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FORM TP 2012075

MAY/JUNE 2012

**CARIBBEAN EXAMINATIONS COUNCIL
SECONDARY EDUCATION CERTIFICATE
EXAMINATION**

FOOD AND NUTRITION

Paper 02 – General Proficiency

2 hours 10 minutes

09 MAY 2012 (p.m.)

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.

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PART A

**Answer ALL questions in this section.
Each question is worth 16 marks.**

1. (a) Define the term 'over-nutrition'. **(2 marks)**
- (b) Identify TWO signs of over-nutrition. **(2 marks)**
- (c) State ONE condition associated with a deficiency of EACH of the following minerals:
- (i) Sodium
 - (ii) Calcium **(2 marks)**
- (d) Sally has decided to omit meat and meat products from her diet. However, she still continues to use animal foods.
- (i) Suggest TWO possible reasons for Sally's change in diet. **(2 marks)**
 - (ii) Discuss TWO health benefits of consuming such a diet. **(4 marks)**
 - (iii) Plan an appropriate two-course lunch for Sally **(4 marks)**

Total 16 marks

2. (a) Define the term 'blanching'. **(2 marks)**
- (b) Outline FOUR benefits of preserving food. **(4 marks)**
- (c) Food manufacturers usually package some foods in containers lined with aluminium foil.
- (i) Give an example of ONE such food. **(1 mark)**
 - (ii) Suggest ONE reason why food manufacturers carry out this practice. **(1 mark)**
- (d) Ron needs your advice in order to select the best quality mangoes for making jam.
- (i) Outline THREE guidelines that may be helpful to him. **(3 marks)**
 - (ii) Suggest why EACH guideline given in d (i) above is important. **(3 marks)**
 - (iii) Describe how Ron should carry out the 'plate test (wrinkle)' OR 'flake test' to determine when the jam mixture is ready for bottling. **(2 marks)**

Total 16 marks

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3. You have been asked to prepare a variety of cakes for the sweet stall for your annual school fair.

(a) List THREE methods of cake making that can be used for making the cakes. **(3 marks)**

(b) State ONE function of EACH of the following ingredients in cake making.

(i) Flour

(ii) Sugar

(iii) Butter or margarine **(3 marks)**

(c) State TWO sweet dishes, OTHER than cakes, where eggs are used as the main ingredient. **(2 marks)**

(d) Explain TWO principles involved in the transfer of heat when cakes are being baked. **(4 marks)**

(e) You have decided to include ice cream, using a cornflour/cornstarch base, as an item for the sweet stall. State FOUR steps in the preparation of the cornstarch base to ensure a smooth ice cream. **(4 marks)**

Total 16 marks

PART B

**Answer TWO questions in this section.
Each question is worth 16 marks.**

4. (a) Outline TWO functions of EACH of the following nutrients.
- (i) Water (2 marks)
 - (ii) Protein (2 marks)
 - (iii) Carbohydrate (2 marks)
- (b) Name THREE nutrients present in brown rice that makes it more nutritious than white rice. (3 marks)
- (c) Steamed white fish and fried potato chips are served regularly to your elderly bedridden neighbour.
- (i) Suggest which dish is suitable and which is unsuitable for your elderly neighbour. (2 marks)
 - (ii) Provide reasons to support your answer in (c) (i) above. (2 marks)
- (d) Nineteen-year-old Juliet is the secretary of your school. She is having difficulty planning and preparing meals to meet her nutritional requirements. Suggest THREE guidelines which she may use to assist her in planning and preparing her meals. (3 marks)

Total 16 marks

5. (a) Your class was required to prepare a checklist to be used to record observations about food-handling practices while on a field trip to food outlets in your district.
- (i) Name THREE factors that can contribute to food contamination that your class should include in the checklist. (3 marks)
 - (ii) State THREE desirable hygiene practices that should be observed at these food outlets. (3 marks)
- (b) Your mother is considering purchasing an electric or a gas cooker/stove.
- (i) Discuss TWO advantages of purchasing a gas cooker/stove rather than an electric cooker/stove. (4 marks)
 - (ii) State FOUR factors **other than colour and warranty** that **MUST** be considered before purchasing a gas cooker. (4 marks)
- (c) Vivian sustained a burn while removing a hot baking sheet from the oven. In applying first-aid treatment for the burn, she cooled the area with cold water and covered the area with a clean cloth. Suggest ONE reason for EACH of Vivian's actions in applying the first-aid treatment. (2 marks)

Total 16 marks

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6. Figure 1 represents a Universal Product Code (UPC) or bar code



Figure 1. Bar Code

- (a) State TWO pieces of information which are normally found on the Universal Product Code (UPC) or bar code. (2 marks)
- (b) Define EACH of the following terms:
- (i) Comparative shopping (2 marks)
 - (ii) Impulsive buying (2 marks)
- (c) The two boxes of carrot cake mix shown in Figures 2 and 3 were purchased by Pam, a consumer advocate.



Figure 2: Box A



Figure 3: Box B

- (i) Suggest, with a reason, which of the two boxes is a better buy in terms of nutrition. (2 marks)
- (ii) Pam is invited by your Food and Nutrition teacher to speak to your class on factors that would influence the purchasing of food in a supermarket. Indicate TWO factors, **other than income**, that she should emphasize in her presentation. (2 marks)
- (d) The students in the Food and Nutrition class were asked to prepare bread and doughnuts for their School-Based Assessment (SBA) assignment.
- (i) Suggest ONE effect of dry heat on the sugar and ONE effect of moist heat on the flour while the bread is baking. (2 marks)
 - (ii) While the students were frying the doughnuts they were distracted and the oil caught fire. Using the terms 'smoke point' and 'flash point' suggest how the oil may have caught fire. (4 marks)

Total 16 marks

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7. (a) List TWO materials that would be suitable for packing individual dishes/items to take on a picnic. **(2 marks)**
- (b) State the difference between a 'menu' and a 'main' course. **(4 marks)**
- (c) As part of an assignment for your school's open day, you are required to prepare cream of pumpkin soup, a loaf of yeast bread and fruit punch.
- (i) State the order of preparation for the items. **(3 marks)**
- (ii) State THREE reasons for the order that you provided in (c) (i) above. **(3 marks)**
- (d) State FOUR guidelines that you would recommend to a friend who needs your help in conserving fuel when using the oven. **(4 marks)**

Total 16 marks

END OF TEST

IF YOU FINISH BEFORE TIME IS CALLED, CHECK YOUR WORK ON THIS TEST.