FORM TP 2021073

TEST CODE 01321020

MAY/JUNE 2021

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) Define EACH of the following terms:

(i) Balanced diet

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(2 marks)

(ii) Dietary guidelines

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(2 marks)

(iii) Nutritional status

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(2 marks)

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(b) Explain TWO ways in which community nutrition can be used to address the issue of malnutrition.

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(4 marks)

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(c) Using a specific example for EACH, explain TWO dietary guidelines that Caribbean persons can use to ensure a healthy lifestyle.

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(6 marks)

Total 16 marks

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2. (a) (i) List TWO sources of proteins.

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(2 marks)

(ii) State TWO functions of proteins.

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(2 marks)

(iii) Name TWO elements found in proteins.

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(2 marks)

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(b) Susan is preparing a medley of steamed vegetables to be served for lunch.

Explain TWO ways in which Susan can conserve vitamin C during the pre-preparation stage and preparation stage of the meal.

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(4 marks)

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(c) Peter, an elderly man, was advised by his doctor to increase his intake of water and minerals.

(i) Suggest THREE signs or symptoms that Peter may have shown that caused the doctor to recommend an increased intake of water.

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(3 marks)

(ii) Peter's doctor recommended that he use a supplement to increase his mineral intake. List THREE ways in which Peter can increase his mineral intake **other** than by the use of supplements.

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(3 marks)

Total 16 marks

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3. (a) Define EACH of the following terms:

(i) Table d'hôte

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(2 marks)

(ii) Main course

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(2 marks)

(iii) High tea

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(2 marks)

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(b) Explain ONE benefit of EACH of the following nutrients in the diet of an athlete:

(i) Proteins

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(2 marks)

(ii) Carbohydrates

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(2 marks)

(iii) Minerals

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(2 marks)

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(c) Discuss the importance of vitamin B-12 in the diet of a vegan.

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(4 marks)

Total 16 marks

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4. (a) List FOUR factors that contribute to food spoilage.

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(4 marks)

(b) Define the term 'food borne illness'.

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(2 marks)

(c) Explain how mould contaminates food.

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(4 marks)

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(d) Explain the importance of any THREE steps to be followed when preparing green beans for freezing.

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(6 marks)

Total 16 marks

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5. (a) Define the term 'first aid'.

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(2 marks)

(b) Outline the method of first-aid treatment for EACH of the following injuries:

(i) Burns

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(2 marks)

(ii) Heavy bleeding

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(2 marks)

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(c) Discuss THREE ways in which energy can be conserved when using the refrigerator.

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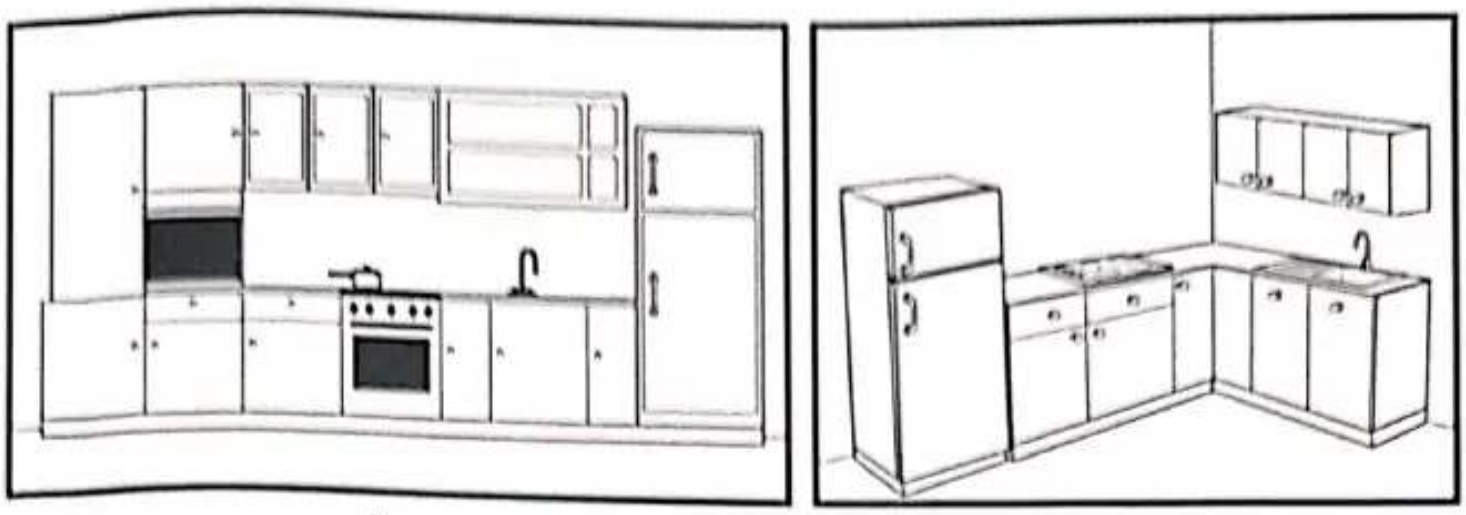
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(6 marks)

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(d) The following diagrams show two types of kitchen layouts, A and B.



A

B

The Brown family is large. Mrs Brown bakes on weekends and holidays to earn extra income and, from time to time, several members of the family assist her in the kitchen. Which of the two kitchen layouts, A or B, is MOST suitable for the Brown family? Explain your answer.

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(4 marks)

Total 16 marks

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NOTHING HAS BEEN OMITTED.

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6. (a) Define EACH of the following terms:

(i) Enriched

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(1 mark)

(ii) Fortification

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(1 mark)

(b) State ONE example of an enriched food and ONE example of a fortified food.

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(2 marks)

(c) State TWO advantages of using the Universal Product Code (UPC) in supermarkets.

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(2 marks)

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(d) The following diagrams show two labels, one for Product A and one for Product B.



Nutrition Facts

8 servings per container

Serving size 2/3 cup (55 g)

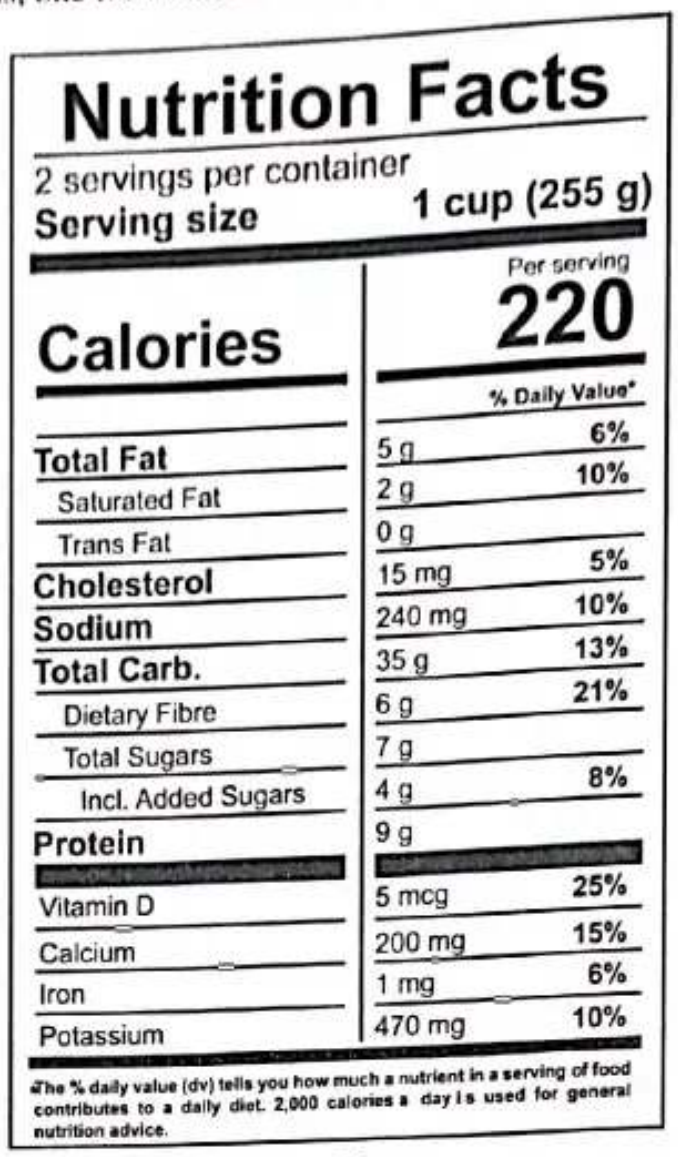
Amount per serving

Calories 230

	% Daily Value*
Total Fat 8 g	10%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 160 g	7%
Total Carbohydrate 37 g	13%
Dietary Fibre 4 g	14%
Total Sugars 12 g	
Includes 10 g Added Sugars	20%
Protein 3 g	
Vitamin D 2 mcg	10%
Calcium 260 mg	20%
Iron 8 mg	45%
Potassium 240 mg	6%

* The % daily value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A



Nutrition Facts

2 servings per container

Serving size 1 cup (255 g)

	Per serving	
Calories	220	
		% Daily Value*
Total Fat	5 g	6%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	240 mg	10%
Total Carb.	35 g	13%
Dietary Fibre	6 g	21%
Total Sugars	7 g	
Incl. Added Sugars	4 g	8%
Protein	9 g	
Vitamin D	5 mcg	25%
Calcium	200 mg	15%
Iron	1 mg	6%
Potassium	470 mg	10%

*The % daily value (dv) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

B

(i) Which of the two products, A or B, would be MOST suitable for use by a diabetic?

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(1 mark)

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(ii) Outline TWO reasons to support your answer in (d) (i)

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(4 marks)

(iii) Identify a group of persons for which Product A would be suitable.

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(1 mark)

(e) Complete the table below by naming ONE food in which the spices/herbs listed are likely to be used. **(A different food must be named for each herb/spice.)**

Name of Herb/Spice	Food
Ginger	
Cloves	
Cinnamon	
Thyme	

(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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