

# Presently, this is Food and Nutrition Past Question & Answers

## Question 1

(a) (i) State three general functions of vitamins in the body

(ii) Give two reasons why the body needs vitamin A.

(b) (i) State two functions of mineral salts in the body

(ii) List four causes of food decay.

### Observation

This is one of the candidates' strengths as they gave enough information required by the question. The answers to the question are:

#### 1(a)i. GENERAL FUNCTIONS OF VITAMINS

- Vitamins help to prevent infections
- Vitamins help to prevent diseases
- They assist in the regulation of body processes
- They assist in digestion of food
- They assist in the formation of body cells
- They act as catalyst for certain biochemical/chemical processes in the cells and tissues.
- They assist in the metabolism of nutrients
- Assist in the functioning of adrenal glands.

#### ii REASONS FOR VITAMIN A IN THE BODY

- For normal growth
- For good sight/vision
- For healthy skin
- For healthy lining of bronchial tubes (mucous) membrane
- For resistance of disease
- For resistance to infection

#### (b)i. FUNCTIONS OF MINERAL SALTS IN THE BODY

- To maintain healthy bones and teeth
- To form strong bones and teeth
- To help in the formation of body cells
- To maintain the water balance
- To assist the various chemical processes in the body
- For proper growth
- For the maintenance of acid base balance in the body
- Helps in the secretion of hydrochloric acid in the stomach.

#### ii. IMPORTANT GROUPS OF PEOPLE WHO NEED CALCIUM

Infants/Children, adolescents, pregnant women, lactating mothers and the aged.

(1) Children

- Reasons: (i) for growth  
(ii) for building strong bones and teeth

(2) Adolescents - (i) for growth

- (ii) for the development of healthy bones and teeth.

(3) Pregnant Women - Foetus

- (i) for proper development of the foetal skeletal system.  
(ii) for proper formation of bones and teeth.

(b) For the mother - For proper maintenance of bones and teeth.

(4) Lactating mother -

- (i) To produce adequate supply of calcium for herself to prevent osteomalacia  
(ii) To produce adequate supply of calcium for the baby's bone and teeth formation.

(5) The aged (i) To maintain healthy bone and teeth

- (ii) To prevent osteoporosis

## Question 2

(a)(i) State two reasons for preserving food.

(ii) List four causes of food decay

(b)(i) Define pectin

(ii) List four points to consider when bottling fruits.

### Observation

The candidates performed well in part (a) of this question by given good reasons for preserving food and causes of food decay. But majority of the candidates could not define pectin and state points to consider when bottling fruits.

**The expected answers to this question are:**

#### 2.(a)i. REASONS FOR PRESERVING FOOD

- To save money
- To stop the enzymic action
- To save food
- For convenience, easy transportation and storage
- For future use/to make it available during off season
- For variety
- To prevent spoilage/to prolong the shelf life or life span.
- To economize
- To avoid wastage of food

#### (ii) CAUSES OF FOOD DECAY

- Enzymes
- Insects/flies e.g. houseflies, cockroaches, weevils etc

- Oxidation
- Moulds
- Rodents
- Bacteria
- Fungi

**(b)\(i) PECTIN:**

Pectin is a gum like substance found in fruits that helps jams to set. It is a chemical compound similar to sugar, formed in fruits by ripening process or it is a gum-like starchy substance found in fruits that helps jam to set.

**(ii) POINTS TO CONSIDER WHEN BOTTLING FRUITS**

- Warm bottles before filling
- Use firm, just ripe fruits
- Use good quality fruits
- Prepare appropriately
- Use steriizedjars with new rubber bands
- Pack carefully
- Fruits must be free from insect bites
- Sterilize in oven, water bath or pressure cooker
- Bottles must be kept about two inches apart
- Label and date properly
- Cover the bottles immediately after filling
- Wipe the rims of the bottles quickly
- Use fruit in season
- Cover with wax paper

**Question 3**

- (a) State clearly steps to follow in making a cake using the whisking method.
- (b) List four dishes made by using the whisking method.

**Observation**

This question called for practical lessons and because of the lack of knowledge in this practical question, the candidates performed poorly in the question. The candidates were expected to answer the question as follows:

**(a) STEPS FOR MAKING A CAKE BY WHISKING METHOD**

- Weigh ingredients accurately
- Prepare the baking tin and pre-heat oven.
- Pour sugar into mixing bowl
- Break egg into plate, add essence and add to sugar
- Whisk until mixture is thick and frothy over a bowl of warm water
- Sift flour over mixture, cut and fold using metal spoon.
- Pour into baking tin and bake in hot oven until golden brown.

- Cool on a cooling rack

**(b) DISHES MADE BY USING WHISKING METHOD**

Sponge cake, swiss roll, sponge fingers, genoese sponge, sponge sandwich, macaroons, meringues

## Question 4

(a) (i) Enumerate three advantages of a supermarket to the working homemaker.

(ii) State four points to consider when selecting canned food items.

### Observation

The part (a) of this question was not well handled by most candidates as they could not state the advantages of supermarket to the working home maker. They did not comprehend the question so gave it wrong approach.

#### (a)i. ADVANTAGES OF A SUPERMARKET TO THE WORKING HOMEMAKER

1. - One can make all purchases under one/the same roof.
2. - It is time and energy saving to patronize the supermarket.
3. - One is always likely to get fresh items to buy due to the high turnover.
4. - The individual is exposed to new items
5. - People are always on hand to answer the individual's question and clarify issues.
6. - There are always people to help the home maker pick and pack.
7. - The cleanliness and ventilation of the supermarkets prevents contamination of the fresh food items.
8. - Prevents the stress for the homemaker.

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**WAEC**



**GCE**

#### (ii) POINTS TO CONSIDER IN THE SELECTION OF CANNED FOOD ITEMS

1. - Choose canned items that are not bloated
2. - Check the seams of can for any leakage/swelling
3. - The can should not be rusted
4. - The label should have their original colour
5. - Check the expiring date and also make sure that it has not been cleaned off and rewritten.
6. - Make sure instructions for preparation, place of origin and other vital information are on the label.
7. - Whenever possible, buy family size items for the family/home since these are cheaper.
8. - Choose canned items that are not dented.

#### (b) POINTS TO BEAR IN MIND WHEN PURCHASING IN BULK

1. - Make sure there are storage facilities for items to be purchase
2. - Check to find out which food items is in short supply in the home.
3. - Check to find out where to get items to buy.
4. - Check and compare prices of items before purchases are made.
5. - Make a list of all items to be bought to avoid impulse buying.

- 6. - The nature of foodstuff - perishable or non-perishable.
- 7. - Rate of consumption of the food item
- 8. - The amount of money available
- 9. - Consider the foods in season
- 10. - Buy from wholesalers
- 11. - Consider availability and cost of transport.
- 12. - The size of the family.

## Question 5

- (a) State six rules for table setting
- (b) Explain the following terms:
  - (i) food fad
  - (ii) food taboo

### Observation

The (a) part of this question was misunderstood for table manners and so they gave wrong answers for rules for table setting. The (b) part on food fad and food taboo were interchanged for each other by many candidates so it was their weakness as they could not comprehend the question and this gave them set back in their [scores](#).

## 5 (a) RULES FOR TABLE SETTING

- All table wares must be cleaned, polished and dried before use
- Arrange the cutlery in order of use by placing the one that will be used first at the far-end.
- Table linen should be well laundered
- The edges of cutlery should be an inch from the edge of the table.
- The bowls of spoons and prongs of fork should be turned up and the sharp edge of the knife turned towards the plate/inwards.
- Tumblers and wine glasses should be turned up and drinks should not be poured into them before the arrival of guests.
- Serviettes/napkins may be folded neatly and put into serviette ring or on the side plate or inside the tumbler.
- Set a table in a clean environment.
- The cruet set is placed at the centre of the table within easy reach of the guests.
- Centre piece should not be too high for guests to see one another easily.
- Centre piece may be placed at the centre of the table or at the end.
- Use the correct cutlery for the type of dishes chosen.

(b) Food fad:

A fad is a food habit that people become interested in for a relatively short period of time or food fads are some practices about food, engaged in by people for relatively short period e.g. fried rice was very popular some time ago.

### Food Taboo

Food taboos are foods that are forbidden to be eaten by a group of people or tribe for one reason or the other due to religious, cultural or other reasons.

## Question 6

- (a) State four advantages of experimental cookery.
- (b) List and explain four ways of bringing varieties into root vegetable meals.

## **Observation**

This question is another candidates' strength. Majority of candidates attempted this question performed wonderfully well as they were able to list ways of bringing varieties.

They were expected to answer the question as follows:

### **(a) ADVANTAGES OF EXPERIMENTAL COOKERY**

1. - the less known foodstuffs are identified
2. - the less known foodstuffs are being encouraged for use.
3. - there is an in-depth knowledge about ways of preparing dishes.
4. - other ways of preparing and serving different foodstuffs are identified.
5. - there is room/ability to improve the nutritive value of the food.
6. - new recipes are added to the existing one.

### **(b) WAYS OF BRINGING VARIETIES TO ROOT VEGETABLE MEALS**

1. Introduction of other cooking methods - different methods of cooking should be introduced to improve the texture and appearance.
2. Variation of serving dishes - the meals can be served in different ways. Roots can be used for balls, cakes, chips and salad.
3. Creativity in food preparation - this enhances different ways of preparation and serving meals.
4. Improvement of new skills- instead of cutting roots and boiling, could be mashed and made into balls, cakes, pottage or cut/grated into strips for chips/flakes.
5. Improvement of nutritive values:- there is the addition of other foodstuffs and so the whole meal is improved.
6. Improvement in taste:- flavouring and seasonings are added for better taste.