

Food & Nutrition 2
0540

GENERAL CERTIFICATE OF EDUCATION BOARD
General Certificate of Education Examination

JUNE 2024

ORDINARY LEVEL

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

Duration: Two and Half Hours

ANSWER ANY FOUR QUESTIONS

ALSTUG

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

Tabulate wherever possible and use diagrams where appropriate.

Meet us at www.alstug.com



Turn Over

0000/0540/2
© 2024 GCEB

SCAN TO VISIT THE WEBSITE

1. (a) List three (3) types of kitchen (3 marks)
(b) Mention five (5) factors that can influence the size of a family kitchen (5 marks)
(c) State six (6) effects of heat during the cooking of meat (6 marks)
(d) (i) Outline six(6) rules of deep frying (6 marks)
(ii) Enumerate five (5) mechanical methods in raising mixtures. (5 marks)

Total = (25 marks)

2. (a) Mention four (4) points that might influence the preparation and consumption of food. (4 marks)
(b) List and explain three (3) reasons for poor appetite in a child. (6 marks)
(c) State five (5) rules to prevent burns in the kitchen. (10 marks)
(d) Outline five (5) features of a traditional kitchen. (5 marks)

Total = (25 marks)

3. (a) Classify five(5) vegetables stating an example each. (10 marks)
(b) A diet contains 400g of carbohydrate, 100g of fat and 100g of protein. Calculate the energy value per day (5 marks)
(c) List five (5) points to consider when choosing a refrigerator. (5marks)
(d) State five (5) rules for food hygiene. (5 marks)

Total = (25 marks)

4. (a) State four (4) functions of vitamin D. (4 marks)
(b) List six (6) sources of vitamin D. (6 marks)
(c) i) State two (2) diseases associated with the deficiency of calcium (2 marks)
ii) List three (3) advantages of steaming. (3 marks)
(d) i) Mention five (5) functions of proteins in the body. (5 marks)
ii) Outline five (5) ways of slowing down food decay (5 marks)

Total = (25 marks)

5. (a) (i) Define First aid (2 marks)
(ii) Outline seven (7) items found in a first aid kit. (7 marks)
(b) State four (4) types of food service (4 marks)
(c) Enumerate six (6) qualities of a waiter. (6 marks)
(d) Mention six (6) basic information found in an invitation (6 marks)

Total = (25 marks)

6. (a) Bring out five (5) importance of food and nutrition. (5 marks)
(b) Explain the steps involved in cake making using the creaming method. (5 marks)
(c) Give five (5) reasons why some people are vegetarians. (5 marks)
(d) i) State five (5) reasons for the increase in the number of cases of food poisoning. (5 marks)
ii) List five (5) hygiene rules food handlers must follow to keep food safe. (5 marks)

Total = (25 marks)

STOP
GO BACK AND CHECK YOUR WORK

