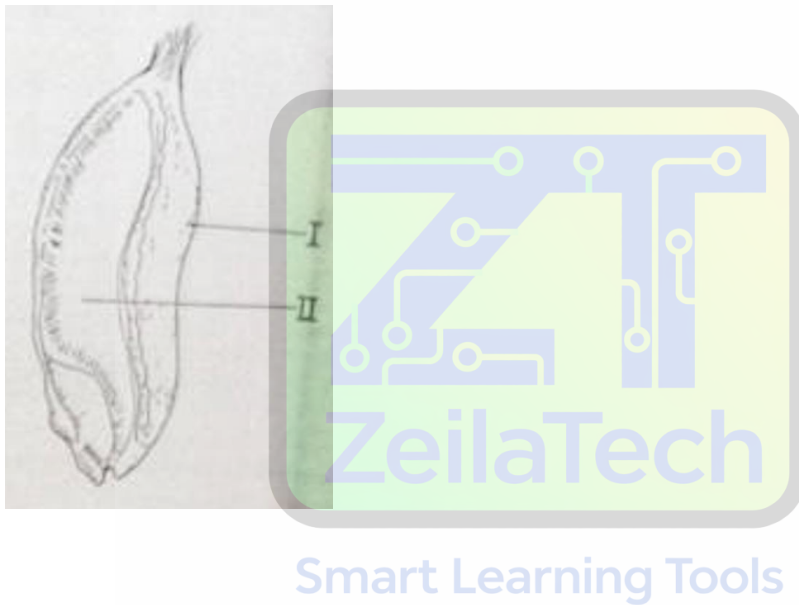


2018 WASSCE FOODS AND NUTRITION –THEORY

- 1a) What are herbs and spices? [2 marks]
- (b) State four functions of herbs and spices in food preparation. [4 marks]
- (c) Give four examples each of:
- (i) Herbs;
 - (ii) Spices;
- [2 marks]

The diagram below is an illustration of a cereal grain



- 2a) Identify the parts labelled I and II.
- (b) State the composition of the parts identified in 2(a) above.
- (c) (i) State six uses of cereals in cookery. [6 marks]
- (ii) List two macro-nutrients found in cereals.
- 3.(a)(i) State the three functional groups of food.
- 3b) State one example of food group for each of the groups mentioned in (b) (a)(I) above.
- 3c) State four importance of food to man [4 marks]

4a) Explain the term work ethics.

[2 marks]

(b) Explain four qualities that make up good work ethics.

5a) What is the importance of time and energy management in food preparation?

(b) State five reasons for adapting and changing recipes.

(c) (i) List two labour saving devices used in the preparation of vegetable puree.

(ii) State one function of each of the devices listed in 5 (c) (i) above.

6 (a) Explain the concept of conservative methods of cooking.

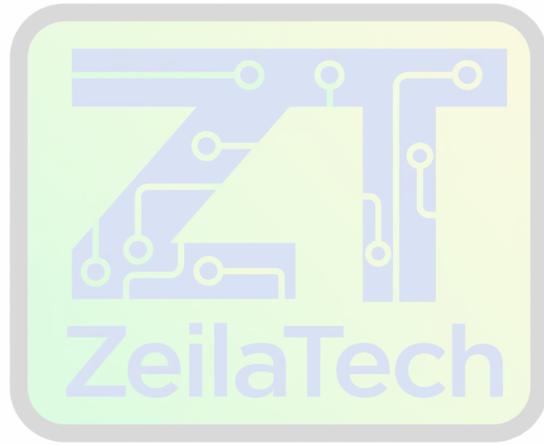
(b) (i) List four examples of conservative method of cooking.

(ii) Give one example each of food items that are appropriate for each of the methods listed in 6(b) (i) above.

(c) State four advantages of conservative methods of cooking.



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