

PACKAGE TWO S.3 FOODS AND NUTRITION

1. Write down the balanced meals you can prepare in the following cases

- a) Breakfast
- b) Buffet
- c) Luncheon
- d) Cocktail
- e) Packed lunch

2a). Write down examples of dishes you can prepare from

- i. Convenience foods
- ii. Rechauffe' cookery
 - a) What guidelines can you follow when preparing the Rechauffe dishes.
 - b) What are the advantages and disadvantages of making dishes from the categories in 2 (a) above?

3a) With examples, explain the difference between the following?

- i. Two course meal and second course of a meal
- ii. Three course meal and third course of a meal
- iii. Food and Dish
- iv. Dish and meal
- v. Diet and meal
- vi. Brunch and lunch

4a) i) What do you understand by the term stuffing as used in cookery?

ii) Give examples of foods that can be stuffed. (check the recipe books)

iii) What guidelines should be followed when stuffing foods?

5a) Define the term marination.

b) Explain how you can prepare a marinade for use in meat cookery.

c) What are the advantages of marinating meats before cookery?

6a) Planning is essential before starting practical work. One of the things done a few hours before the practical exam is previous preparation.

- a) Write down ten crucial things that are supposed to be done during previous preparation.
- b) Identify the different food service equipment that should appear on the table and give their functions.
- c) What factors should be considered when setting a table for a meal
- d) Differentiate between formal and informal table setup.**

END

It is a must to attempt these questions. Please share with your colleagues. Remember we are still not ok in the practical related aspects. Make use of the Recipe books, Internet services, Lesson notes and consultation from our WhatsApp group to attempt these questions.

ADDITIONAL QUESTIONS

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.

END