

Centre Number				Examination Number									

SECTION A (40 marks)

For
Exa
use

Answer all questions in Section A.

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

1 Define food.

.....

.....

.....

[2]

2 List the elements that make up proteins.

.....

.....

[1]

3 Explain the use of electric energy in the body.

.....

.....

[2]

4 Give **one** example of saturated fatty acids.

.....

[1]

5 Analyse the energy value of an egg sandwich.

.....

.....

.....

[3]

6 Complete the following sentence which shows the digestion of starch.

In the mouth (i) is produced by the (ii) glands which changes cooked starch to (iii)

[3]

7 Explain the importance of the villi in the absorption of nutrients.

.....

.....

.....

[4]

Centre Number				Examination Number													

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8 Briefly explain the use of bile during digestion.

.....

..... [2]

9 Explain why the following groups of people may be advised to increase their iron intake:

(a) Teenage girls

.....

..... [2]

(b) Expectant mothers

.....

..... [2]

10 Plan a two course meal for a breastfeeding mother.

.....

.....

.....

..... [4]

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11 Suggest **three** ways of coating food before frying.

(i)

(ii)

(iii) [3]

12 Contrast 'grilling' from 'roasting'.

.....

.....

..... [2]

[Turn over

Centre Number				Examination Number									

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- 13** Associate the methods of cooking below with the correct mode of heat transfer.

Boiling.....

Dry frying.....

[2]

- 14** Apart from bacteria, chemicals are also agents of food contamination.

(a) Give **two** examples of such chemicals.

(i)

(ii)

[2]

(b) What shape is the bacteria that causes cholera?

.....

.....

[1]

- 15** Explain the main aim of food preservation.

.....

.....

.....

[1]

- 16** Consumers need to be aware of their rights. Identify **three** Zambian organisations that protect the consumer.

(i)

(ii)

(iii)

[3]

Total 40 Marks

Centre Number				Examination Number															

SECTION B (60 marks)

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

Write your answers on the separate Answer Booklet provided.

- 1** The kitchen is usually referred to as a work room in the home.
- (a) (i) State **three** uses of the kitchen. [3]
 - (ii) Identify **two** most suitable means of ventilation in the kitchen. [2]
 - (b) (i) Explain the importance of ventilation in the kitchen. [2]
 - (ii) Discuss the diet scale. ✓ [2]
 - (c) Suggest what you would use in the absence of the following:
 - (i) Sieve
 - (ii) Rolling pin
 - (iii) Measuring jug
 - (iv) Baking tin [4]
 - (d) Mention any **two** labour saving devices. [2]

[15 marks]

- * **2** Vegetables play a very important role in the nutritional value of meals.

- (a) Define Textured Vegetable Protein (TVP). ✓ [2]
- (b) Mention **four** raw materials (or ingredients) that can be used in the preparation of Textured Vegetable Protein. [4]
- (c) What is the use of TVP in meal preparation? [2]
- (d) Give a description of **two** TVP products made from soya beans. [4]
- (e) Write **three** examples of dishes prepared from soya bean products. [3]

[15 marks]

- 3**
- (a) (i) Define batter. [2]
 - (ii) Suggest the uses of:
 - 1 pouring batter [3]
 - 2 coating batter [2]
 - (iii) State, with reasons, **four** rules to consider when preparing batters. [4]
 - (b) Explain why maize meal is not suitable for making batter. [1]
 - (c) Given 200g of flour to make pouring batter, calculate the quantities of the other ingredients. [3]

[15 marks]

Centre Number				Examination Number									

- 4 (a) (i) Define preservation. [2]
 (ii) State **three** micro-organisms that cause food spoilage. [3]
 (iii) List **three** principles of food preservation. [3]
 (b) (i) Explain **four** advantages of preserving food. [3]
 (ii) Discuss sterilisation. [2]
 (c) Describe how you would preserve fresh fish at home using sun drying method. [2]

[15 marks]

- 5 A wide variety of goods and services are available to consumers today.

- (a) (i) State **two** points to consider on the purchase of goods and services. [2]
 (ii) Mention **two** ways in which customers pay for their goods and services. [2]
 (b) (i) Explain **two** effects of food insecurity in a home. [2]
 (ii) Define budgeting. [2]
 (c) Using a total sum of K150.00, prepare a budget of ingredients for a two course meal for a family of four. [5]
 (d) Give an analysis on the role of advertisement to the consumer. [2]

[15 marks]

- 6 (a) (i) State the main factors that cause food spoilage. [2]
 (ii) Mention **three** types of food where anti-oxidants are usually added. [3]
 (b) Outline **three** purposes of using anti-oxidants in food. [3]
 (c) Explain **five** circumstances that contribute to the rise in cases of food poisoning. [5]
 (d) Indicate where the following foods should be stored in the refrigerator.
 (i) Cooked food
 (ii) Milk [2]

[15 marks]