

Foods & Nutrition Paper 2, May/June 2011

Question 1

1. State four ways of making meals interesting.
2. Mention four factors to consider when planning family meals.
3. Suggest four ways of using left-over cooked fish.

Question 2

- (a) State four factors to consider when budgeting for food.
- (b) State four points to consider when purchasing foods in bulk.
- (c) List four consumer agents.

Question 3

(a) Differentiate between any three of the following pairs of cookery terms:

- perishable and non-perishable foods;
- bulk purchasing and hire purchasing;
- invalids and convalescents;
- cereals and pulses.

(b) Give two examples of offals.

Question 4

State and explain five factors that can reduce fatigue in the kitchen.

Question 5

1. List five dishes suitable for each of the following occasions:
 - (i) Teenage birthday party;
 - (ii) Cocktail party

- (b) State the ingredients and method of preparing any one of the named dishes in (a) above.

Question 6

1.
 - (a) List four sources of information on traditional dishes.
 - (b) State two reasons for collecting information on local dishes for recipe development.