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NUTRITION
AND FOOD
TECHNOLOGY

Paper 1
31 July 2024
2½ hours



ENTEBBE JOINT EXAMINATION BUREAU

Uganda lower Secondary Certificate of Education

NUTRITION AND FOOD TECHNOLOGY

Paper 1

2 hours 30 minutes

INSTRUCTIONS TO CANDIDATES:

*This paper consists of **six** examination items: it has two Sections **A** and **B**.*

*Section **A** has **three** compulsory examination items.*

*Section **B** consists of **two** Parts; **I** and **II**. Part **I** is compulsory.*

*Answer only **one** examination item from Part **II**.*

*Answer **five** examination items in all.*

Any additional item answered will not be scored

All answers must be written in the answer booklet(s) provided.

SECTION A

*Attempt **all** items in this Section*

Item 1

Your mother was cooking food in the kitchen while boiling water in an electric kettle on the floor. She heard a knock at the door and went to attend to the visitors. As she was away, her two-year old baby pulled the kettle and the water poured. She got scalded and electrocuted.

Tasks:

- (a) As Nutrition and food Technology learner, make a write up explaining to the mother how she would have prevented the above occurrences.
- (b) Write down steps the mother would take to give first-aid to her baby.

Item 2

Stomachache, diarrhea and vomiting followed after Easter celebrations in one of the families. This was attributed to the food they ate at a certain restaurant. One of the family members was forced to go back to that place to find out the actual cause of the occurrences. He was shocked to find other customers complaining of the same effects. This prompted the local authority to find more about the restaurant. To their disappointment the cooking place was very disorganized and messed up.

Task:

Make a write up you can use to explain to the owners of the place on how the above situation can be managed so as to avoid the reoccurrence of the conditions mentioned above.

Item 3

Your school is organising a farewell party for your outgoing head teacher who comes from Western Uganda and you have been chosen to head the food prep committees. Among the visitors expected are relatives of your head teacher and your teachers who mostly come from Central Uganda.

Task:

With reasons, write a suitable two-course lunch buffet menu as a guide to the cook in charge of preparing the meal for the occasion.

SECTION B

PART I: COMPULSORY

Item 4

A certain farm in Hoima district used to supply large quantities of milk to a milk processing plant in Kampala district. However, of recent, the milk processing plant rejected their milk because of an increase in number of dairy farmers in Kampala and hence the availability of enough milk supply from within Kampala district. The farmer in Hoima is now forced to sell the milk at a low price and is making losses. Sometimes, the milk gets spoilt and he pours it because he lacks knowledge of value addition through food processing and preservation.

Task:

Write instructions of a food processing method the farmer can use to process and preserve the milk to improve on its shelf life and increase its marketability.

PART II

*Attempt only **one** item in this Part*

Item 5

The District Health officer (D.H.O) at a certain Health center discovered that many children under the age of five had dry itching eyes and grayish spots in some of their eyes. The mothers also complained that the children had recurrent infections and could not see very well in dim light. Some mothers informed the officers that their diet mainly contained maize porridge, cassava and rice because that is all they could regularly afford to buy.

Task:

- (a) Giving reasons identify the nutritional imbalance suffered by the above children.
- (b) As a Nutrition and Food Technology learner, make a write up on the preventative measures the D.H.O will use to explain to the mothers about the above situation.
- (c) Design a diet that the mothers can use to manage the above nutritional imbalance.

Item 6

When the women councilor of Magale ward visited a family located on the busy streets of Mbale, she appreciated how well a certain mother was taking care of her seven-year-old boy. The mother seemed determined to do whatever it took to keep her son happy. From the counselor's observations, it appeared as though the mother and the boy were inseparable and she would give him whatever he wanted to eat. The mother was pleased to see that the boy had developed chubby cheeks, thighs, and hands, and his overall body size had increased to 42.4kg. She believed that the community should respect her for it. However, the counselor sensed that something might be wrong with the child although she lacked sufficient knowledge on how to help the mother understand and manage the situation.

Task:

Using the knowledge of Nutrition and Food Technology, make a write-up with information that can be used by the councilor to help the mother understand and manage the situation of her child. Design a diet to act as a sample managing this condition.