

Food & Nutrition 2
0540

CAMEROON GENERAL CERTIFICATE OF EDUCATION BOARD

General Certificate of Education Examination

JUNE 2020

ORDINARY LEVEL



Subject Title	Food and Nutrition
Paper No.	2
Subject Code No.	0540

Two and a half hours

ANSWER ANY FOUR QUESTIONS

You are reminded of the necessity of good English and orderly presentation of work.

Tabulate wherever possible and use diagrams where appropriate.

Turn Over

1. (a) Identify six (6) roles of exercise in health. (6 marks)
(b) State seven (7) means through which bacteria can be transferred to food. (7 marks)
(c) Enumerate the deficiency diseases of the following nutrients: Vitamin A, Vitamin C, Protein, Calcium, Iron, Iodine and Florine. (7 marks)
(d) Mention five (5) items present in a first aid kit and give their uses. (5 marks)
(Total = 25 marks)
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2. (a) Explain four (4) uses of eggs in cookery. (8 marks)
(b) Describe the effects of heat on fats. (6 marks)
(c) State six (6) personal hygiene rules that contribute to food safety in the kitchen. (6 marks)
(d) Outline five (5) reasons for the use of food additives. (5 marks)
(Total = 25 marks)
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3. (a) List seven (7) rules for making stock. (7 marks)
(b) Enumerate six (6) basic rules to follow for the successful use of a freezer. (6 marks)
(c) State seven (7) points to observe when preparing left over foods. (7 marks)
(d) List five (5) mechanical raising agents. (5 marks)
(Total = 25 marks)
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4. (a) State six (6) different informations that can possibly be seen on labels. (6 marks)
(b) Enumerate seven (7) top qualities of a waitress. (7 marks)
(c) State six (6) methods of conserving nutrients in vegetables. (6 marks)
(d) State six (6) advantages of refrigerating foods. (6 marks)
(Total = 25 marks)
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5. (a) Enumerate six (6) qualities of fresh food. (6 marks)
(b) State five (5) rules in pastry making. (5 marks)
(c) List and describe briefly three (3) actions of enzyme in food that can result to food spoilage. (6 marks)
(d) List any four (4) kitchen skills of your choice and give an example of food that can be prepared using each skills. (8 marks)
(Total = 25 marks)
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6. (a) State five (5) dietary goals in the body. (5 marks)
(b) List four (4) different methods of cake making and explain four reasons for heavy texture in cakes. (8 marks)
(c) State three (3) advantages and three (3) disadvantages of labour saving equipment. (6marks)
(d) Mention six (6) ways of preventing kitchen accidents. (6 marks)
(Total = 25 marks)
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