FORM TP 2026–077

TEST CODE 01321020

MAY–JUNE 2026

CARIBBEAN EXAMINATIONS COUNCIL

CARIBBEAN SECONDARY EDUCATION CERTIFICATE® EXAMINATION

FOOD, NUTRITION AND HEALTH

Paper 02 – Technical Proficiency

2 hours 30 minutes

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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.**

A003

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

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Answer ALL questions.

1. (a) Define the term 'vulnerable group'.

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(2 marks)

(b) For EACH of the vulnerable groups named below, state ONE nutritional problem that is associated with the group. A different problem should be stated for each group.

(i) Infants

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(1 mark)

(ii) Pregnant women

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(1 mark)

(iii) The elderly

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(1 mark)

(iv) Poverty-stricken individuals

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(1 mark)

(c) Table 1 lists the symptoms of two diseases labelled A and B.

TABLE 1: SYMPTOMS OF DISEASES A AND B

Disease A	Disease B
Frequent urination	Severe headaches
Unusual thirst	Vision problems
Extreme hunger	Fatigue
Unusual weight loss	Irregular heartbeat
Extreme fatigue (weak and tired)	Chest pain

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(i) Use the symptoms listed in Table 1 to identify EACH disease.

Disease A

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Disease B

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(2 marks)

(ii) Suggest TWO ways of controlling the symptoms of obesity.

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(2 marks)

A003

(d) Your 80-year-old neighbour is physically disabled and has been living alone for the past two years. You are concerned about his nutritional status. Discuss TWO factors that can threaten his food security and result in nutritional problems for him.

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(6 marks)

Total 16 marks

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A003

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2. (a) State THREE functions of food.

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(b) List the THREE macronutrients that are found in foods.

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A003

(c) (i) Gabrielle has been diagnosed with iron deficiency anaemia. Study the menu below and discuss ONE reason why it may NOT be suitable for her.

MENU

Fried Fish with BBQ Sauce
Herb Potatoes
Steamed Carrots and Cauliflower in Cheesy Cream Sauce
Coffee Chocolate Crème Caramel

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(3 marks)

(ii) Identify TWO suitable non-starchy vegetable dishes that could be included in the menu in (c) (i) to increase Gabrielle's iron intake. State ONE reason for selecting the dish.

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(3 marks)

(iii) Explain TWO precautions that should be taken when preparing the dish for Gabrielle named in (c) (ii), in order to increase her iron absorption.

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(4 marks)

Total 16 marks

523

A003

3. (a) List FOUR factors to be considered when planning meals.

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(4 marks)

(b) Identify TWO Caribbean food groups.

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(2 marks)

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A003

(c) (i) You have been asked to assist in the planning of the menu for a graduation dinner. Plan a suitable two-course meal for the occasion.

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(6 marks)

(ii) For the menu planned in (c) (i), name FOUR individual table appointments that should be used for the table setting.

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(4 marks)

Total 16 marks

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4. (a) Define the term 'food contamination'.

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(2 marks)

(b) List FOUR factors which may contribute to food contamination.

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(4 marks)

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(c) (i) State the importance of EACH of the following food additives used in baking.

- Anti-caking agents

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- Antioxidants

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- Artificial sweeteners

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- Emulsifiers

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- Bulking agents

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- Raising agents

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(6 marks)

(ii) During baking, dextrinization and caramelization may occur. For EACH p suggest TWO observations that may be made to verify that the proce occurred.

- Dextrinization

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- Caramelization

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(4 marks

Total 16 marks

523

A003

5. (a) List FOUR factors to be considered when planning the layout of a kitchen.

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(4 marks)

(b) Name TWO **special** features to be considered when purchasing a pot or pan.

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(2 marks)

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(c) Brian has been asked to prepare the following menu for his family's dinner party; however, he has a limited supply of gas. Explain TWO ways in which he can conserve fuel while preparing the meal.

MENU

Roasted Chicken in Honey Mustard Sauce
Green Fig and Cheese Pie
Steamed Vegetable Medley

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(4 marks)

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(d) (i) Figures 1–3 illustrate three accidents that can occur in the home.

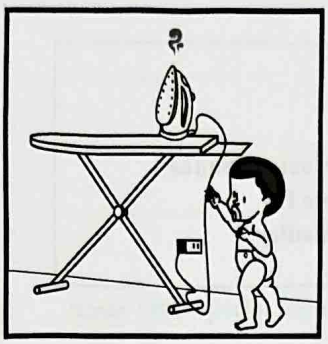


Figure 1

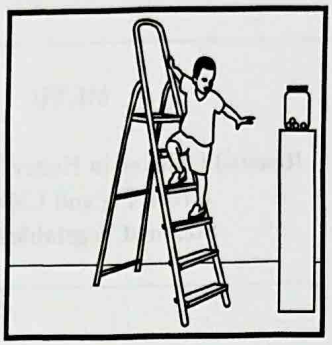


Figure 2

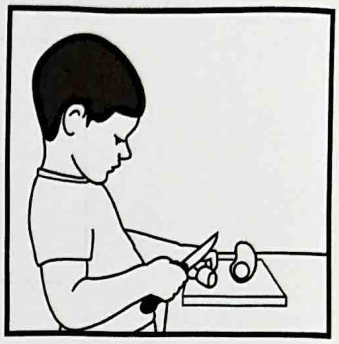


Figure 3

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For EACH figure, identify the accident that is MOST likely to occur.

Figure 1 .....

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Figure 2 .....

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Figure 3 .....

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(3 marks)

A003

(ii) State THREE steps that should be taken to suitably treat the accident identified in Figure 3.

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(3 marks)

Total 16 marks

GO ON TO THE NEXT PAGE

6. (a) List FOUR types of information that may be found on a food label.

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(4 marks)

(b) Define the term 'green consumer'.

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(2 marks)

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A003

(c) (i) Explain THREE benefits of purchasing food and materials, which are to be used for a party, from a supermarket rather than from a door-to-door seller.

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(6 marks)

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(ii) Explain TWO ways in which product labels can influence the purchase of food and materials for a party.

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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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TEACHER

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20 MAY 2026 (a.m.)

M 2 6 0 1 3 2 1 0 2 0

FILL IN ALL THE INFORMATION REQUESTED CLEARLY IN CAPITAL LETTERS.

TEST CODE | 0 | 1 | 3 | 2 | 1 | 0 | 2 | 0 |

SUBJECT FOOD, NUTRITION AND HEALTH – Paper 02

PROFICIENCY TECHNICAL

REGISTRATION NUMBER | | | | | | | | | | |

SCHOOL/CENTRE NUMBER					

NAME OF SCHOOL/CENTRE

CANDIDATE'S FULL NAME (FIRST, MIDDLE, LAST)

DATE OF BIRTH | D | D | M | M | Y | Y | Y | Y |

SIGNATURE _____

0 1 3 2 1 0 2 0 0 1