ii) High cost of packaging materials.
iii) Limited skills and knowledge.
iv) Market competition.
v) Risk of adulteration reducing trust.

Sub-strand 2.4: Cooking: Grilling, Roasting and Steaming

Instructions: Answer all questions, providing detailed explanations where necessary.

Section A: Multiple Choice Questions (Choose the best answer)

Question Number	Question	Answer	Explanation
1	Which cooking method involves cooking food by direct exposure to radiant heat, often from below or above?	**C) Grilling**	**Grilling** cooks food using **radiant heat**, which is a form of direct heat transfer. This heat source can be a grill pan, a barbecue, or a broiler, and is positioned either below or above the food.
2	Roasting typically involves cooking food:	**B) By surrounding it with hot, dry air in an oven.**	**Roasting** is a dry-heat cooking method that cooks food, especially large cuts of meat or vegetables, by surrounding them with hot, dry air. This is most commonly done in an **oven**, which provides an enclosed, consistent heat environment.
3	The main principle of steaming as a cooking method is:	**C) Cooking food using moist heat from boiling water.**	**Steaming** is a **moist-heat** cooking method. It works by using the **steam** produced from boiling water to cook the food without direct contact with the water itself. This process gently cooks food and helps retain nutrients.
4	Which cooking method is often preferred for vegetables to retain their nutrients and vibrant color?	**C) Steaming**	**Steaming** is a preferred method for cooking vegetables because it uses gentle, moist heat. This process minimizes the loss of water-soluble vitamins (like vitamin C and B vitamins) and minerals, which can leach into water during boiling. It also helps vegetables maintain their **vibrant color** and crisp texture.
5	When using sharp tools and fuel in cooking, which value is most critical to observe?	**D) Safety**	**Safety** is the most critical value. When working with potentially dangerous items like sharp knives or heat sources like fuel, following proper safety procedures is essential to prevent accidents,