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PAPER 2 $1\frac{1}{4}$ hours

ESSAY
[40 marks]

Answer **four** *questions* **only**. **Each** *question carries* **10** *marks*.

1. *(a)* Define Basal Metabolic Rate (*BMR*).

[2 marks]

(b) State **four** factors that affect the basal metabolic rate of adolescents.

[4 marks]

(c) Highlight **two major** ways of losing excess weight.

[2 marks]

(d) Enumerate **two** nutrients that are good sources of energy.

[2 marks]

Candidate's Name:.....

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2. *(a)* Mention **three** classes of fresh fruits.

_____

_____

_____

[3 marks]

(b) State **one** example of **each** of the classes of fresh fruits mentioned in **2***(a)*.

_____

_____

_____

[3 marks]

(c) State **two** factors to consider when choosing fruits.

_____

_____

_____

_____

[2 marks]

(d) List **two** effects of cooking on fruits.

_____

_____

_____

_____

[2 marks]

3. *(a)* Define the following terms:

(i) *Food taboos;*

(ii) *Food fallacy;*

(iii) *Food fads.*

[6 marks]

(b) State **four** factors that influence the formation of food habits.

[4 marks]

4. *(a)* Mention **three** characteristics of fresh meat.

[3 marks]

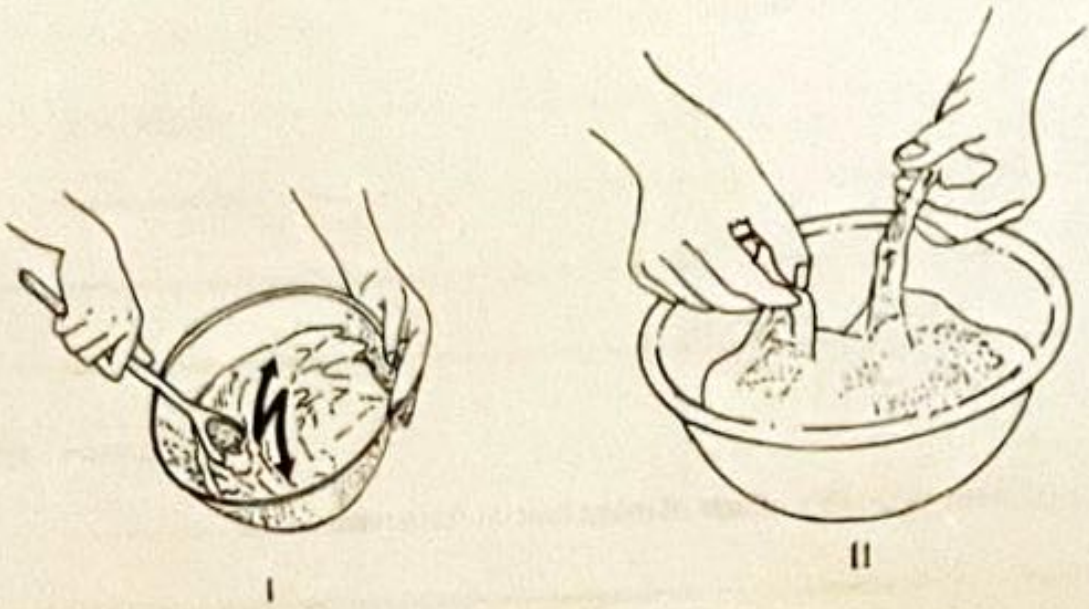
(b) State **four** noticeable effects of moist heat on fresh meat.

[4 marks]

(c) List **three** ways by which meat can be tenderized.

[3 marks]

5. The diagrams in **Fig. 1** are illustrations of actions in flour cookery. Study them and answer questions 5*(a)*, *(b)* and *(c)*.



I II

Fig.1

(a) Identify the actions labelled **I** and **II** in the illustrations in **Fig.1**.

_____

_____

_____

_____

_____

_____

[2 marks]

(b) State **five major** ingredients needed to make a baked flour dish using the action labelled **I** in the illustrations in **Fig. 1**.

_____

_____

_____

_____

_____

[5 marks]

(c) List **three** examples of pastries that can be produced using the action labelled **II** in the illustrations in **Fig. 1**.

[3 marks]

6. (a) State **three** careers in Foods and Nutrition.

[3 marks]

(b) Highlight **three** importance of good nutrition.

[3 marks]

(c) State **four** factors that hinder good nutrition.

[4 marks]

END OF PAPER