

Centre Number	Examination Number



EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level



Food and Nutrition

6065/1

Paper 1 Theory

Friday

18 NOVEMBER 2022

Additional Material(s):
Answer Booklet

Time: 2 hours

Marks: 100

Instructions to Candidates

- 1 Write the **centre number** and your **examination number** on **every page** of this question paper and on all separate **Answer Booklets** provided.
- 2 There are **two** sections, **A** and **B**, in this paper.
- 3 Answer **all** questions of **Section A** within the question paper.
- 4 **Section B** has **six** questions. Answer **four** questions only in the separate Answer Booklet provided
- 5 At the end of the examination:
 - (i) fasten (tie) any separate Answer Booklet(s) used to the question paper with a string. **Do not staple them.**
 - (ii) write the numbers of the questions you have chosen from **Section B** on the Marks Grid provided under the column, "**For Candidate's Use**".

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Information for Candidates

- 1 The intended number of marks is given in brackets [] at the end of each question or part question.
- 2 You are advised to spend no longer than 45 minutes on Section A.
- 3 Cell phones are **not allowed** in the examination room.

For Examiner's Use Only			
For Candidate's Use	Question	Mark Obtained	Examiner's Initials
Section A			
Section B			
Total			

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For
Examiner's
use**SECTION A: [40 MARKS]**

Answer all questions in Section A. Write your answers in the spaces provided in the question paper.

1 What do you understand by the following terms:

(a) Diet [1]

(b) Balanced diet [1]

2 (a) Name the **three** main nutritional components of food.

(i)
 (ii)
 (iii) [3]

(b) Differentiate macro from micro nutrients.

.....

 [2]

3 (a) List **three** nutrients that are absorbed into the blood capillaries.

(i)
 (ii)
 (iii) [3]

(b) State the **two** types of digestion.

(i)
 (ii) [2]

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(c) Explain the actions of the following digestive juices during digestion:

(i) Saliva [1]

(ii) Gastric juice [1]

4 Mention **two** dietary guidelines.

(i) [2]

(ii)

5 (a) Mention **one** factor that affects people's choice of food.

..... [1]

.....

(b) Differentiate complementary from supplementary breastfeeding.

..... [2]

.....

.....

.....

(c) Plan a balanced snack for a school going child.

..... [3]

.....

.....

.....

6 (a) State **one** point to remember when steaming food.

..... [1]

.....

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(b) Explain the difference between boiling and simmering.

.....

.....

.....

[2]

(c) Give **one** characteristic of a good white sauce.

.....

.....

[1]

7 Suggest **one** way in which onions may be prepared for garnishing.

.....

.....

[1]

8 State **one** rule to consider when arranging fresh flowers for a meal table.

.....

.....

[1]

9 Mention the type of flour suitable for bread making.

.....

.....

[1]

10 Food spoilage is caused by two main factors, name **one**.

.....

[1]

11 Mention **one** type of diabetes.

.....

[1]

12 Mention **two** main parts of a stove.

(i)

(ii)

[2]

2 0 2 2

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13 Define 'convenience foods'.

.....

.....

.....

[1]

14 Mention a dish that can be cooked with conservation of fuel in the oven.

.....

[1]

15 Mention **one** traditional non alcoholic beverage brewed in Zambia.

.....

[1]

16 Define Textured Vegetable Protein (TVP).

.....

.....

[1]

17 Mention **one** good practice of a consumer.

.....

.....

[1]

18 What is a budget?

.....

.....

[1]

19 Identify **one** entrepreneurship opportunity that is available in Food and Nutrition.

.....

[1]

[Total: 40 marks]

2 0 2 2

[Turn over]

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SECTION B: [60 MARKS]

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

Write your answers in the separate Answer Booklet provided.

- 1** A kitchen is a social point in a home.
- (a) State **three** characteristics of a kitchen floor. [3]
 - (b) Mention **four** common accidents in a kitchen. [4]
 - (c) Define 'first aid'. [2]
 - (d) Discuss **three** advantages of using labour saving devices. [3]
 - (e) Outline the procedure for unblocking a kitchen sink. [3]

[Total: 15 marks]

- 2** Pulses are an important inclusion in our diet.
- (a) Describe pulses with examples. [2]
 - (b) Outline **four** uses of pulses in cooking. [4]
 - (c) Discuss the nutritional value of pulses. [3]
 - (d) Describe the food value of fruits. [2]
 - (e) List names of fruits that are called citrus. [4]

[Total: 15 marks]

- 3**
- (a) Why are cereals important in a diet? [3]
 - (b) With examples, state **four** uses of breakfast cereals in food preparation. [4]
 - (c) Explain the purpose of packaging food. [4]
 - (d) Analyse **four** demerits (disadvantages) of convenience foods. [4]

[Total: 15 marks]

- 4** Raising agents contribute to the lightness of flour mixtures.
- (a) Mention the **two** main types of raising agents. [2]
 - (b) State **four** basic ingredients in bread making. [4]
 - (c) Explain **five** changes that take place during the baking of bread. [5]
 - (d) Discuss **four** reasons that would cause a sunken cake. [4]

[Total: 15 marks]

2 0 2 2

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- 5
- (a) Define 'food poisoning'. [2]
 - (b) State **four** factors that can affect the growth of micro-organisms. [4]
 - (c) Give examples of symptoms and signs of food allergies. [5]
 - (d) Explain what is meant by food security. [2]
 - (e) Identify **two** types of food security. [2]

[Total: 15 marks]

- 6 Food products are analysed to provide consumers with confidence.
- (a) List **four** guidelines consumers should follow in order to get the value for their money from goods and services. [4]
 - (b) Explain **three** useful information of standard code (package information) for consumers. [3]
 - (c) (i) State **three** features in line with quality control analysis in food production. [3]
 - (ii) Name **one** appropriate tool used to measure the following food stuffs:
 - Dry ingredients;
 - Liquid Commodities;
 - Bulk food stuff. [3]
 - (d) Explain the roles of Weights and Measures Act in the retail of food. [2]

[Total: 15 marks]

2 0 2 2