



EXAMINATIONS COUNCIL OF SWAZILAND
Swaziland General Certificate of Secondary Education

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
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FOOD AND NUTRITION

6905/01

Paper 1 Theory

October/November 2018

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

Answer **all** questions in the spaces provided.

- 1 (a)** Name the smallest unit which forms a protein molecule.
..... [1]
- (b)** State **one** food that provides each of the following proteins.
- (i)** Collagen
- (ii)** Ovalbumin [2]
- (c)** Identify the enzyme and end-product during the digestion of protein in the following parts of the digestive system:
- (i)** Stomach:
- Enzyme
- End-product [2]
- (ii)** Duodenum:
- Enzyme
- End-product [2]

2 (a) Define the following terms:

(i) Menu
..... [1]

(ii) Diet
..... [1]

(b) Give **three** reasons why older women may be prone to osteoporosis.

1
..... [1]

2
..... [1]

3
..... [1]

(c) Why are the following nutrients important during pregnancy?

(i) Vitamin K
..... [1]

(ii) Folic acid
..... [1]

(iii) Iron
..... [1]

(d) Explain **two** ways vegans can ensure the protein content of their diet is sufficient.

.....
.....
.....
.....
..... [4]

(e) State the importance of each of the following substances in the body:

(i) Thyroxine hormone
..... [1]

(ii) Insulin
..... [1]

(iii) Bile
..... [1]

(f) Explain **three** ways by which the loss of Vitamin C can be minimised during cooking.

1
.....

2
.....

3
..... [6]

3 (a) State **two** preventive measures for each of the following diet related disorders:

(i) Sugar diabetes

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

(ii) Haemorrhoids (piles)

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

(b) Describe **three** situations when extra water is required by the body.

1
.....
2
.....
3
..... [3]

4 (a) List **two** items that can be used to extinguish fire in a kitchen.

1
2 [2]

(b) Identify **three** ways in which the chance of scalds in the kitchen can be reduced.

1
2
3 [3]

[Total for Section A marks: 40]

SECTION B

Answer **two** questions in this section.

5 (a) State **two** ways in which milk could be contaminated.

1

2 [2]

(b) Cheese is a very nutritious food.

(i) State **three** uses of cheese in food preparation.

1

2

3 [3]

(ii) Explain **two** ways of improving the digestibility of cheese.

1

.....

2

..... [4]

(c) Describe the following processes in food preparation.

(i) Coagulation

.....

..... [2]

(ii) Pasteurisation

.....

..... [2]

(d) (i) Define a sauce

..... [1]

(ii) Name and describe **three** consistencies of sauces.

1

.....

2

.....

3

..... [6]

[Total: 20 marks]

6 (a) List **two** vitamins found in large amounts in oily fish.

- 1
- 2 [2]

(b) State **four** points to consider when buying fresh fish.

- 1
- 2
- 3
- 4 [4]

(c) Describe key differences between the following types of shell fish.

- (i) Prawns
.....
- (ii) Mussels
..... [2]

(d) Give **three** ways of preventing the browning of vegetables during preparation.

- 1
- 2
- 3 [3]

(e) Give **two** reasons for the use of each of the following in the kitchen:

- (i) Ceramic tiles on the floor
.....
..... [2]
- (ii) Gloss paint on the wall
.....
..... [2]
- (iii) Stainless steel work surfaces
.....
..... [2]

(f) Describe the care and cleaning of a plastic bin.

.....

.....

.....

..... [3]

[Total: 20 marks]

7 (a) State **three** mechanical methods of introducing a gas into flour mixtures.

1

2

3 [3]

(b) The following ingredients can be used to make scones:

100 g self-raising flour

25 g fat

60 ml liquid

Pinch of salt

(i) Name **two** ingredients which could be added to flavour the scones.

1

2 [2]

(ii) Outline the method of making and baking the scones.

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
..... [6]

(c) Give **three** reasons why a cake may have a heavy texture.

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

(d) State **two** uses of each of the following pieces of kitchen equipment:

(i) A palette knife

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

(ii) A blender

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

(iii) A colander

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

[Total: 20 Marks]

[Total for Section B marks: 40]

