

2018 WASSCE FOODS AND NUTRITION –THEORY SOLUTION

1(a)

They are food additives added to improve flavour, appearance, texture, colour and to preserve foods.

(b)

It improves colour and appearance of foods.

It improves nutritive value of foods.

It enhances flavour of foods.

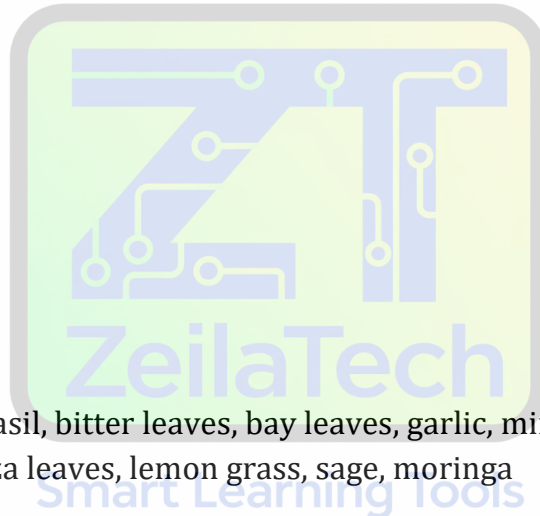
It acts as preservatives of food.

It serves as garnishes.

It improves appetite.

It adds variety to meals.

It acts as tenderizers.



(c)

(i) Herbs; Curry leaves, thyme, basil, bitter leaves, bay leaves, garlic, mint leaves, rosemary, angelica, parsley, onion, tea bush, uziza leaves, lemon grass, sage, moringa

(ii) Spices; Cinnamon, nutmeg, curry powder, cloves, caraway seeds, cayenne pepper, pepper corn, turmeric, mustard, ginger, paprika, saffron, dawadawa, vanilla, prekese.

2(a)

I: Bran

II: Endosperm

(b)

I: Bran: It is made up of many layers of cellulose and rich in mineral salts and B-vitamins.

II: Endosperm: It forms the largest part of the grain, about 80%, and rich in starch /carbohydrate and protein.

(c)(i).

- >It acts as thickening agents e.g. sauces and soups
- >It is used as coating agents e.g. batters, seasoned flour
- >It is used for making snacks e. g. cakes, pastries
- >It is for making desserts e.g. pudding
- > It acts as binding agents e.g. croquettes
- >It acts as accompaniments or staples to main dishes
- > It is used in invalid-cookery
- >It enhances colour of food

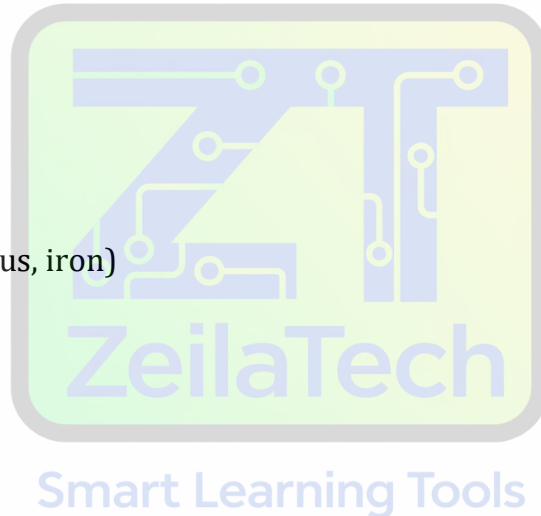
(c)(ii).

Protein

Carbohydrates

Vitamins

Mineral salts (calcium, phosphorus, iron)



3(a)

- >Body building foods
- > Protective foods
- > Energy-giving foods

(b)

- Body building foods: Animal/dairy products, legumes/beans, nuts and oily seeds
- Protective foods: Fruits and vegetables
- Energy giving foods: Cereals and grains, starchy roots and plantain, fats and oils

- Biological/Physiological Functions

To satisfy hunger

It provides heat and energy to the body.

It contains nutrients that aid growth

It repairs worn out tissues

It protects the body against diseases

- Social Functions

It acts as a tool for hospitality.

For starting and maintaining relationships/acceptance

As part of socialization process

To determine social status

- Psychological/Emotional functions.

To show love and affection

To reward good behavior

To satisfy emotion

- Cultural Functions

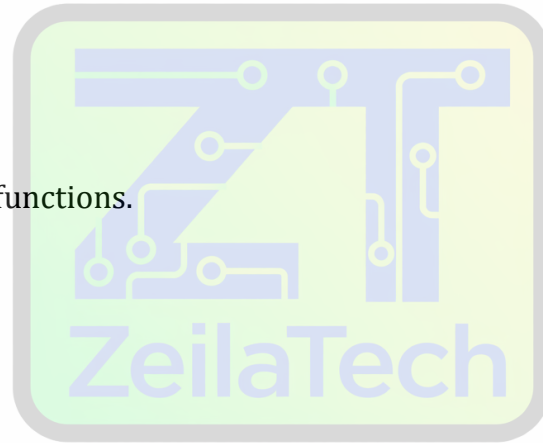
To identify/tell the culture/history of the people

To show concern for the sick, less privileged, bereaved

To rejoice during joyous moments e.g. birth, weddings

To learn about the dishes of other cultures

To improve on the existing recipes



Smart Learning Tools

4 (a)

Work ethics are the standards of conduct which individuals employ for successful job performance. OR It is the moral standard practice by employers and employees for a successful job performance.

(b)

- i. Punctuality: Employees and employers are expected to report to work early, be at their duty post and work till the end of working hours.
- ii. Honesty: Employers expect their employees to be truthful and faithful. Dishonesty often breeds mistrust and ethical problems. Employers/ companies are also expected to be truthful in their
- iii. Responsibility: Employers and employees should carry out their assignments /tasks as expected/efficiently.
- iv. Confidentiality: an employee must be able to protect sensitive information concerning the company and employers must do same for employees.
- v. Fairness; For a business to succeed, employers/employees need to be fair when dealing with clients/customers, co-workers/superiors.
- vi. Empathy: Ability to have feelings for others and treat them the way you would want to be treated in all situations.
- vii. Reliability/Trustworthiness: Ability for employees/employers to depend on one another without fear or favouritism.

ZeilaTech
Smart Learning Tools

5(a)

To reduce stress

Reduce fatigue

For work simplification and orderliness in activities

To eliminate/reduce/minimize unnecessary movement and poor posture in order to conserve time and energy during food preparation

To eliminate fatigue and minimize the amount of time spent on a particular job

To encourage food preparation in the best possible way and help in the elimination. of unnecessary movement

To eliminate boredom and frustration by making food preparation more interesting

(b)

- > To improve on existing recipes
- > To suit special diets e.g. vegetarian diet
- > To suit certain ethnic and religious beliefs
- > To reduce cost/make it affordable
- > To spur people's taste e.g. fried rice and samosa
- > To introduce recipes of international acceptance

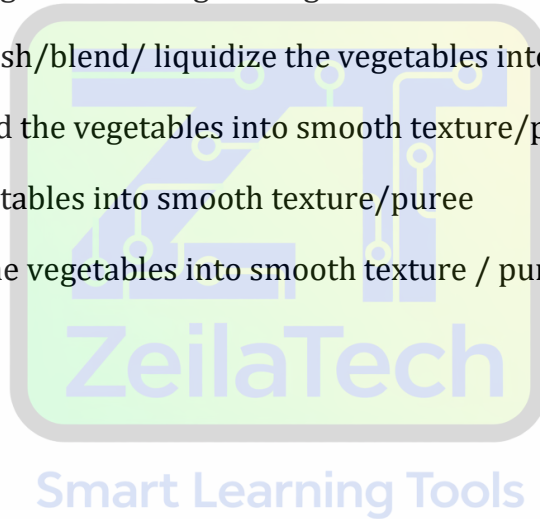
(c)

i.

- Food processor: For mixing and blending the vegetables
- Blender/liquidizer: To crush/blend/ liquidize the vegetables into smooth texture/puree
- Mill/grinder: To mill/grind the vegetables into smooth texture/puree
- Mincer: To mince the vegetables into smooth texture/puree
- Masher: To crush/mash the vegetables into smooth texture / puree

ii.

- > Food processor
- > Blender/liquidizer
- > Mill/grinder
- > Mincer
- > Masher



6 (a)

These are methods of cooking in which nutrients in foods are conserved /retained.

(b) i.

Stewing

Steaming

Sauteing

Stir/pan ving

Poaching

ii.

Stewing: Meat, fish, vegetables, fruits.

Steaming: Vegetables, Puddings, Fish, Oleleh, Moinmoin, Abala, Abari, Abola, Igbo Oka, Igba Ukp, Tuba ani find, Cheereh, Mosa, Foorah, Chokri, Steaming, Yake yake, Kpoikpoi.

Sauteing: Vegetables, fish

Stir/pan frying: Meat, fish, vegetables, beans, nuts, seafoods.

Poaching: Fish, Egg, Vegetables,



Smart Learning Tools

(c)

It minimises loss of food nutrients

It utilises less fuel

It requires little or less attention/reduce stress