



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 2022

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, highlighters, glue or correction fluid.

Section A

Answer **all** questions in the spaces provided on the Question Paper.

Compulsory short answer questions.

You are advised to spend no longer than 45 minutes on Section A.

Section B

Compulsory structured questions

Answer **all** questions only in the spaces provided on the Question Paper.

Section C

Compulsory open-ended essay type question.

Answer **Question 6** 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		
Question Number		Marks
Section A		
Section B		
Section C		
Total		

This document consists of 12 printed pages.

SECTION A

Answer **all** questions in this section.

1 (a) (i) Name the **two** monosaccharides that combine to form sucrose.

+ = **sucrose** [2]

(ii) Name **one** other monosaccharide.

..... [1]

(b) Name **one** food that provides the following proteins:

(i) Myosin

..... [1]

(ii) Lactalbumin

..... [1]

(c) What are essential amino acids?

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

(d) Give **one** reason why the body needs the following nutrients:

(i) Iodine

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

(ii) Chlorine

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

(e) Give **three** ways in which vitamin B₂ can be destroyed during cooking.

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

2 (a) Name **two** nutrients that are soluble in fat.

1

2 [2]

(b) (i) State **one** reason why extra water is essential during lactation.

..... [1]

(ii) List **three** signs of dehydration.

1

2

3 [3]

(c) Describe the differences between anorexia nervosa and marasmus.

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

(d) Explain **two** effects on the body of a diet high in refined foods.

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

3 (a) Give **three** disadvantages of a diet high in salt.

- 1
-
- 2
-
- 3
- [3]

(b) (i) Name the nutrient associated with the deficiency disease anaemia.

..... [1]

(ii) Give **two** symptoms of anaemia.

- 1
- 2 [2]

(c) Describe how mucus and muscular walls assist in the movement of food along the digestive tract.

Mucus

.....
.....

Muscular walls

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

(d) Explain the importance of the following in the digestion of food:

(i) Gall bladder

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

(ii) Pancreas

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

[Total for Section A: 40 Marks]

SECTION B

Answer **all** questions in this section.

4 (a) Name **two** types of pastry.

1

2 [2]

(b) Give **one** reason why pastry should be baked in a hot oven until set.

..... [1]

(c) Describe the changes that take place during the cooking of pastry.

.....

.....

.....

..... [4]

(d) Give **two** points that justify the use of the following ingredients in pastry making.

(i) Whole wheat flour.

.....

..... [2]

(ii) Mixed fat.

.....

..... [2]

(e) Explain the following terms:

(i) Emulsification

.....

.....

.....

..... [2]

(ii) Neutralisation

.....

.....

..... [2]

(f) There are different types of batters used in various dishes.

(i) Name the ingredient that determines the consistency of a batter.

..... [1]

(ii) Name a dish that can be prepared using each of the following batters:

Pouring batter

Coating batter [2]

(iii) Give **one** reason for the following processes when preparing a batter:

Beating the mixture.

.....
.....

Adding the liquid gradually.

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

[Total: 20 Marks]

5 (a) Name **two** reasons for using pulses in stews.

1

2 [2]

(b) State **three** advantages of using stewing as a method of cooking.

1

.....

2

.....

3

..... [3]

(c) (i) Name **one** traditional dish that can be prepared using pulses.

..... [1]

(ii) State **three** advantages of using a slow cooker when cooking pulses.

1

.....

2

.....

3

..... [3]

(iii) Explain how sugar beans should be prepared before cooking.

.....

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.....

.....

.....

..... [4]

(d) Describe the principles involved when using sugar for the preservation of fruits.

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

(e) State a reason for observing the following safety precautions:

(i) Not using a wet pot holder when removing a cake from a hot oven.

..... [1]

(ii) Keep the face away when removing the lid from a boiling pan of water.

..... [1]

(f) Explain why pets should not be allowed to sit on work surfaces.

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

[Total: 20 Marks]

[Total for Section B: 40 Marks]

SECTION C

This section has **one** essay Question.

Answer in the spaces provided.

6 Discuss:

- (i)** the different types of vegetarians;
- (ii)** reasons why some people may choose a vegetarian diet;
- (iii)** advantages of a vegetarian diet;
- (iv)** problems associated with a vegetarian diet.

[20]

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