FORM TP 2010070

TEST CODE **01221020**

MAY/JUNE 2010

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

FOOD AND NUTRITION

Paper 02 – General Proficiency

2 hours

10 MAY 2010 (p.m.)

INSTRUCTIONS TO CANDIDATES

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. **This paper consists of TWO parts: PART A and PART B.**

2. **PART A comprises THREE COMPULSORY questions, one from each section of the syllabus. You are required to answer ALL questions.**

3. **PART B comprises FOUR questions drawn from all sections of the syllabus. You are required to answer TWO questions.**

4. **You MUST answer FIVE questions. ALL THREE from PART A and TWO from PART B.**

5. **In addition to the TWO hours, you are allowed 10 minutes to read through the paper. Writing MAY begin during this time.**

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

Copyright © 2008 Caribbean Examinations Council®.
All rights reserved.

PART A

Answer ALL questions in this section.

EACH question is worth 16 marks.

1. At a recent health fair conducted by a regional food and nutrition organization, Jan, who is overweight, realizes that her diet is too high in fat and decides to become a vegan.

(a) Explain the term 'vegan'. **(2 marks)**

(b) Name ONE organization within the region that provides information about the benefits of becoming a vegan. **(1 mark)**

(c) State THREE effects, **other than obesity**, of a high-fat diet on the body. **(3 marks)**

(d) Jan ensures that she has an adequate intake of fibre (roughage) in her diet.

(i) Explain TWO benefits of having adequate fibre (roughage) in the diet. **(4 marks)**

(ii) Jan is having her friend, who is also a vegan, over for lunch. Plan an appropriate two-course lunch menu for both of them. **(4 marks)**

(iii) Suggest TWO lifestyle practices, **other than diet** that Jan can follow in order to reduce her body weight. **(2 marks)**

Total 16 marks

2. Randy's family decided to preserve food by using pickling and other methods of preservation.

(a) (i) State TWO benefits of preserving food. **(2 marks)**

(ii) Explain the term 'pickling' as used in food preservation. **(2 marks)**

(iii) Name TWO food preservation methods **other than pickling**. **(2 marks)**

(iv) Explain why EACH of the following occurred in the preserved foods.

a) The pickled cucumber developed mould. **(2 marks)**

b) The string beans became discoloured and soft after removal from the freezer. **(4 marks)**

(b) The removal of water and the use of chemicals are scientific principles used in preserving food. Explain how these principles could be applied to preserving fish that is scaled, washed and towel dried. **(4 marks)**

Total 16 marks

3. Your school has an Open Day and your Food and Nutrition class was asked to prepare an exhibit that includes posters, live demonstrations and finished products.

(a) The class is assigned to prepare a poster on methods of cooking.

(i) State TWO dry heat methods of cooking. **(2 marks)**

(ii) State TWO methods of steaming. **(2 marks)**

(iii) State TWO advantages of steaming. **(2 marks)**

(b) The class also prepared a yeast dough and a short crust pastry to make products for the display at the Open Day.

(i) Suggest ONE item that can be prepared using the yeast dough. **(1 mark)**

(ii) In preparation of a sweet item using the yeast dough you accidently added too much sugar. Explain the effect, **other than being too sweet**, this would have on the finished product. **(2 marks)**

(iii) You prepared a mango pie using the short crust pastry and found that the crust of the pie was hard and tough after baking. Suggest ONE step during the preparation of the pie that could account for this. **(1 mark)**

(c) Rhonda prepared a smooth, roux-based cream of pumpkin soup, free of lumps for the display. Explain the steps Rhonda took to ensure a perfect product. **(6 marks)**

Total 16 marks

PART B

Answer TWO questions from this section.

EACH question is worth 16 marks.

4. The availability of the nutrients in food depends on the structure of the food and the preparation practices used.

(a) (i) Name TWO nutrients that can be obtained from the bran of the wheat grain. **(2 marks)**

(ii) State TWO **food preparation practices** prior to cooking that could affect the nutritive value of coloured vegetables. **(2 marks)**

(b) It is essential that emphasis be placed on healthy eating at all stages of the life cycle.

(i) State TWO functions of protein in the diet of pre-schoolers. **(2 marks)**

(ii) Explain how the principle of the multi mix method could ensure adequate protein in the diet of pre-schoolers. **(2 marks)**

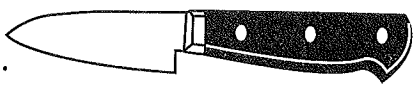
(iii) Suggest FOUR guidelines mothers could follow to ensure that pre-schoolers eat nutritious foods. **(4 marks)**

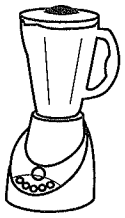
(iv) In today's society, **physical** and **financial** factors are responsible for poor nutrition among some elderly citizens.

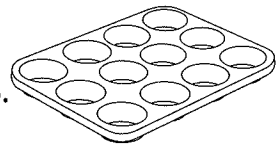
Explain how ONE physical and ONE financial factor may negatively affect the nutrition of some elderly citizens. **(4 marks)**

Total 16 marks

5. (a) (i) State ONE use of EACH of the following items in food preparation and service.

1. 

2. 

3. 

4. 

(4 marks)

(ii) The ice maker and water dispenser are two features on modern refrigerators. Identify TWO **other features** to consider when selecting a refrigerator. **(2 marks)**

(b) Sarah stepped on a small piece of broken glass which became lodged in her foot.

(i) Name TWO items from a first aid kit that will be necessary when treating Sarah's injury. **(2 marks)**

(ii) Describe the correct steps to treat Sarah's injury. **(4 marks)**

(c) Your father is the butcher in the local market. He seeks your advice on hygiene and safety practices for his butcher shop. As a Food and Nutrition student, suggest FOUR guidelines that you will give him to ensure that his meat is safe to eat. **(4 marks)**

Total 16 marks

6. (a) Convenience foods are beneficial to us in a number of ways. However, there are limitations governing the use of such foods.

State TWO disadvantages or limitations of convenience foods. **(2 marks)**

(b) Explain the term 'extraction rate' as used in the processing of wheat into flour. **(1 mark)**

(c) Fish is a popular food among Caribbean people.

(i) State THREE characteristics (features) that should be considered when purchasing 'fresh' fish. **(3 marks)**

(ii) Identify TWO methods by which heat is transferred during the frying of fish that is coated with batter. **(2 marks)**

(iii) Describe how EACH method of heat transfer identified in (c) (ii) above works when frying the fish. **(4 marks)**

(iv) Describe TWO effects that heat will have on the batter (made from flour and water only) during frying. **(4 marks)**

Total 16 marks

GO ON TO THE NEXT PAGE

7. (a) Explain EACH of the following terms:

(i) 'A la carte' menu **(2 marks)**

(ii) Buffet service **(2 marks)**

(b) Aunt Mae is getting married and needs advice on meal planning.

(i) State TWO factors to be considered when planning meals. **(2 marks)**

(ii) Plan a THREE-course dinner menu for Aunt Mae's engagement party, using rice, chicken, carrots, bread and tomatoes as the main ingredients. **(3 marks)**

(iii) Aunt Mae is redesigning her kitchen to make it more modern.

Discuss TWO factors to be considered when planning the layout of the kitchen, in order to enhance its efficiency. **(4 marks)**

(iv) Aunt Mae wants to buy a pressure cooker. Explain to her how the pressure cooker works. **(3 marks)**

Total 16 marks

END OF TEST