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MAY/JUNE 2009

CARIBBEAN EXAMINATIONS COUNCIL

SECONDARY EDUCATION CERTIFICATE EXAMINATION

FOOD AND NUTRITION

Paper 02 – General Proficiency

2 hours

11 MAY 2009 (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. Food choices are influenced by several factors.

(a) Identify THREE factors, other than a knowledge of nutrition, that influence people's food choices. **(3 marks)**

(b) List THREE signs or symptoms of diabetes. **(3 marks)**

(c) Merle's daughter is convalescing after major surgery and Merle has asked the nurse for assistance in planning meals for her daughter.

Outline THREE guidelines that must be followed when planning meals for patients who are convalescing from major surgery.
(You are not required to write a menu.) **(3 marks)**

(d) During her routine examination Merle informed the nurse that her blood was not clotting easily and her teeth were becoming weak.

Suggest THREE nutritional guidelines that Merle should follow to address the problems identified above. **(3 marks)**

(e) Based on your knowledge of nutrition, explain why EACH of the following statements is incorrect.

(i) Plantains are good for children who suffer from anemia.

(ii) An excessive intake of sugar causes diabetes.

(4 marks)

Total 16 marks

2. As part of your SBA project, you were required to conduct research on food preservation and share your findings with your class.

(a) Define EACH of the following terms used in food preservation:

(i) Bottling

(ii) Blanching

(4 marks)

(b) State TWO qualities that must be considered when selecting fruits for making jam.
(2 marks)

(c) (i) Identify ONE feature of a pot and ONE feature of a spoon that would be required for the jam-making process. **(2 marks)**

(ii) Explain the importance of EACH feature you identified at (c) (i) above.
(2 marks)

(d) At your presentation, a classmate noted that after thawing pigeon (gungo) peas, they became soft.

Explain what may have caused this to occur. **(2 marks)**

(e) Food additives play an important role in the processing of food.

(i) Name ONE additive that might be used by food manufacturers in EACH of the following products:

a) Margarine

b) Mayonnaise **(2 marks)**

(ii) State the function of EACH additive you identified at (e) (i) above.
(2 marks)

Total 16 marks

3. Foods can be prepared by a variety of methods.

(a) Define the term 'bake blind'. **(2 marks)**

(b) Outline TWO advantages of EACH of the following methods of cooking:

(i) Boiling

(ii) Grilling **(4 marks)**

(c) Eggs are often referred to as a versatile food. State TWO ways in which eggs can be used in food preparation and give ONE example of the items that can be prepared in EACH case. **(4 marks)**

(d) You have been given the ingredients below to make a cake for your birthday:

1 lb pre-sifted flour
1 lb sugar
1 lb margarine
12 eggs

Select an appropriate method for preparing the cake AND describe THREE steps in the method you have selected. **(4 marks)**

(e) After an evaluation of a batch of cheese muffins made by your Food and Nutrition class, the students reported the following faults:

(i) The muffins had large tunnels.

(ii) The muffins had a poor flavour.

Suggest ONE factor that may have contributed to EACH of the faults identified above. **(2 marks)**

Total 16 marks

PART B

Answer TWO questions in this section.

Each question is worth 16 marks.

4. Mothers are encouraged to begin complementary feeding of infants while continuing breastfeeding.

(a) Define the term 'complementary feeding'. **(2 marks)**

(b) State THREE advantages, to the infant, of continuing breastfeeding during complementary feeding. **(3 marks)**

(c) State the MAIN function of protein in an infant's diet. **(1 mark)**

(d) Mrs. John has decided to use potatoes in a meal for her five-month-old baby.

(i) Suggest TWO foods that can be combined with the potatoes to ensure a nutritionally adequate meal for the five-month-old baby. **(2 marks)**

(ii) Describe the method of preparation and cooking for the meal suggested in (d) (i) above. **(4 marks)**

(iii) Identify ONE vitamin that may be present in the meal suggested at (d) (i) above and state ONE function of this vitamin. **(2 marks)**

(iv) Suggest TWO nutritional guidelines that breastfeeding mothers should follow. **(2 marks)**

Total 16 marks

5. (a) Define the term 'star rating' (star marking) as it relates to the use of the refrigerator. **(2 marks)**

(b) State ONE purpose of EACH of the following features of a cooker or stove:

(i) Oven fan

(ii) Thermostat **(2 marks)**

(c) When selecting a cooker or stove, customers consider desirable features such as oven fan and thermostat to be important. List TWO other factors that customers should consider. **(2 marks)**

(d) Joseph, the head chef at Blue Saki Restaurant, prepared a meal that included **rice and carrots**.

(i) Suggest TWO dishes or items that can be prepared using EACH of the following foods: rice, carrots. **(2 marks)**

(ii) Identify a suitable small electrical appliance that can be used in preparing EACH dish or item named at (d) (i) above. **(2 marks)**

(iii) Joseph sustained burns to his hands while preparing the meal. Suggest TWO First Aid measures to treat the burns. **(2 marks)**

(iv) Suggest FOUR **kitchen** hygiene practices that must be followed when preparing foods. **(4 marks)**

Total 16 marks

6. Consumers today have a variety of choices when shopping for food.

(a) State TWO advantages of purchasing food in large supermarkets. **(2 marks)**

(b) (i) Identify TWO 'convenience foods'. **(2 marks)**

(ii) State ONE advantage of using convenience foods in meal preparation. **(1 mark)**

(iii) State ONE disadvantage of using convenience foods in meal preparation. **(1 mark)**

(c) Carla is a housewife who has a **large** family and limited money to spend on food.

(i) Suggest FOUR guidelines that Carla should follow when shopping for food to ensure that her family is provided with nourishing meals. **(4 marks)**

(ii) State ONE reason why Carla should use bread flour instead of cake flour, for making bread. **(2 marks)**

(iii) Carla enjoys cooking stewed beef. Describe FOUR effects of heat on beef after it has been stewed. **(4 marks)**

Total 16 marks

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7. Several factors must be borne in mind in the planning, preparation and service of different meals.

(a) Define EACH of the following terms as they relate to meal planning and service:

(i) Brunch

(ii) Cocktails

(iii) Table d'hôte **(6 marks)**

(b) Your Food and Nutrition class is involved in a project for developing **nutritious low-budget** meals for the residents of Gentle Rest Home for the Elderly.

(i) State TWO factors to be considered when planning meals for the **elderly** residents of the home. **(2 marks)**

(ii) Outline a meal plan for a **two-course** low-budget lunch menu for senior citizens. Include ONE different local food EACH in the **carbohydrate/starchy dish** and the **dessert** of the meal. **(6 marks)**

(iii) Suggest TWO ways of saving fuel when preparing and cooking the meal planned at (b) (ii) above. **(2 marks)**

Total 16 marks

END OF TEST