

P640/1
FOOD AND
NUTRITION
Paper 1
2026
3 hours



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Advanced Certificate of Education

FOOD AND NUTRITION

Paper 1

3 hours

INSTRUCTIONS TO CANDIDATES

*This examination paper consists of **two** sections; **A** and **B**. It has **four** items.*

*Section **A** has **two** compulsory items.*

*Section **B** has two optional items. Respond to only **one** item.*

*Respond to **three** items in all.*

*Any additional item responded to will **not** be scored.*

SECTION A

All items in this section are compulsory

Item 1

A food processing unit has been faced with two challenges in the last two weeks. The workers have consistently complained to the manager that the settings in the unit makes them easily fatigued while working. The unit has also been faced with very high costs of electric power. The manager believes that either Uganda Electricity Distribution Company Limited (UEDCL) provided them with a faulty metre or the workers have been wastefully using power.

The appliances used in the unit are rated as shown in **table 1** and the cost for power is given in **table 2**:

Table 1: Power rating and usage of the appliances in the food unit.

Appliance	Number of appliances	Power rating	Time in Hours per day
Refrigerator	1	200 W	24
Filament bulbs	6	0.01KW	3
Cooker	3	204KW	6
Dish Washer	1	1500W	3

Table 2: The costs for electric power

No of units	Unit costs(UGX)
0 -15	1000
16 – 200	900
200 and above	800
Service fee is shilling 2000 per month	
VAT is 18% of the total cost of power	

Task:

- Examine the appropriate ways of dealing with the challenge the workers are facing in relation to the settings in the food processing unit.
- Justify to the manager that the high cost of power is neither from UEDCL metres nor workers wastefully using power, and suggest possible recommendations to reduce cost.

Item 2

Members of Operation Wealth Creation (OWC) are organising training camps in communities to equip the youth with skills of adding value to the readily available foods in their community. The aim of this is to improve the shelf life of such foods and to empower the youth financially since products with value addition have a wide market.” In one such training, participants are to be trained to use sorghum, ground nuts and simsim to make nourishing processed food products for children with severe acute malnutrition.

However, the organisers are not skilled in food value addition techniques and they need someone with such knowledge and skills to help with training the youth.

Task:

Examine a technological food preservation technique and its principle(s), that one can demonstrate to the participants in the making of two processed and easily marketable food products from the available foods chosen for the training.

SECTION B

*Respond to only **one** item from this section.*

Item 3

In some schools, students dodge meals in a desire to maintain a small body weight also known as “campus figure”. However, in doing so, some of them develop recurring abdominal pain and discomfort for weeks. They often feel a burning sensation in the upper abdomen, especially when hungry. They also belch more and feel bloated after meals. They lose a bit of weight because eating makes them nauseous.

Task:

- a) Propose ways that can help such students achieve their desire without suffering the challenges they have experienced.
- b) Design a three-day therapeutic diet for the affected students, considering the three main meals each day. and give none dietary recommendations for further management of the condition.

Item 4

The Village Health Teams (VHTs) observed that in their community, mothers were preparing meals using practices that potentially compromised nutritional value. The mothers often soaked leafy vegetables for extended periods before washing. They also over cooked vegetables. VHTs noticed that children in that community exhibited symptoms such as general body weakness, swollen and bleeding gums, and delayed wound healing. They associated such symptoms with the practices mothers use to prepare vegetables which are the major sources of micronutrients for these children.

Task:

- a) Examine the various ways that such mothers would use to prevent the occurrence of the symptoms suffered by their children, other than just correcting the meal preparation practices.
- b) Design a three-day therapeutic diet for the affected children, considering the three main meals each day. and give none dietary recommendations for further management of the condition.