SOUTH WEST REGIONAL MOCK EXAMINATION
GENERAL EDUCATION

THE TEACHERS' RESOURCE UNIT (TRU)
Cellule d'appui à l'action Pédagogique

IN COLLABORATION WITH
En collaboration avec

THE REGIONAL INSPECTORATES OF PEDAGOGY AND

THE SUBJECT TEACHERS' ASSOCIATIONS (STA)

Date: Wednesday 30/03/2022   **ADVANCED LEVEL**

Subject Title	Food Science and Nutrition
Paper Number	Paper 2
Subject Code Number	0740

THREE HOURS

INSTRUCTIONS TO CANDIDATES:

Candidates are required to answer **FOUR** questions, choosing one question from each section.

Each question carries **25marks**

You are reminded of the necessity for good English and orderly presentation in your answers.

In calculations, you are advised to show all the steps in your working, giving your answer at each stage.

Calculators are Allowed

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1. (a) Define the following terms as used in food science and nutrition
    i.   Poaching   (2marks)
    ii. Roux   (2marks)
    iii. Simmering   (2marks)
    iv. Kneading   (2marks)
    v.   Menu   (2marks)
   (b) State two (2) functions of Iron in the body   (2marks)
   (c) Enumerate two (2) food sources of each of the following vitamins;
       i.   Vitamin C   (2marks)
       ii. Vitamin B_1 (2marks)
       iii. Vitamin A   (2marks)
       iv. Niacin   (2marks)
   (d) List five (5) precautions to be observed when carrying out food test.   (5marks)

                                                    Total = (25marks)

2. a) i) Define Food Composition Table (FCT)   (2marks)
      ii) State the uses and limitations of the Food Composition Table   (8marks)
   b) The weights and heights of three adult males who reported to the hospital for routine medical check-up are given on the table below.

Name	John	Peter	Andrew
Weight (Kg)	96	65	65
Height (m)	1.63	1.56	1.74

      Calculate their body mass indexes   (6marks)
   c) Describe the effect of dry heat on sugar and starch   (5marks)
   d) List four (4) functions of dietary fibres in the body   (4marks)

                                                    Total=(25marks)

SECTION B

3. a) Define the following terms;
      i)   Digestion   (2marks)
      ii) Assimilation   (2marks)
      iii) Ingestion   (2marks)
      iv) Misbranded   (2marks)
      v)   Consumer   (2marks)
   b) Outline five (5) government policies to ensure adequate food security.   (10marks)
   c) Give five (5) reasons for food labeling   (5marks)

                                                    Total = (25marks)

4. a) In a tabular form describe the following health disorders by filling the blank spaces

Diseases	Causes	Signs and symptoms	Propose suitable lunch for people with these disorders
Diabetes			
Obesity			
Anaemia			
Hypertension			
=	1X4=4mks	1X4=4mks	2X4=8mks ; (Total=16marks)

   b) Define food allergy and explain two (2) types of tests for food allergy   (6marks)
   c) State three importance of a business plan   (3marks)

                                                    Total=(25marks)

SECTION C

5. a) Define the term fermentation (3marks)
    b) i) Define enzyme cofactors and list three (3) types of enzyme cofactors. (5marks)
       ii) Explain briefly the selectivity of enzyme action. (5marks)
    c) Differentiate between oil-in-water and water-in-oil emulsion (4marks)
    d) Define beverage and outline five (5) criteria to use when selecting, preparing or serving beverages (8marks)

    Total=(25marks)

6. a) Discuss the uses of the following in food preparation
       i)   Fats and oils (4marks)
       ii) Eggs (4marks)
    b) Define food additives and state their importance in food processing. (6marks)
    c) Explain the effects of the use of antibiotics by farmers (6marks)
    d) Advance five (5) reasons for preserving food products (5marks)

    Total=(25marks)

SECTION D

7a) i) Define a home garden (2marks)
    ii) Advance reasons why it is necessary for every household to own a garden. (5marks)

    b) Use the table below to classify food items grown in your community and state at least four in each class.

Energy	Protein	Vitamin A	Iron

(12marks)

    c) Differentiate between hard water and soft water (6marks)

    Total = (25marks)

8. a) Differentiate between the following
       i. Kwashiorkor and marasmus (2marks)
       ii. Food fad and food fallacy (2marks)
       iii. Convenience and organic foods (2marks)
       iv. Strict vegetarian and lacto-vegetarian (2marks)
       v. Balanced diet and mixed diet (2marks)

    b) State five (5) factors that would influence food habits (5marks)
    c) Define meal planning and outline 5 guidelines for effective meal planning (6marks)
    d) State the health benefits of a vegetarian diet (4marks)

    Total=(25marks)