

**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.