

S.3 FOOD AND NUTRITION TEST

ANSWER ALL QUESTIONS

1.
 - a) Define cooking as used in Foods and nutrition.
 - b) Why is it important to cook food before consumption?
 - c) Explain each of the following cooking methods
 - (i) steaming
 - (ii) baking
 - (iii) stewing
 - (iv) roasting
 - d) Give three advantages and three disadvantages of the above methods of cooking above
2.
 - a) What is meant by term kitchen planning?
 - b) Explain any six factors that may influence kitchen planning in a home.
 - c) Give any eight importances of a well planned kitchen.
 - d) Mention any four characteristics of a well planned kitchen floor.
3.
 - a) What factors influence the preparation and consumption of food?
 - b) Explain the different causes of a meal.
 - c) Outline the major meal patterns often eaten in your community.
 - d) What points are considered when planning meals for the following age groups?
 - i) Expectant mothers.
 - ii) Adolescent girl
 - iii) Teacher
 - iv) A patient with gastric ulcers.