

PACKAGE TWO FOODS AND NUTRITION FORM TWO

1. Critically look at the following equipment in the home

- i. Pressure cooker
- ii. Gas stoves
 - a) Draw their structures
 - b) Explain the safety precautions you should follow when using them.
 - c) What are the likely accidents which occur when using those equipment?

2.a) Baking is one of the dry methods of cooking. Write the following about baking

- i. 10 examples of foods which can be baked.
- ii. 5 guidelines to follow when baking.
- iii. Any 5 faults you can note from baked items.
- iv. What are the characteristics of baked foods?

b. Write down the ingredients and procedures you can follow when baking a queen cake.

c) i. What are the examples of diseases which result from taking sweet baked items?

ii) Write down any four ways in which any two of those diseases can be prevented.

3. a) One of the basic ingredients we buy in our homes is cooking oil. The use of too much cooking oil is usually discouraged. However, the use of limited/ just enough quantities of oil is recommended.

i) Why are vegetable oils preferred to animal fats in cookery?

ii) What are the disadvantages of using too much oil in cookery?

iii) Write down any 6 foods which require oil in their preparation and specify whether they should be prepared with too much oil or very little oil.

iv. What are the characteristics of deep-fried foods?

v. During deep frying, oil can cause many accidents. How do you handle the use of cooking oil to avoid accidents and to release quality products?

vi. What first aid can you give to a person burnt with oil?

b) Explain the ingredients and procedures you will follow when making small mandazi/ daddies.

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