

1.

i	ii	iii	iv	v	vi	vii	viii	ix	x
B	C	B	B	D	B	B	B	B	B

1 marks @ 10 marks

2.

i	ii	iii	iv	v	x
C	D	E	G	F	

1 marks @ 5 marks

3. i Salad; Is a cold dish which is made by using a mixture of raw or cooked vegetables and fruits sometimes accompanied by meat or fish. It can be dressed with oil, vinegar, or other dressing.

ii Fruits

- Is a flesh, edible part of a plant. It may or may not contain seeds. It is typically sweet, sour or bitter. Fruits can be eaten raw such as ripe banana, oranges, mangoes and peaches or cooked to make various dishes.

iii Soup; Is a liquid dish made by boiling ingredients like vegetables, meat, fish, beans or grains in water or stock until their flavours mix together.

iv Food; Is anything we eat or drink that gives our body energy, nutrients and materials to grow, stay healthy and function.

v Appetizer; Is a solid or liquid food taken before a main meal to stimulate the appetite.

2 marks @ 10 marks

4.

- i. Liver
- ii. Eggs
- iii. Carrots
- iv. Mangoes
- v. Paw-paw
- vi. Pumpkin

(b) Functions of Vitamin A in the body

- i. Help to promote healthy skin and body tissues
- ii. Strengthens the body immune system to fight diseases
- iii. Supports proper growth and development of bones and teeth.
- iv. Help to improve body to improve eye sight.

(c) Night blindness

1 marks @ 10 marks

5. (a) Chemical properties of nutrients

(b) Chemical Composition

(c) Source or Origin

(d) The function it performs in the body

- i. It provides energy for work and body activities
- ii. Repairs worn-out body tissue
- iii. Protects the body against diseases
- iv. Maintains good health and proper body functioning
- v. It is a source of antibodies formation
- vi. It provides semi-permeability of the cell

1 marks @ 10 marks

6. (a) Development of body tissues

- ii Production of antibodies which help the body to fight against diseases
- iii Formation of enzymes and hormones for regulating body processes
- iv Supplying the body with energy when a meal does not provide enough carbohydrate and fat.
- v It promotes deamination process to convert well into the body
- vi It facilitates permeability of the cell during transportation

1 mark @ 6 marks

(b) Food preparation

- Food may come in contact with water, heat and air. These elements may affect the stability of food nutrients. There may be noticeable changes in appearance, texture and flavour. Nutritive values of foods may also be affected when subjected to different food preparation methods.

(i) Food Storage

- The storage condition stated for any food product should be considered to ensure its quality and nutritional stability. Example, iodized table salt should be stored in a covered container in a cool dry place to prevent it from absorbing moisture from the atmosphere.

2 marks each @ 4 marks

7. (a) Meal planning: is the process of selecting and organizing meals in advance to meet nutritional needs, budget and family preference.

(b) i Age of the family member

ii Health condition

iii Income or budget

iv availability of food

v Occupation or activity level

(c) i It should contain body-building foods

- A balanced diet should include protein-rich foods, which are essential for growth, repair and maintenance of body tissue

ii It should contain protective foods rich in Vitamins and minerals

- A balanced diet should provide sufficient Vitamins and minerals, which help protect the body against disease and ensure proper body functioning

iii It should be served in the right proportion

- A balanced diet must contain nutrients in the correct quantities according to a person's age, sex, health status and activity level.

iv It should contain roughage (dietary fibre)

- A balanced diet should contain adequate roughage or fibre, which helps in digestion and prevents constipation

v It should contain energy-giving foods

- A balanced diet should include foods that provide energy for daily activities and body function

1 marks @ 10 marks

8. @ i The water used should be in a boiling state before you put food in the steamer

ii Steam must be produced constantly during cooking

iii To maintain the water temperature, boiling water should be added when needed

iv When opening the lid, direct the steam away from you to avoid getting scalded

v The instructions given by the manufacturer should be followed when steaming vegetables using a food steamer

bi Nutrient loss is reduced since the food does not get in contact with the cooking water directly

ii Steaming allows food to retain its natural flavour, colour and texture

iii Steaming is a low-fat cooking method since it does not require the addition of fat or oils

iv Foods cooked by steaming are light and easy to digest; therefore, it is a suitable cooking method for invalids and convalescents.

v It improves the appearance and odourness of the food during serving

A marks @ 10 marks

9. @ i Protein

- Strengthen and repairing of body tissues

ii Carbohydrate

- Production of energy into the body

iii Fat

- Protection of Internal organs against physical damage

b i Wash and cut the meat into small pieces

ii Boil the meat with little salt until it is slightly tender

iii Remove unwanted particles from the rice and wash it

iv Dice the onion finely

v Peel and crush the garlic

vi Fry the onions until they are slightly brown, add garlic and other spices. Continue stirring them until they attain a brown colour

vii Add boiled meat without stock and continue stirring for 5-7 minutes

viii Add rice and stir it for 2-3 minutes

Δ marks @ 10 marks

40. Factors to consider when preparing vegetables for cooking.

- i To avoid nutrient loss, use fresh vegetables & immediately after removing them from the refrigerator
- ii Vegetables which are to be eaten raw should be thoroughly washed with a mild clean and safe water
- iii Use a sharp knife to avoid damaging the cells containing vitamins
- iv Do not cut vegetables into small pieces or expose them to air to prevent oxidation which destroys vitamins B and C
- v Shred or cut vegetables after washing them to minimize the leaching of nutrients
- vi Prepare vegetables just before cooking.

Introduction - 1½ marks

Main body - 2 marks each @ 12 marks

Conclusion - 1½ marks.

Total - 15 marks.