

SECTION A (40 marks)

Answer all parts of question 1.

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

1 Water is vital to life.

(a) (i) Explain **four** functions of water in the body.

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[4]

(ii) List down **four** foods that have a high content of water.

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[4]

(iii) Define the term dehydration.

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[1]

(iv) Identify situations when the body requires extra water.

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.....

[3]

(b) Every function and process in the body requires a source of energy.

(i) Give three examples of energy giving nutrients.

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[3]

(ii) Name the complex sugar which aids egestion of solid waste.

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[1]

(iii) Mention the carbohydrate which is stored in the liver

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[1]

(iv) Describe how sugar can be stored in a home to maintain its quality.

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[2]

(c) (i) Explain the difference between anabolism and catabolism.

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.....

[2]

(ii) Outline the final products of digestion when the following nutrients are digested.

Carbohydrate

Protein

Fats

[3]

(d) Child health is important

(i) Discuss the **four** important nutrients a child needs in order to grow healthy.

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[4]

(ii) Outline the **five** advantages of breast milk.

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[5]

(iii) State **two** reasons why colostrum is important for a new born baby.

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[2]

(iv) Discuss **five** ways in which you would care for the baby during weaning.

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[5]

Total:40

SECTION B (60 marks)**There are six questions in this section****Answer any four questions****Write your answers on the separate Answer Booklet provided.**

- 2** Eggs are a very useful food stuff to have in the fridge.
- (a) Describe how you would determine the freshness of eggs without breaking the shell. [4]
- (b) Explain the term coagulation. [2]
- (c) List down **four** different methods of incorporating air into a cake mixture. [4]
- (d) State how the following ingredients assist in achieving the aeration process to produce the structure of a cake:
- (i) the protein in an egg;
- (ii) the gluten in the wheat flour;
- (iii) the starch in the wheat flour;
- (iv) the sugar. [4]
- (e) Name **one** nutrient which is not present in eggs. [1]
- [15 marks]**

- 3** An increased appetite among adolescent boys and girls is common.
- (a) Discuss **four** main factors that can lead to an increased appetite among adolescents. [4]
- (b) Mention **five** eating habits that are more pronounced in adolescents than in adults. [5]
- (c) (i) State the reason why boys are less likely to suffer from low iron levels than girls. [1]
- (ii) Plan a **two** course meal for a teenage girl. [5]
- [15 marks]**

- 4 Marketing is an important component in the trade of food industry.
- (a) State **three** different ways of advertising goods and services. [3]
 - (b) Identify at least four components of food labels. [4]
 - (c) Outline **six** advantages of buying foods in a supermarket or hypermarket. [6]
 - (d) Explain the effect of using charcoal as fuel for cooking, on the environment. [2]

[15 marks]

- 5 Write an informative paragraph on each of the following:
- (a) The use and care of a refrigerator. [5]
 - (b) Mechanical means of raising agents. [5]
 - (c) The advantages and disadvantages of using a microwave oven. [5]

[15 marks]

- 6
- (a) (i) Define convenience foods. [2]
 - (ii) Name **two** different types of convenience foods. [2]
 - (b) Explain why convenience foods have become popular in recent years. [3]
 - (c) Compare and contrast shopping in a supermarket from shopping at an open market. [4]
 - (d) Write short notes on the following:
 - (i) textured vegetable proteins (TVP); [2]
 - (ii) monosodium glutamate. [2]

[15 marks]

- 7 Vegetables play an important role in the diet.
- (a) Mention the **four** classes of vegetables. [4]
 - (b) Explain why green leafy vegetables are important in family meals. [4]
 - (c) Outline **three** points on the choice of vegetables. [3]
 - (d) State **four** ways of preserving vegetables. [4]

[15 marks]

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