



EXAMINATIONS COUNCIL OF SWAZILAND  
 in collaboration with  
 UNIVERSITY OF CAMBRIDGE LOCAL EXAMINATIONS SYNDICATE  
 Swaziland General Certificate of Secondary Education

CANDIDATE  
 NAME

CENTRE  
 NUMBER

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CANDIDATE  
 NUMBER

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**FOOD AND NUTRITION**

**6905/01**

Paper 1 Theory

**October/November 2011**

**2 hours**

Candidates answer on the Question Paper.

No Additional Materials are required.

**READ THESE INSTRUCTIONS FIRST**

Write your Centre number, candidate number and name on all the work you hand in.  
 Write in dark blue or black pen in the spaces provided on the question paper.  
 You may use a soft pencil for any diagrams, or rough working.  
 Do **not** use staples, paper clips, highlighters, glue or correction fluid.

**Section A**

Answer **all** questions in the spaces provided on the Question Paper.  
 You are advised to spend no longer than 45 minutes on Section A.

**Section B**

Answer **two** questions only in the spaces provided on the Question Paper.

**Section C**

Answer either question **8(a)** or **8(b)** on the lined pages at the end of the Question Paper.

The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use	
<b>A</b>	
<b>B</b>	
<b>C</b>	
<b>Total</b>	

This document consists of **14** printed pages and **2** blank pages.

**SECTION A**

Answer **all** questions in this section.

**1** Proteins are essential nutrients for growing children and teenagers.

**(a)** Name **one** important element that makes the molecule of proteins differ from that of fats and carbohydrates.

..... [1]

**(b)** State **two** ways in which proteins can be classified to indicate their value in the diet.

**(i)** .....

**(ii)** ..... [2]

**(c)** Explain **three** situations in which individuals will require additional protein in their diet.

**(i)** .....

**(ii)** .....

**(iii)** ..... [3]

**(d)** Explain the effect of heat on proteins.

.....  
.....  
.....  
..... [2]

**(e)** Describe the digestion of protein in the:

**(i)** Stomach

.....  
.....  
.....  
..... [3]

(ii) Duodenum

.....  
.....  
.....  
..... [3]

(f) What happens to excess proteins in the body?

.....  
.....  
.....  
..... [4]

2 (a) Water is essential for human survival.

(i) State **three** functions of water in the body.

.....  
.....  
.....  
..... [3]

(ii) Describe **three** instances when extra water is required in the body.

.....  
.....  
.....  
..... [3]

(b) (i) State **two** functions of vitamin A.

.....  
.....  
.....  
..... [2]

(ii) Name **two** good sources of vitamin A.

.....  
..... [2]

3 (a) Explain why elderly people should be encouraged to limit foods that are high in fat in their diet.

.....  
.....  
.....  
..... [2]

(b) Give **four** reasons why elderly people may be prone to malnutrition.

.....  
.....  
.....  
.....  
..... [4]

4 (a) Classify **two** types of kitchens you would find in a Swazi home.

(i) .....  
(ii) ..... [2]

(b) Give **two** rules you should consider when designing a kitchen.

(i) .....  
(ii) ..... [2]

(c) Explain how you would avoid accidents from occurring in the kitchen.

.....  
.....  
.....  
..... [2]

**[Total for Section A: 40 Marks]**

**SECTION B**

Answer **two** questions in this section.

5 (a) Heat is transmitted to the food by conduction, radiation and convection.

(i) Describe how the convection of heat takes place when food is cooked in the oven.

.....  
.....  
.....  
..... [2]

(ii) How can one economise in the use of fuel when cooking meals in a convectional oven?

.....  
.....  
.....  
..... [2]

(b) (i) What is casserole cooking?

.....  
.....  
..... [2]

(ii) State **three** advantages of casserole cooking.

.....  
.....  
.....  
..... [3]



6 (a) Name **three** methods of preserving food that can be used in the domestic environment.

.....  
.....  
.....  
.....  
.....  
..... [3]

(b) Give **five** reasons for the preservation of food.

.....  
.....  
.....  
.....  
.....  
..... [5]

(c) State **four** pieces of information provided by a food label.

.....  
.....  
.....  
.....  
.....  
..... [4]



(d) (i) What are convenience foods?

.....  
.....  
.....  
..... [2]

(ii) State **six** advantages of convenience foods.

.....  
.....  
.....  
.....  
.....  
..... [6]

**[Total: 20 Marks]**

7 (a) Classify fish according to their origin.

.....  
..... [2]

(b) List the main nutrients found in fish.

.....  
.....  
.....  
.....  
.....  
..... [4]

(c) Describe the qualities to look for when purchasing fresh fish.

.....  
.....  
.....  
.....  
.....  
..... [6]

(d) (i) Explain how to store fresh fish in the home.

.....  
.....  
.....  
..... [3]

(ii) Discuss the changes that take place when fish is cooked.

.....

.....

.....

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.....

.....

..... [5]

**[Total: 20 Marks]**

**[Total for Section B: 40 Marks]**





A series of horizontal dotted lines providing a writing area for the student's response.

**[Total for Section C: 20 Marks]**



