when choosing methods of cooking.

(b) Explain how cooking is done by the following methods

- i. Microwave cooking.
- ii. Pressure cooking

(c) Outline the guidelines to be followed when using a pressure cooker.

(d) Explain how you would improve the digestibility of meat.

St Mary's Namaliga

31 Describe the dietetic value of the following foods

- i. Vegetables
- ii. Cereals
- iii. Poultry

(b) Explain the functions of vitamins A, B₁, B₂, C and D

St Augustine College Wakiso

32 (a) Discuss the different ways of adding the following to the dishes on the menu.

- i. Interest and value
- ii. Dietary fibre content

(b) Outline the ingredients and state the method of preparing the following dishes

- i. Posho delite
- ii. Cheese scones

(c) Write down the suitable accompaniments to the dish in (b) (i) above to complete a main course of a meal.

Namagabi Secondary School

33 Define the following terms

- i. Biological value of proteins
- ii. Food
- iii. Snack
- iv. Conjugated proteins
- v. Seasoning

- vi. De-amination
- vii. Hydrolysis of starch molecules.
- viii. Nutrients
- ix. Denaturation

(b) Explain why uncooked starch is indigestible in the human gastro intestinal tract.

Uganda martyrs Namugongo

34 Discuss the classification of each of the following nutrients

- (i) Proteins
- (ii) carbohydrates

(b) Give reasons why boys have higher energy requirements than girls of the same age.

Bulo parents Butambala

35 Explain how the following nutrients work together to perform their physiological roles in the body.

- i. Riboflavin, niacin and thiamine.
- ii. Phosphorous, Vitamin D and calcium
- iii. Vitamin C and Vitamin E
- iv. Proteins, Vitamin K and Calcium
- v. Iron, Folate and Vitamin B12
- vi. Sodium, potassium and phosphorous

Gombe Secondary school

36 What are the causes of food spoilage?

(b) Explain the principles of food preservation.

- i. Differentiate between the following preservation methods.
- ii. Accelerated freeze drying and fluidized bed drying.
- iii. Blast freezing and cryogenic freezing.
- iv. Sterilization and ultra-heat treatment.

St Elizabeth Girl's School Mityana