



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

6905/01

Paper 1 Theory

October/November 2019

2 hours

Candidates answer on the Question Paper.

No additional materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen in the spaces provided on the Question Paper.

You may use soft pencil for any diagrams, or rough working.

Do **not** use staples, paper clips, glue or correction fluid.

Section A

Answer **all** questions in the spaces provided on the Question Paper.

You are advised to spend no longer than **45** minutes on Section A.

Section B

Answer **two** questions only in the spaces provided on the Question Paper.

Section C

Answer either **8(a)** or **8(b)** on the lined pages at the end of the Question Paper.

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Section A	
Section B	
Section C	
Total	

This document consists of **15** printed pages and **1** blank page.

SECTION A

1 (a) Name **three** elements found in a carbohydrate molecule.

1

2

3 [3]

(b) (i) Name **one** plant food that contains High Biological Value protein (HBV) and **one** animal food with Low Biological Value (LBV) protein.

HBV plant food

LBV animal food [2]

(ii) Why are some proteins said to be indispensable?

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..... [2]

2 (a) State **two** functions of fluoride in the body.

1

2 [2]

(b) Give **two** ways to ensure that riboflavin (Vitamin B₂) is retained when preparing food.

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..... [2]

(c) Why is calcium important to the following individuals?

(i) Nursing mother

.....
..... [1]

(ii) Elderly

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..... [1]

(d) Differentiate between macronutrients and micronutrients.

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..... [2]

(e) Describe **two** factors affecting the absorption of iron.

1
2 [2]

(f) Describe the effect of heat on fat.

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..... [4]

3 (a) What **two** preventive measures can be taken for each of the following?

(i) Coronary heart disease.

.....
..... [2]

(ii) Tooth decay.

.....
..... [2]

(b) What causes the following conditions in constipation?

(i) Hard stools.

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.....
..... [3]

(ii) A lot of effort required to expel faecal matter.

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.....
.....
..... [2]

4 (a) Describe the physical breakdown of food in the mouth.

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..... [4]

(b) Describe the purpose of the following digestive juices:

(i) Bile

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..... [3]

(ii) Hydrochloric acid

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.....
..... [3]

[Total: 40 Marks]

SECTION B

Answer **two** questions in this section.

5 (a) Name **two** water soluble vitamins found in eggs.

1

2 [2]

(b) (i) Describe the changes that occur when boiling an egg.

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..... [3]

(ii) What causes the formation of a green/black ring around the egg yolk?

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..... [2]

(c) Describe the storage of potatoes at home.

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.....

..... [3]

(d) Give **three** ways to reduce the rate of oxidation when preparing fruits.

1

2

3 [3]

(e) State **three** advantages of owning a freezer.

1

2

3 [3]

(f) Explain **two** effects of moist heat on potatoes.

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..... [4]

[Total: 20 Marks]

6 (a) State **three** advantages of coating fish before frying.

1

2

3 [3]

(b) Describe **two** differences between white fish and oily fish.

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.....

..... [4]

(c) Describe how the process of ripening of bananas occurs.

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..... [3]

(d) State **three** properties of plastic that promote its use in making mixing bowls.

1

2

3 [3]

(e) Give **three** points on the use and care of kitchen scales.

1

2

3 [3]

(f) Explain **two** rules for positioning the kitchen when designing a house.

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..... [4]

[Total: 20 Marks]

7 (a) Define a sauce.

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..... [1]

(b) State **one** protein food and **one** starchy food that can be used to thicken sauces.

(i) Protein food [1]

(ii) Starchy food [1]

(c) Give **one** reason for the use of each of the following ingredients in bread making:

(i) Strong flour

.....
..... [1]

(ii) Salt

.....
..... [1]

(iii) Fat

.....
..... [1]

(d) Explain the influence of cultural factors on eating habits in Eswatini.

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..... [4]

(e) Describe the differences between icing and decorating cakes.

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..... [2]

(f) Identify **one** vegetable with the following pigments:

(i) Chlorophyll [1]

(ii) Carotenoids [1]

(g) Discuss **three** points to consider when buying canned foods.

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..... [6]

[Total: 20 marks]

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