

Question 1

List **four** fat soluble vitamins.

(2 marks)

Candidates were expected to have knowledge of the different categories of vitamins to be able to list down the fat soluble ones.

Weaknesses

Some candidates misunderstood the question and as a result, gave the various sources of fat soluble vitamins.

Expected Responses

- A
- D
- E
- K

Advice to teachers

Teachers should bring out the two categories of vitamins to their students when teaching on nutrients.

Question 4

State **two** effects of strong heat on proteins.

(2 marks)

Candidates were expected to bring out the effect of strong heat on proteins.

Weaknesses

Many candidates narrowed their thinking to eggs and meat only as proteins. They were not able to give effects which cut across all proteins.

Expected Responses

- Protein sets
- The protein coagulates
- The protein is denatured/loses its natural qualities

Advice to teachers

Teachers should teach the effects of heat on all proteins in general eg. cheese. Fish etc and not limit themselves to eggs and meat alone.