

Centre Number	Examination Number



EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level



Food and Nutrition

6065/1

Paper 1 Theory

Friday

17 NOVEMBER 2023

Additional Material(s):
Answer Booklet

Time: 2 hours

Marks: 100

Instructions to Candidates

- Write the **centre number** and your **examination number** on **every page** of this question paper and on all separate **Answer Booklets** provided.
- There are **two** sections, **A** and **B**, in this paper.
- Answer **all** questions of **Section A** within the question paper.
- Section B** has **six** questions. Answer **four** questions only in the separate Answer Booklet provided.
- At the end of the examination:
 - fasten (tie) any separate Answer Booklet(s) used to the question paper with a string. **Do not staple them.**
 - 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

- 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 Only	
Questions Chosen	Mark Obtained	Examiner's Initials
Section A		
Section B		
Total		

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SECTION A: [40 MARKS]

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

1 Explain the meaning of the following terms:

(a) Malnutrition.....
.....
..... [1]

(b) Nutrients.....
.....
..... [1]

2 (a) Identify **two** macro-nutrients.

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

(b) Explain the main function of vitamin K.

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

3 (a) Fill in the blank spaces to complete the statement.

Salivary glands produce saliva which contains mucin,
..... and for digestion in the mouth. [3]

(b) State **two** functions of the stomach.

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

(c) Explain the role of hydrochloric acid during digestion.

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

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4 Identify **one** way of heat transfer during cooking.

[1]

5 (a) State the importance of the following nutrients to a toddler:

(i) Protein

(ii) Calcium

[2]

(b) Plan a simple midday meal for a toddler.

.....

.....

.....

.....

[3]

6 (a) Mention the **two** main methods of cooking.

.....

.....

.....

[2]

(b) Give **two** examples of suitable foods for shallow frying.

.....

.....

.....

[2]

7 Explain how sugar can be used as a decoration on a sweet dish.

.....

.....

[1]

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- 8 What is the importance of flowers at a meal table?
.....
..... [1]
- 9 Identify **two** main groups of raising agents.
.....
..... [2]
- 10 Explain **two** purposes of antioxidants in food preservation.
.....
..... [2]
- 11 Give **one** symptom of milk intolerance.
..... [1]
- 12 Mention **two** portable labour saving devices.
.....
..... [2]
- 13 Explain why some people object to convenience foods.
.....
..... [1]
- 14 Give **one** economical tip on saving fuel when preparing meals.
.....
..... [1]
- 15 Explain how you would enrich dried pumpkin leaves when cooking.
.....
..... [2]

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16 Identify an alternative source of food for meat analogue.

[1]

17 What is the difference between a consumer and a producer?

[2]

18 Explain the meaning of balance in budgeting.

[1]

19 Define self-reliance.

[1]

[Total: 40 marks]

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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 said to be the heart of every household.
- (a) Mention **two** kitchen wrapping materials and state the use of each. [4]
 - (b) Explain the use and care of a kitchen scale. [3]
 - (c) Discuss the importance of the following in a kitchen:
 - (i) Ventilation [2]
 - (ii) Lighting [2]
 - (d) Explain what is involved in the daily cleaning of a kitchen. [4]

[Total: 15 marks]

- 2**
- (a) Distinguish High Biological Value from Low Biological Value protein. [2]
 - (b) Discuss the importance of the following in the body:
 - (i) Ascorbic Acid (Vitamin C) [4]
 - (ii) Fats [4]
 - (c) Explain **three** uses of energy in the body. [3]
 - (d) State other nutrients involved in the production of energy other than fats and carbohydrates. [2]

[Total: 15 marks]

- 3**
- (a) Outline **five** general rules to consider when preparing meals for a patient at home. [5]
 - (b) Explain how heat energy is transferred to food during roasting and baking. [2]
 - (c) Explain what you would do when oil catches fire during deep frying. [4]
 - (d) State **four** points to consider when preparing vegetable salads. [4]

[Total: 15 marks]

- 4**
- (a) Name **three** main micro-organisms responsible for the contamination of food. [3]
 - (b) Explain why meat is easily contaminated. [1]
 - (c) Outline **five** measures you would take to ensure that meat is safe to eat. [5]
 - (d) Explain the principle behind osmosis in food preservation. [4]
 - (e) Mention **two** common symptoms of food poisoning. [2]

[Total: 15 marks]

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- 5
- (a) Mention **three** gases that can be used as raising agents. [3]
 - (b) List **three** factors that influence the rate of yeast fermentation. [3]
 - (c) Distinguish soup from stock. [2]
 - (d) Discuss why soups are included in a diet. [4]
 - (e) Explain the importance of sweets and pudding in a diet. [3]

[Total: 15 marks]

- 6
- (a) Mention **four** rules that guide consumers when purchasing food. [4]
 - (b) Discuss **four** disadvantages of buying goods on credit. [4]
 - (c) Explain **three** points to consider before planning a shopping list. [3]
 - (d) Outline **four** advantages of a supermarket. [4]

[Total: 15 marks]