

662/1
NUTRITION AND
FOOD TECHNOLOGY
Paper 1
2024
2½ hours



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of Education

NUTRITION AND FOOD TECHNOLOGY

Paper 1
Theory

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

Answer all items in this section.

Item 1

A councillor observed that children in many homes in the community have injuries resulting from cuts and burns. However, the councillor and most of the residents lack knowledge on how to prevent the occurrence of such injuries and how to manage them when they occur.

Task

As a learner of Nutrition and Food Technology, write the necessary information explaining to the Councillor the;

- (a) ways of controlling the occurrence of such injuries in the community.
- (b) advice that should be given to the parents of the affected children on how to manage such injuries before taking them for further treatment.

Item 2

The main source of water used in one of the local communities in Uganda is a nearby stream as shown in the figure 1.



Fig.1 Source of water for the community

In a community meeting that you attended, the Community Health Worker reported that many residents had suffered from stomach-ache, vomiting and diarrhoea suspected to be associated with their source of water.

You have been identified as one of the community members who can help come up with ideas to prevent the occurrence of those water related conditions in this community.

Task

Make a write up that you can use to explain to this community the steps they can take to ensure that the water from their source is safe to use.

Item 3

You are a member of a family that lives in Central Uganda that is organizing an introduction ceremony for their daughter. However, some of the invited guests are from Western Uganda and Northern Uganda. The organizing committee has hired a cook and also chosen you to be in charge of the meals for the occasion.

Task

Write a suitable main course menu as a guide to the cook in charge of preparing the meal for the occasion.

SECTION B

Part I (Compulsory)

Item 4

An area member of parliament provided pineapple and mango seedlings to the residents and promised them market for the fruits. However, after a plentiful harvest of the fruits, the market promised was not realized hence prompting the farmers to sell their produce to the local market. This was not sufficient yet they had no means of exporting the fruits in their fresh form.

Task

Write instructions of a food processing method the farmers can use to process and preserve those fruits in order to widen the market for their produce.

Part II

Answer only **one** item in this part.

Item 5

Research in one of the communities in Uganda has revealed that most of the households have most of the necessary foods available. However, children between the ages of two and five years who live in those households have signs of nutritional imbalance as shown in figure 2.



Fig: 2 One of the children in the community

They have thin, weak, brown hair and distended stomach. Most of them have average weight of 10 kg compared to the normal weights for children of the same age as shown in the table 1.

Age	Weight in kilograms
3 Months	6
6 Months	7.5
1 Year	10
2 Years	12
3 Years	14
4 Years	16
5 Years	18

Table 1 Normal weights for children

The community now believe that their children were bewitched due to lack of a clear understanding of this nutritional health condition.

Task

- (a) Giving reasons write down the information that the parents need to know so as to recognize that their children are not bewitched but suffer from a nutritional imbalance.
- (b) Make a write up that a Community Health Worker can use to explain to the parents, the various ways of preventing that nutritional imbalance.
- (c) With reasons, explain to mothers of such children what foods they should feed them on in order to correct that nutritional imbalance.

Item 6

During a home-based vaccination campaign, a vaccinator observed that in one of the homes the children she had vaccinated had curved legs as shown in figure 3. The state worries mothers in the community but they do **not** know what to do about it. In her interaction with the vaccinator, one of the mothers revealed that their diet is composed of polished posho, boiled cassava and green vegetables.



Fig. 3 *Children with curved legs*

Task

- (a) Giving reasons identify the nutritional imbalance suffered by the children in this community.
- (b) Make a write up advising mothers of such children in that community on the various ways of preventing the state in which their children are.
- (c) With reasons, propose a suitable diet that can help to correct the condition suffered by these affected children.

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Uganda Certificate of Education

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Paper 1
Theory

SCORING GUIDE

CONSTRUCT: Apply the knowledge and principles of nutrition and food technology to solve health related problems in the community and contribute to economic growth and development of Uganda through environmentally sustainable practices.

S/N	ELEMENT OF CONSTRUCT	BASIS OF ASSESSMENT	SUCCESS CRITERIA	
			DESCRIPTION	SCORE
1.	Appreciate living a healthy lifestyle through understanding the need for hygiene, the cultural differences in food and safety in the home	1. Explains measures of preventing ill health due to hygiene, water sources and common accidents in the home.	Explain six preventive measures against ill health	3
			Explain four preventive measures against ill health	2
			Explain two preventive measures against ill health	1
			Explain one preventive measures against ill health or no response	0
		2. Describes steps in administering first aid	Precisely describes all steps of the required first aid	5
			Precisely describes most of the steps of the required first aid	4
			Describes all the steps of the required first aid but not precisely	3
			Precisely describes few steps of the required first aid	2
			Only mentions all steps but does not describe the process	1
			Only mentions a few steps but does not describe the process/ no response	0
		3. Plans meals for people of different categories	Chooses suitable dishes for the occasion, balances meal, caters for people's needs and gives a variety of dishes	4
			Chooses suitable dishes, balances meal, caters for people's needs, dishes not varied	3
			Chooses suitable dishes, balances meal, people's needs not well taken care of, gives a variety of dishes	2
			Chooses suitable dishes, meal not balanced, people's needs not well catered for, gives a variety of dishes	1
			Chooses unsuitable dishes for the occasion, meal not balanced, people's needs not well catered for, gives variety of dishes, OR No response	0

CONSTRUCT: Apply the knowledge and principles of nutrition and food technology to solve health related problems in the community and contribute to economic growth and development of Uganda through environmental and sustainable practices.

S/N	ELEMENT OF CONSTRUCT	BASIS OF ASSESSMENT	SUCCESS CRITERIA	
			DESCRIPTION	SCORE
2.	Apply knowledge of nutrition and food technology to process, preserve and package food	Identify the suitable food process.	Select suitable method and equipment for processing a given food	1
			Wrongly selects method and equipment/ no response	0
		Describes processing techniques used in processing and preservation food into a suitable products.	Gives all steps chronologically. States principle clearly depending on the method chosen.	4
			Give all steps chronologically. Some principle not stated clearly.	3
			Gives all steps but not chronologically. Principle not clearly stated.	2
			Gives a few steps not chronologically. Principle not given	1
			Steps given are not sufficient for method of processing. Not chronologically stated Principles lacking OR No response	0
		Describes the quality of packaging materials for food	States and describes all the characteristics of a material suitable for packaging the food product	2
			Describes a few characteristics of the material suitable for packaging a food product	1
			Doesn't describe qualities of the material suitable for packaging a food product	0

CONSTRUCT: apply the knowledge and principles of nutrition and food technology to solve health related problems in the community and contribute to economic growth and development of Uganda through environmental and sustainable practices.

S/N	ELEMENT OF CONSTRUCT	BASIS OF ASSESSMENT	SUCCESS CRITERIA	
			DESCRIPTION	SCORE
3.	Apply the knowledge of nutrition to prevent and manage different effects of nutritional imbalances in a community.	Identify specific nutritional imbalance with suitable justification	Gives specific name of nutritional health condition and gives 3 – 4 correct reasons	3
			Gives specific name of nutritional health condition and gives 1 – 2 correct reasons	2
			does not give specific names and gives 3-4 correct reasons	1
			Does not specify name of nutritional health condition, no reasons or gives reasons but no specific name of nutritional imbalance	0
		Evaluates the preventive measures to nutritional imbalances	Explains 5 preventive measures of the nutritional imbalance	3
			Explains 3 -4 preventive measures of the nutritional imbalance	2
			Explains 1 - 2 preventive measures of the nutritional imbalance	1
			Explains 1 preventive measure of the nutritional imbalance or doesn't give any	0
		Proposes diet to manage the effects of nutritional imbalances	Gives foods containing all the necessary nutrients with reasons	4
			Gives food with proteins, carbohydrates, minerals and vitamins and leaves out food that contains lipids and gives all reasons	3
			Gives proteins, minerals and vitamins and leaves out lipids and carbohydrates and gives all reasons	2
			Gives food containing carbohydrates and lipids but leaves out proteins foods and gives all reasons	1
			Doesn't give food with protein, carbohydrates, lipids but gives food with vitamins and minerals	0
		Gives recommendation for further management of nutritional imbalance	Gives appropriate recommendations	1
			Doesn't give appropriate recommendations or doesn't give any recommendation.	0

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Nutrition and
Food Technology
Paper 2
2024
4 ½ hours



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Certificate of Education

NUTRITION AND FOOD TECHNOLOGY

Paper 2
Practical

Planning Session: 2 hours
Practical Test: 2½ hours

INSTRUCTIONS TO CANDIDATES:

*This paper has **one compulsory** examination item.*

Read through the examination item carefully, then prepare a plan of work and a list of ingredients as follows. (Use carbon paper to make duplicate copies).

- (i) *Write your name, personal number and test number on your plan and on the shopping list. Give them; with the question paper to the supervisor.*
- (ii) *Write down the dishes that you decide to make. Do **not** copy the test.*
- (iii) *Beside the dishes chosen, show the quantities of the ingredients required for each (a full recipe is **not** necessary).*
- (iv) *On a separate sheet, make a shopping list showing total quantities of ingredients required. Remember to use carbon paper again.*
- (v) *Complete the plan of work to show the order of working, the methods to be used and the length of time required to make each dish.*
- (vi) *The amount cooked should be sufficient in relation to the requirements of the test.*
- (vii) *Recipes and textbooks may be used during both the planning and examination session but constant reference to them during the examination is discouraged.*
- (viii) *The question paper and one copy of the plan and shopping list will be returned to you by the examiner at the beginning of the practical test. You will be expected to follow your plan and order of work.*
- (ix) *At the end of the examination, the test item paper is to be handed over to the examiner. You may retain the carbon copy of the time plan and shopping list.*

Item 1

Luweero is one of the districts in Central Uganda well known for growing plenty of mangoes, pineapples, passion fruits and tomatoes which farmers sell in their local markets as shown in the figure below.



Fig 1: A variety of farm produce in Luweero market

However, the farmers sell these farm produce at low prices. Many times they incur great losses as their fruits rot in the limited local markets available and yet they also lack knowledge of value addition through food processing and preservation.

Task:

- (a) Make a processed food product to show the farmers in Luwero how they can add value to one of their farm produces above in order to increase its shelf life and marketability.
- (b) Prepare a dish to demonstrate to the farmers how a processed food product can be used in preparing a meal.
- (c) Prepare three other dishes that will be served together with the dish in (b) above in a two course meal you and two farmers will eat after the meal preparation and food processing demonstrations.

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Uganda Certificate of Education

NUTRITION AND FOOD TECHNOLOGY

Paper 2
Practical

New Lower Secondary Curriculum

SCORING GUIDE

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NUTRITION AND FOOD TECHNOLOGY

PAPER 2

SCORING GUIDE:

CONSTRUCT: Apply the knowledge and principles of nutrition and food technology to solve health related problems in the community and contribute to economic growth and development of Uganda through environmentally sustainable practices.

ELEMENT OF CONSTRUCT	BASIS OF ASSESSMENT	SUCCESS CRITERIA	
		DESCRIPTION	SCORE
Apply knowledge of food technology to process and package healthy food products, use food products to prepare dishes and attractively serve meals	PLANNING	Good choice of dishes (with correct reasons for the choice) in relation to task, balanced diet, logical order of work, appropriate costing, time appropriately allocated and planned previous preparation.	5
		Good choice of dishes(with correct reasons for the choice) in relation to task, balanced meal, no logical order of work, appropriate costing, time not appropriately allocated and planned previous preparation.	4
		Good choice of dishes(with correct reasons for the choice) in relation to task, meal not well balanced , logical order of work, over or under estimated cost of materials, time appropriately allocated and planned previous preparation.	3
		Good choice of dishes (with correct reasons for the choice) in relation to task, meal not well balanced , logical order of work, over or under estimated cost of materials, time realistically allocated and no previous preparation.	2
		Poor choice of dishes in relation to task, meal not balanced, no logical order of work, appropriate costing, time not appropriately allocated and planned previous preparation.	1
		Poor/wrong choice of dishes in relation to task, unbalanced meal, no logical order of work, inappropriate costing, poor time allocation and no previous preparation planned or no response.	0

	MANIPULATION	Appropriately uses equipment(cooking, serving, etc.), observes hygiene(kitchen, personal, food),economically uses resources(ingredients, time, fuel), adheres to plan of work, follows appropriate procedures in both cookery and food processing, correctly lays table, serves meal appropriately and packages food products appropriately	8
		Appropriately uses equipment(cooking, serving, etc.), observes hygiene(kitchen, personal, food),economically uses resources(ingredients, time, fuel), doesn't adhere to plan of work, follows appropriate procedures in both cookery and food processing, doesn't correctly lay table, serves meal appropriately and packages food products appropriately	7
		Appropriately uses equipment(cooking, serving, etc.), observes hygiene(kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), doesn't adhere to plan of work, follows appropriate procedures in both cookery and food processing, doesn't correctly lay table, serves meal appropriately and packages food products appropriately	6
		Appropriately uses equipment(cooking, serving, etc.), doesn't observe hygiene well (kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), adhere to plan of work, doesn't follow some procedures appropriately in both cookery and food processing, doesn't correctly lay table, serves meal appropriately and packages food products appropriately	5
		Has challenges in using some equipment(cooking, serving, etc.), doesn't observe hygiene throughout (kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), doesn't adhere to plan of work, follows procedures appropriately in both cookery and food processing, correctly lay table and doesn't package food products appropriately and serve meal appropriately	4
		Has challenges in using some equipment(cooking, serving, etc.), doesn't observe hygiene throughout (kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), doesn't adhere to plan of work, follows procedures appropriately in both cookery and food processing, correctly lays the table, doesn't serve meal appropriately but packages food products appropriately	3
		Has challenges in using some equipment(cooking, serving, etc.), observes hygiene throughout (kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), doesn't adhere to plan of work, doesn't follow procedures appropriately in both cookery and food processing, doesn't correctly lay table, doesn't serve meal appropriately and packages food products appropriately	2

		Wrongly uses most of the equipment(cooking, serving, etc.), doesn't observe hygiene (kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), doesn't adhere to plan of work, doesn't follow procedures appropriately in both cookery and food processing, doesn't correctly lay table, doesn't serve meal appropriately and doesn't package food products appropriately	1
		Wrongly uses most of the equipment(cooking, serving, etc.), doesn't observe hygiene (kitchen, personal, food),wastefully uses resources(ingredients, time, fuel), doesn't adhere to plan of work, doesn't make some dishes, doesn't follow procedures appropriately in both cookery and food processing, doesn't lay table, doesn't serve meal appropriately and doesn't package food products appropriately	0
	PRODUCT	Product exhibits exceptional taste and flavor, with well-balanced seasoning and natural flavors enhanced. Processed food demonstrates excellent texture and consistency, with appropriate tenderness, crispness, or smoothness, depending on the food type.	3
		Product generally has good taste and flavor, but some minor adjustments may be needed to enhance the overall experience. Food product generally has good texture and consistency, but some aspects may require minor improvements.	2
		Food product lacks taste and flavor, resulting in an unappetizing or dull eating experience. Product has noticeably poor texture or consistency, making it unappealing to consume.	1