FORM TP 2024077

TEST CODE 01321020

MAY/JUNE 2024

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

FOOD, NUTRITION AND HEALTH

Paper 02 – Technical Proficiency

2 hours 30 minutes

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of SIX questions. Answer ALL questions.
2. Write your answers in the spaces provided in this answer booklet.
3. Do NOT write in the margins.
4. You are advised to take some time to read through the paper and plan your answers.
5. If you need to rewrite any answer and there is not enough space to do so on the original page, you must use the extra lined page(s) provided at the back of this booklet. **Remember to draw a line through your original answer.**
6. **If you use the extra page(s), you MUST write the question number clearly in the box provided at the top of the extra page(s) and, where relevant, include the question part beside the answer.**

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO.

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Answer ALL questions.

1. (a) (i) Define the term 'diet'.

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(2 marks)

(ii) Name ONE type of diet that is used by Caribbean people.

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(1 mark)

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(b) Two dietary guidelines that persons with diet-related problems are advised to follow are

(i) reduce the intake of fats and oils, salt and processed foods

(ii) consume a variety of locally grown fruits and vegetables daily.

For EACH guideline, suggest THREE different reasons why this advice is given.

(i) Reduce the intake of fats and oils, salt and processed foods.

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(ii) Consume a variety of locally grown fruits and vegetables daily.

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(6 marks)

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(c) (i) List THREE vulnerable groups, **other** than poverty-stricken persons, that may be found in the Caribbean community.

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(3 marks)

(ii) Explain TWO factors which may threaten the food security of proverty-stricken persons in the Caribbean community.

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(4 marks)

Total 16 marks

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2. (a) Complete Table 1 by inserting the correct missing nutrients and the correct missing health-related conditions.

TABLE 1: NUTRIENTS AND HEALTH-RELATED CONDITIONS

Nutrient	Health-related Condition
(i)	Heart disease
(ii) Protein	
(iii)	Scurvy
(iv) Water	

(4 marks)

(b) Name ONE food source that is rich in EACH of the following nutrients.

(i) Calcium

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(1 mark)

(ii) Protein

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(1 mark)

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(c) For EACH of the following nutrients, explain why it is essential in TWO **named** periods or stages in life.

(i) Protein

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(4 marks)

(ii) Calcium

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(4 marks)

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(d) Your friend who is anaemic has increased the amount of iron in her diet and has started taking iron supplements, however, she continues to be anaemic. Suggest TWO ways in which her dietary practices may be preventing her from getting enough iron.

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(2 marks)

Total 16 marks)

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3. (a) (i) Define the following terms.

Lacto-ovo vegetarian

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Vegan

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(4 marks)

(ii) Name TWO main dishes that are suitable for a vegan.

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(2 marks)

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(b) Using ONE example, suggest ONE reason why EACH of the following factors should be considered when planning meals.

(i) Traditions and beliefs

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(ii) Health of family members

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(iii) Religion

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(6 marks)

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(c) Suggest FOUR strategies that can be used in meal planning/preparation in order to develop positive eating habits in children.

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(4 marks)

Total 16 marks

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4. (a) List THREE causes of food contamination and spoilage.

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(3 marks)

(b) (i) State ONE difference between perishable and non-perishable foods.

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(1 mark)

(ii) State ONE example of a perishable food and ONE example of a non-perishable food.

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(2 marks)

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(c) Paul has an abundance of mangoes and was advised to preserve them using the sun. Outline TWO advantages and TWO disadvantages of preserving the mangoes using the sun.

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(d) (i) Explain the different processes of heat transfer that occur during the boiling of potatoes.

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(4 marks)

(ii) Suggest TWO suitable food additives that may be used to enhance boiled potatoes.

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(2 marks)

Total 16 marks

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5. (a) Define the term 'Universal Product Code (UPC)'.

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(2 marks)

(b) List FOUR pieces of information that can be found on a food label.

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(4 marks)

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(c) A local supermarket is in the process of carrying out renovations in order to set up a restaurant to prepare breakfast and lunch for its staff and patrons.

(i) Suggest THREE factors that the management of the supermarket should consider when planning the construction of the kitchen. Provide a reason for EACH of the factors suggested.

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(6 marks)

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(ii) Suggest FOUR measures that management should put in place to ensure that the microwave oven is properly maintained.

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(4 marks)

Total 16 marks

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6. (a) State THREE rules of personal hygiene and THREE rules of kitchen hygiene.

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(6 marks)

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(b) Dave has 20 minutes to prepare a swiss roll for his class fair. Outline THREE reasons why whisking is the MOST suitable method for Dave to use.

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(c) Explain TWO ways in which the Caribbean has been impacted by world cuisine.

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(4 marks)

Total 16 marks

END OF TEST

IF YOU FINISH BEFORE TIME IS CALLED, CHECK YOUR WORK ON THIS TEST.

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