

FOODS AND NUTRITION S.4 TOPICAL QUESTIONS

MEAL PLANNING

1(a). Explain fully why the following points have to be considered when planning meals.

- i. Season
- ii. Age and occupation
- iii. State of health (1mark @)
- iv. Appearance of the meal
- v. Religion

(b). Make a two course lunch for two manual workers. (5marks)

(c). How is vitamin C lost during preparation, cooking and serving and how can this be prevented? (10marks)

2(a). What points should be considered when planning meals for a toddler? (6marks)

(b). What advice would you give to an adolescent diabetic girl intending to lose weight? (6marks)

(c). explain four methods suitable for cooking food for an elder person and why? (8marks)

3(a). Differentiate between a strict and lacto vegetarian. (2marks)

(b). Give five reasons that explain the presence of vegetarians in our societies? (5 marks)

(c). Describe how you can ensure that a vegan receives high biological proteins in their right quantities? (4marks)

(d). Explain the general rules to be followed when planning meals for the sick. (9marks)

4(a). Ulcers is a very common disease among the youths these days. Explain it's common causes and preventive measures. (10marks)

(b). Explain 5 factors that influence a person's feeding habits and practices. (5marks)

(c). Make a complete meal of breakfast for a 6 year school going child. (5marks)

FOODS

1(a). Describe the nutritive value of the following foods:

- i. Milk
- ii. Cereals
- iii. Vegetables (5marks)
- iv. Meat
- v. Eggs

2(a). "Milk is considered to be a perfect food." Explain? (6marks)

(b). How can cheese be made more digestible. (4 marks)

(c). Explain the following methods of processing and preserving milk.

- i. Pasteurization
- ii. Sterilization
- iii. Ultra Heat Treatment
- iv. Roller drying
- v. Spray drying

3(a). Differentiate between the following:

- i. Evaporated and condensed milk
- ii. Curdling and clotting of milk (2marks @)
- iii. Whey and curd

(b). With the aid of an illustration, describe how milk can be preserved at home without a refrigerator? (5 marks)

(c). Describe the culinary uses of milk? (6 marks)

(d). Describe the effects of heat on milk. (3 marks)

4(a). Explain eight uses of eggs in food preparation giving an example in each case. (8 marks)

(b). With the aid of illustrations, describe the different ways how you can distinguish a stale egg from a fresh one. (6marks)

(c). Describe the effect of heat on eggs. (4marks).

5(a). Explain why the fresh of fish is softer than meat. (2 marks)

(b). Outline 6 qualities of fresh fish. (3 marks)

(c). Describe at least 3 methods of preserving fish. (6 marks)



- (d). Discuss 5 suitable methods of cooking fish. (5 marks)
- (e). Give ways of storing fish to prevent its contamination? (4 marks)
- 6(a). Describe the factors that determine the toughness of meat? (5 marks)
- (b). Give 5 ways of tenderizing tough cuts of meat. (5 marks)
- (c). Outline 8 qualities of fresh meat. (4marks)
- (d). Explain the effects of both moist and dry heat on meat. (6marks)
- 7(a). Explain the dietetic value of fruits and vegetables. (6 marks)
- (b). Give 4 reasons why it is important to dress salads? (4marks)
- (c). Giving examples in each case, classify vegetables. (6 marks)
- (d). Outline the effects of heat on fruits and vegetables. (4 marks)
- 8(a). Describe the structure of the wheat grain. (5 marks)
- (b). Give four advantages of using whole meal flour over white flour. (4 marks)
- (c). Briefly describe the process of milling white flour? (7 marks)
- (d). Outline the dietetic values of break fast cereals? (4 marks)
- 9(a). Define a soup? (1 mark)
- (b). Explain the different types of soups? (8 marks)
- (c). Why is it important to include soups in the diet. (3 marks)
- (d). Outline 5 qualities of a good soup? (5 marks)
- (e). Write down a simple recipe of any named soup of your choice? (3 marks)
- 10(a). Define a sauce. (1 mark)
- (b). Outline 5 qualities of a good sauce. (5 marks)
- (c). Giving examples in each case, classify sauces? (8 marks)
- (d). How can contamination of food be prevented during preparation. (6 marks)