FORM TP 2011075

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MAY/JUNE 2011

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

FOOD AND NUTRITION

Paper 02 - General Proficiency

2 hours

09 MAY 2011 (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 TEN minutes to read through the paper. Writing MAY begin during this time.**

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PART A

Answer ALL questions in this section.

Each question is worth 16 marks.

1. (a) (i) Explain what is meant by the term 'nutritional status'. **(2 marks)**

(ii) Identify TWO **food habits** that may have a negative effect on nutritional status. **(2 marks)**

(iii) State ONE condition which may occur as a result of EACH of the food habits identified in (ii) above. **(2 marks)**

(b) On one of his visits to the doctor, Ryan is advised to reduce his intake of fat and salt. Suggest TWO guidelines that Ryan should follow when he is preparing his meals to reduce his intake of

(i) fat

(ii) salt. **(4 marks)**

(c) Ryan is diagnosed as suffering from vitamin A deficiency.

(i) Outline TWO signs/symptoms that may have led the doctor to this diagnosis. **(2 marks)**

(ii) Suggest ONE food that Ryan can use to correct this deficiency. **(1 mark)**

(d) The following menu is served to Ryan's grandmother who is convalescing.

Fried chicken
Creamed yams
Raw vegetable salad
Fruit cup

(i) Identify ONE dish in the menu above which is unsuitable for Ryan's grandmother **(1 mark)**

(ii) Give TWO reasons for your answer in (d) (i) above. **(2 marks)**

Total 16 marks

2. (a) Salt is an additive used in preparing dried salted fish.

(i) Define the term 'food additive' . **(2 marks)**

(ii) Give TWO advantages of using additives in foods. **(2 marks)**

(b) Marva enjoys preparing mango chutney which is bottled and used when mangoes are out of season.

(i) Give TWO guidelines to follow when selecting mangoes for making chutney. **(2 marks)**

(ii) Explain how vinegar will function as a preservative in the mango chutney. **(2 marks)**

(c) Marva wants to ensure that the mango chutney is of good keeping quality.

(i) Suggest a suitable material from which the saucepan Marva is using should be made. **(1 mark)**

(ii) Give ONE reason for the type of material selected in (c) (i) above. **(1 mark)**

(iii) Describe the method of preparation for the chutney. **(2 marks)**

(iv) Outline TWO correct steps/procedures for bottling the chutney. **(2 marks)**

(v) Give ONE reason for EACH step/procedure outlined in (iv). **(2 marks)**

Total 16 marks

3. (a) (i) Distinguish between a 'garnish' and a 'decoration' as they relate to food. **(2 marks)**

(ii) Suggest TWO ways, other than garnishing, by which the presentation of foods may be improved. **(2 marks)**

(iii) State TWO general guidelines to be followed when garnishing foods. **(2 marks)**

(b) State an appropriate garnish for EACH of the following dishes:

(i) Baked fish **(1 mark)**

(ii) Cream of pumpkin soup **(1 mark)**

(c) During an evaluation of students' work at a Food and Nutrition practical session, the teacher observed the following strengths and weaknesses.

1. The bananas in Martin's fruit salad showed no sign of discolouration.
2. The oil in the mayonnaise Jeffrey made remained stable.
3. The batter Rhonda made to coat the chicken leg did not come off during frying.
4. Rita's coffee had an extremely bitter flavor.
5. The sugar crystallized in the syrup Sandy made.

(i) Suggest ONE factor that was responsible for EACH of the observations in 1 - 5. **(5 marks)**

(ii) Rita used the correct proportion of ingredients to make a roux-based white sauce that had the following characteristics:

1. Free of lumps
2. Non-starchy flavour
3. Correct pouring consistency

Suggest ONE way in which Rita was able to achieve EACH characteristic. **(3 marks)**

Total 16 marks

PART B

Answer TWO questions in this section.

Each question is worth 16 marks.

4. (a) State ONE function of EACH of the following minerals:

(i) Iodine

(ii) Phosphorus **(2 marks)**

(b) Mrs Simon is pregnant and she has an adolescent daughter.

(i) Name TWO minerals, other than the minerals stated in (a), that Mrs Simon will require in increased amounts. **(2 marks)**

(ii) Give ONE benefit of EACH mineral named in (b) (i) above. **(2 marks)**

(iii) Plan a nutritionally adequate dinner menu for Mrs Simon's adolescent daughter. **(4 marks)**

(c) A group of students from the Food Preparation class were asked to demonstrate the preparation of cheese muffins.

(i) Outline the steps for making cheese muffins. **(4 marks)**

(ii) State TWO nutrients present in the cheese muffins that may contribute to the energy requirements of an individual. **(2 marks)**

Total 16 marks

5. (a) It is very important to carefully select and maintain kitchen tools and appliances.

State TWO desirable features of EACH of the following items:

(i) Kitchen knives **(2 marks)**

(ii) Cake mixers **(2 marks)**

(b) State TWO procedures to be followed when cleaning cake pans. **(2 marks)**

(c) Gavin and Gobin ate baked chicken, fries and cole slaw for lunch. Later they complained of feeling unwell; it was suspected that their illness was as a result of food poisoning caused by the baked chicken.

(i) State TWO symptoms/signs these boys are likely to experience. **(2 marks)**

(ii) Name the bacteria that may have been present in the baked chicken. **(1 mark)**

(iii) Suggest THREE personal hygiene practices that the person who served the baked chicken may NOT have followed. **(3 marks)**

(iv) The chicken was baked in an oven which was not self-cleaning and the oven was left very greasy. Suggest TWO essential steps that should be taken to clean the oven. **(2 marks)**

(d) Whilst preparing cabbage for the cole slaw, Patrice accidently cut one of her fingers because she was not using the knife correctly.

Suggest TWO other factors that could have caused the injury. **(2 marks)**

Total 16 marks

6. (a) State TWO specific roles of the consumer organization in your country. **(2 marks)**

(b) State TWO ways by which customers can determine if the eggs which they purchase from the supermarket are fresh. **(2 marks)**

(c) State TWO forms of textured vegetable protein (TVP) that can be purchased in the supermarket. **(2 marks)**

(d) Bulk buying may be less expensive but consumers may not always benefit from it. Suggest FOUR reasons why consumers may NOT benefit from bulk buying. **(4 marks)**

(e) Identify the MAIN raising agent in EACH of the following items:

(i) Swiss roll **(1 mark)**

(ii) Pancakes **(1 mark)**

(f) Explain the scientific principles underlying EACH of the following processes which occur during the baking of a fruit cake:

(i) The use of a chemical raising agent **(2 marks)**

(ii) The methods of heat transfer **(2 marks)**

Total 16 marks

7. (a) (i) Define the term 'cover/place setting'. **(2 marks)**

(ii) State TWO ways of enhancing a tray for tray service. **(2 marks)**

(b) (i) Figure 1 illustrates a well-organised kitchen layout. State TWO points to be considered to ensure proper storage of non-perishable foods in the food cupboard illustrated in Figure 1. **(2 marks)**

(ii) Give THREE reasons why the layout of this kitchen will ensure maximum efficiency. **(3 marks)**

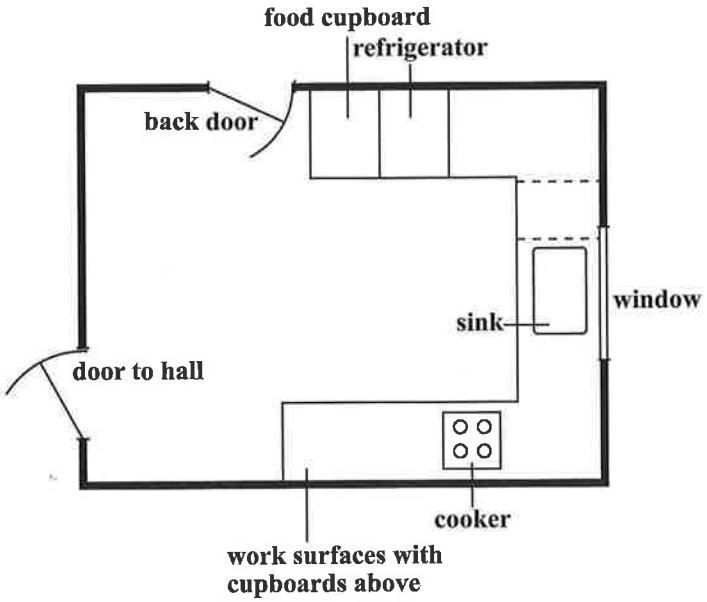


Figure 1: A well-organised kitchen

(c) You are required to prepare and pack a lunch for a preschool child.

(i) Plan the lunch menu. **(4 marks)**

(ii) State how any ONE of the items from the lunch menu should be appropriately packaged. **(1 mark)**

(d) You have been asked to prepare biscuits for 48 preschool children and are given the following list of ingredients which yields 24 biscuits.

225 g (8 oz) plain flour
100 g (4 oz) fat (butter or margarine)
100 g (4 oz) sugar
1 egg

Suggest the quantities of flour and fat required to produce 48 biscuits. **(2 marks)**

Total 16 marks

END OF TEST