



EXAMINATIONS COUNCIL OF ESWATINI  
Eswatini General Certificate of Secondary Education

CANDIDATE  
NAME

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CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**FOOD AND NUTRITION**

**6905/01**

Paper 1 Theory

**October/November 2020**

**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, 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	
Section A	
Section B	
Section C	
Total	

This document consists of **13** printed pages and **3** blank pages.

**SECTION A**

Answer **all** questions in this section.

**1 (a)** Define the following terms:

**(i)** Malnutrition

.....  
..... [1]

**(ii)** Metabolism

.....  
..... [1]

**(b) (i)** Name one plant and one animal source of fat.

plant .....

animal ..... [2]

**(ii)** What is the difference between visible and invisible fat? Give an example in each case.

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

**(c)** Describe the effects of moist heat on proteins.

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

(d) Enzymes are important in digestion. State **three** conditions necessary for enzymes to work correctly.

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

(e) Name **two** groups of the food pyramid which should be limited in the diet of an obese person. Give reasons.

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

2 (a) (i) Name **two** good sources of riboflavin (vitamin B<sub>2</sub>).

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

(ii) Give **two** functions of riboflavin.

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

(b) A lack of vitamin B<sub>3</sub> in the diet could cause pellagra. Give **two** symptoms of this disease.

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

(c) Describe the development of osteoporosis.

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

3 (a) (i) State the common function of sodium chloride in the body.

..... [1]

(ii) State **two** groups of people who require an increased amount of sodium chloride in their diet.

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

(b) State, with reasons, **three** dietary guidelines for a healthy lifestyle.

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

4 Describe the absorption of fats.

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

**[Total Marks: 40]**

**SECTION B**

Answer **two** questions in this section.

5 (a) (i) Name **two** types of cheese.

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

(ii) Describe the effect of heat on cheese.

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

(b) Explain the importance of milk in the diet of a pregnant woman.

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

(c) Describe the following methods of treating milk:

(i) Sterilisation.

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

(ii) Homogenisation.

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

(d) State **three** advantages of using a food processor rather than a hand mixer.

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

**[Total Marks: 20]**

6 (a) (i) Define a batter.

.....  
..... [1]

(ii) Name **two** types of batters.

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

(iii) State **three** reasons for using sauces in cookery.

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

(iv) State **two** ways in which a white sauce can be flavoured.

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

(b) Justify the use of each of the following ingredients when making flaky pastry:

(i) Strong plain flour.

.....  
..... [1]

(ii) Lemon juice.

.....  
..... [1]

(c) Explain **two** rules to follow when rolling out pastry.

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

(d) Explain **three** safety points on the use and storage of cleaning agents in the home.

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..... [6]

**[Total Marks: 20]**



7 (a) State **three** points to follow when choosing green leafy vegetables.

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

(b) Describe the conservative method of cooking vegetables.

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

(c) Explain **two** ways in which food labels are helpful when preparing meals.

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

(d) Give **three** reasons why individuals choose to follow a vegetarian diet.

1 .....  
2 .....  
3 ..... [3]

(e) Explain **three** problems in providing a balanced diet for a vegan and state how each of these problems can be overcome.

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..... [6]

**[Total Marks: 20]**

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



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