

Candidate Name _____

Centre Number				Candidate Number									

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for General Certificate of Education Ordinary Level

Food and Nutrition

6065/1

Paper 1 Theory

Thursday

10 AUGUST 2017

Additional Material(s):

Answer Booklet

Time: 2 hours

Instructions to Candidates

Write your name, centre number and candidate number in the spaces at the top of this page and on all separate Answer Booklets used.

There are **seven** questions in this paper.

Section A

Answer **all** parts of question 1.

Write your answers in the spaces provided on the question paper.

Section B

Answer **any four** questions.

Write your answers for each question on a separate page of the Answer Booklet provided.

At the end of the examination:

- fasten any separate Answer Booklets used securely to the question paper, **tie with a string in the left corner of the booklet.**
- enter the numbers of the Section B questions you have answered on the left side of the grid below, under the column "For Candidate's Use".

Information for Candidates

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

You are advised to spend no longer than 45 minutes on Section A.

Cell phones are not allowed in the examination room.

For Candidate's Use	For Examiner's Use
Section A	
Section B	
Total	

SECTION A (40 marks)

Answer all parts of question 1.

Write your answers in the spaces provided on the question paper.

1 Water is vital to life.

(a) (i) Explain **four** functions of water in the body.

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.....
.....

[4]

(ii) List down **four** foods that have a high content of water.

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.....
.....

[4]

(iii) Define the term dehydration.

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.....

[1]

(iv) Identify situations when the body requires extra water.

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.....
.....

[3]

(b) Every function and process in the body requires a source of energy.

(i) Give three examples of energy giving nutrients.

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.....
.....

[3]

(ii) Name the complex sugar which aids egestion of solid waste.

.....

[1]

(iii) Mention the carbohydrate which is stored in the liver

.....

[1]

(iv) Describe how sugar can be stored in a home to maintain its quality.

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.....

[2]

(c) **(i)** Explain the difference between anabolism and catabolism.

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.....
.....
.....

[2]

(ii) Outline the final products of digestion when the following nutrients are digested.

Carbohydrate

Protein

Fats

[3]

(d) Child health is important

- (i) Discuss the **four** important nutrients a child needs in order to grow healthy.

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.....
.....
.....

[4]

- (ii) Outline the **five** advantages of breast milk.

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.....
.....

[5]

- (iii) State **two** reasons why colostrum is important for a new born baby.

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.....

[2]

- (iv) Discuss **five** ways in which you would care for the baby during weaning.

.....
.....
.....
.....

[5]

Total:40

SECTION B (60 marks)**There are six questions in this section****Answer any four questions****Write your answers on the separate Answer Booklet provided.**

- 2** Eggs are a very useful food stuff to have in the fridge.
- (a) Describe how you would determine the freshness of eggs without breaking the shell. [4]
- (b) Explain the term coagulation. [2]
- (c) List down **four** different methods of incorporating air into a cake mixture. [4]
- (d) State how the following ingredients assist in achieving the aeration process to produce the structure of a cake:
- (i) the protein in an egg;
- (ii) the gluten in the wheat flour;
- (iii) the starch in the wheat flour;
- (iv) the sugar. [4]
- (e) Name **one** nutrient which is not present in eggs. [1]
- [15 marks]**

- 3** An increased appetite among adolescent boys and girls is common.
- (a) Discuss **four** main factors that can lead to an increased appetite among adolescents. [4]
- (b) Mention **five** eating habits that are more pronounced in adolescents than in adults. [5]
- (c) (i) State the reason why boys are less likely to suffer from low iron levels than girls. [1]
- (ii) Plan a **two** course meal for a teenage girl. [5]
- [15 marks]**

- 4 Marketing is an important component in the trade of food industry.
- (a) State **three** different ways of advertising goods and services. [3]
 - (b) Identify at least four components of food labels. [4]
 - (c) Outline **six** advantages of buying foods in a supermarket or hypermarket. [6]
 - (d) Explain the effect of using charcoal as fuel for cooking, on the environment. [2]

[15 marks]

- 5 Write an informative paragraph on each of the following:
- (a) The use and care of a refrigerator. [5]
 - (b) Mechanical means of raising agents. [5]
 - (c) The advantages and disadvantages of using a microwave oven. [5]

[15 marks]

- 6
- (a) (i) Define convenience foods. [2]
 - (ii) Name **two** different types of convenience foods. [2]
 - (b) Explain why convenience foods have become popular in recent years. [3]
 - (c) Compare and contrast shopping in a supermarket from shopping at an open market. [4]
 - (d) Write short notes on the following:
 - (i) textured vegetable proteins (TVP); [2]
 - (ii) monosodium glutamate. [2]

[15 marks]

- 7 Vegetables play an important role in the diet.
- (a) Mention the **four** classes of vegetables. [4]
 - (b) Explain why green leafy vegetables are important in family meals. [4]
 - (c) Outline **three** points on the choice of vegetables. [3]
 - (d) State **four** ways of preserving vegetables. [4]

[15 marks]

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