

**P640/1**  
**Foods and Nutrition**  
**Paper 1**  
**July 2024**  
**3 hours**



**ACEITEKA JOINT MOCK EXAMINATIONS 2024**

Uganda Advanced Certificate of Education

**FOODS AND NUTRITION**

**Paper 1**

**Time: 3 hours**

**INSTRUCTIONS TO CANDIDATES:**

*This paper consists of two sections A and B.*

*Answer **two (2)** questions in section A and **two (2)** questions in section B*

<b>For Examiner's use only</b>			
<b>SECTION</b>	<b>QUESTION</b>	<b>MAXIMUM MARK</b>	<b>MARKS OBTAINED</b>
<b>A</b>	<b>1</b>	<b>25</b>	
	<b>2</b>	<b>25</b>	
	<b>3</b>	<b>25</b>	
<b>B</b>	<b>4</b>	<b>25</b>	
	<b>5</b>	<b>25</b>	
	<b>6</b>	<b>25</b>	
	<b>TOTAL</b>	<b>100</b>	

## SECTION A

**(Answer two questions from this section)**

1. a) Describe how proteins regulate the acid base balance of the body (5marks)
- b) Explain five causes of oedema (5marks)
- c) i. Describe the underlying causes of anaemia in the body. (5marks)  
ii. Suggest measures you can use to control the cases of anemia in females of reproductive age. (6marks)
- d) Name four high risk groups of iron deficiency (4marks)
  
2. a) Differentiate between primary and secondary deficiency. (4marks)
- b) Give the differences between fibrous and globular proteins. (8marks)
- c) With examples, explain how amino acids are classified. (8marks)
- d) Describe the different forms of lipoproteins. (5marks)
  
3. a) Differentiate between the following.
  - i. Diabetes mellitus and diabetes insipidus (2marks)
  - ii. Hyperglycemia and hypoglycemia (2marks)
  - iii. Type 1 and type 2 diabetes mellitus. (2marks)
- b) Discuss the process through which fats are made available to the human body. (7marks)
- c) Clearly explain the meaning and uses of the following in the body.
  - i. Glycoproteins (2marks)
  - ii. Phospholipids (2marks)
  - iii. Lipoproteins (2marks)
- d) What are the dangers associated with relying on finely refined foods? (6marks)

## SECTION B

**(Answer two questions from this section)**

4. a) Explain the principle underlying the following methods of food preservation
  - i. Canning (3marks)
  - ii. Sun drying (3marks)
- b) With examples discuss the merits of food additives in cookery. (7marks)
- c) Teenagers are more prone to food faddism. Justify this statement. (7marks)
- d) Discuss the different ways used by food quacks in the promotion of their products. (5marks)

5. a) Discuss the factors that enhance gluten formation. (7marks)
- b) How are peas useful in our diet? (6marks)
- c) Outline the measures one should take to ensure presentable and appetizing meals. (7marks)
- d) Justify the popularity of convenience foods in Ugandan diets today. (5marks)
6. a) Identify the factors that influence the quality of an egg foam. (9marks)
- b) Discuss the changes that occur when meat is hung. (6marks)
- c) Distinguish between curdling and clotting of milk. (4marks)
- d) How can the digestibility of eggs be increased? (6marks)

END