

P640/2
FOOD AND NUTRITION

Paper 2
2026
3 hours



UGANDA NATIONAL EXAMINATIONS BOARD

Uganda Advanced Certificate of Education

FOOD AND NUTRITION
(With Science in the Home)

Paper 2
(Practical)

Planning session: 2hours
Practical session: 3hours

INSTRUCTIONS TO CANDIDATES:

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

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

- (i) *Write your name, personal number and random number on your plan and the shopping list.*
- (ii) *Write down the dishes that you decide to make but 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 practical session is discouraged.*
- (viii) *The test item paper and one copy of the plan and shopping list will be returned to you by the examiner at the beginning of the practical session. 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 scorer.*

Note: *Calculations should be done within the planning session.*

Item

A secondary school in Uganda together with the surrounding community members started a joint Nutrition and Agriculture project to improve the learners' dietary intake of vitamins and increase the income of people in the community. They agreed that the community members provide the land and the school buys the portion of produce from the community members in the project. They grew fruits and vegetables that included pineapples, mangoes, lemon, onions and tomatoes, and the harvest was bounty. Unfortunately, the produce was ready to harvest in the first week of school holidays yet they lacked facilities to keep the produce till the students would return from holidays. The leadership of the project agreed to sale the produce at the open market but the demand was so low as similar fruits and vegetables were in season and abundant. Both the community members and school administrators in the project got frustrated as their dream to improve the diet of the learners and increase their income was not realised.

Tasks:

- a) Make two processed food products to show the project members how they could have realised their objective amidst the challenge they faced.
- b) Using any of the processed products that can be made from the project produce, prepare a dish as part of the students' lunch meal to improve their diet and calculate the Vitamin content of the dish.
- c) Prepare, cook and serve other dishes that together with the dish in (b) can form a three course meal for two administrators and two project members from the community.