

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

Thursday

21 JULY 2016

Additional materials:

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.

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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 on the separate Answer Booklet provided.

At the end of the examination:

- 1 fasten any separate Answer Booklet used securely to the question paper, tie with a string in the left corner of the booklets.
- 2 enter the numbers of the Section B questions you have answered on the left side on 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 (a) Potassium is a mineral element required in relatively large amounts. State:

(i) The mineral element that potassium has a complementary action with.

..... [1]

(ii) **Four** rich sources of potassium.

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

(iii) **Two** functions of potassium in the body.

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

(iv) The deficiency disease which occurs if too little potassium is absorbed.

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(b) (i) State **two** functions of iron in the body.

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

(ii) Suggest **two** groups of people who may be advised to increase the intake of iron.

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

(iii) What is the relationship between ascorbic acid (Vitamin C) and iron?

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

(c) What problems are associated with the statements below?

(i) A low sodium intake

..... [1]

(ii) Too much or high sodium intake.

..... [1]

- (d) (i) State **four** functions of water in the body.

.....

.....

.....

..... [4]

- (ii) Define dehydration.

.....

..... [1]

- (iii) Explain **two** circumstances which can bring about body dehydration.

.....

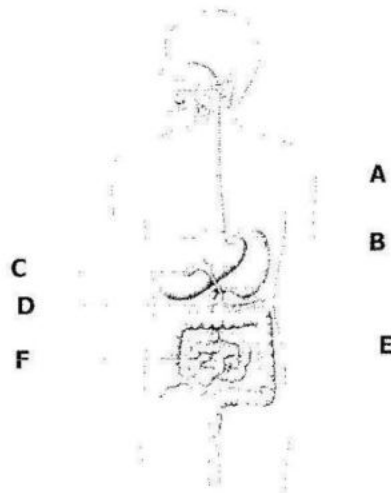
..... [2]

- (iv) What is the recommended daily intake of water?

.....

..... [1]

- (e) The figure below shows some parts of the human digestive system.



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- (i) Label the parts above (A, B, C, D, E, F).

A

B

C

D

E

F [3]

- (ii) Explain briefly the roles played by the following structures in the process of digestion:

C:
.....
..... [2]

E:
.....
..... [2]

- (iii) Name the nutrient digested in structure **B** and state any condition under which the nutrient would be digested.

Nutrient: [1]

Condition:
..... [1]

- (iv) Explain the functions of the following enzymes during digestion and absorption of food.

Lactase:
.....

Rennin:
.....

Ptylin:
..... [6]

- (f) Give **three** general rules to follow when feeding invalids.

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

- (g) Write down any **two** uses of eggs in cookery.

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

[Total 40 marks]

Section B (60 Marks)

There are six questions in this Section. Answer any four.

Write your answers on the separate Answer Booklet provided.

- 2** Manufactured foods often contain certain food additives.
- (a) List **five** reasons why food should contain additives. [5]
 - (b) Give **three** examples of synthetic additives. [3]
 - (c) Mention **five** important requirements of food additives. [5]
 - (d) Why are nutrients added to food during manufacturing? [2]
- [15]**
- 3** Preservation prolongs 'shelf life' of foods.
- (a) Define preservation. [1]
 - (b) Name **four** main methods used in the preservation of food. [4]
 - (c) Name **four** common faults and causes likely to be found in a home-made jam. [8]
 - (d) Suggest **four** chemical preservatives which can be added to flour. [2]
- [15]**
- 4** (a) Name three methods of heat transference, giving an example in each case. [3]
- (b) (i) Name **two** methods of steaming. [2]
 - (ii) List down **four** points to consider when steaming. [4]
 - (c) (i) Give **four** differences between boiling and stewing. [4]
 - (ii) Give **two** suitable foods which can be cooked by each method mentioned in part (c) (i). [2]
- [15]**
- 5** Cereals are one of the most important foods in nearly every country.
- (a) Name any **six** types of cereals. [3]
 - (b) Draw the wheat grain and label the following parts.
 - (i) Endosperm
 - (ii) Aleurone layer
 - (iii) Germ [5]

- (c) Define the term 'extraction rate' of flour. [1]
- (d) Show the difference between whole-meal and white flour. [3]
- (e) Explain why spring wheat is best suited for bread making. [3]
- [15]**
- 6** (a) Explain each of the following terms or processes.
- (i) Collagen
- (ii) Basting
- (iii) Garnishing
- (iv) Dextrin
- (v) Gelatinization
- (vi) Blending [12]
- (b) State any **three** health problems associated with obesity. [3]
- [15]**
- 7** (a) Define a sauce. [1]
- (b) State **four** different ways of thickening sauces. [4]
- (c) Write down **four** functions of sauces in food preparation. [4]
- (d) Give the basic recipe for making Roux sauce. [6]
- [15]**