

S.2 FOODS AND NUTRITION QUESTIONS

1. a) Differentiate between

- i. Shallow poaching and deep poaching
- ii. Cold water stews and white stews

b) What nutrients are usually lost with the following methods of cooking?

- i. Boiling
- ii. Steaming
- iii. Roasting

c) Why is frying taken as a dry method of cooking?

2a) We are usually advised to add stock instead of water when preparing stews and other boiled foods. Research on how you can make your own

- i. Vegetable stock
- ii. Meat stock

b. Give any two reasons why is it better to use stock other than water in stews.

c) Explain any 4 rules that should be followed when boiling pasta.

3a) Why would you advise a family to have more than one source of fuel?

b) Classify the sources of fuel in your community into renewable and non-renewable fuels.

c) Why is the use of paraffin and oil stoves phasing out in many town areas of Uganda?

d) Briefly explain the general care that should be given to cooking equipment in the home.

4 a) Differentiate between

- i. Dry baking and increased humidity baking.
- ii. Searing and pot roasting

b) i) What guidelines would you follow when roasting to achieve quality products?

ii) Give examples of foods you can roast at home.

iii) What faults can we get as a result of poor means of roasting?