

Preamble for Food and Nutrition (6065)

The Examinations Council of Zambia has made adjustments to the assessment of **Food and Nutrition** at Grade 12 level so as to be in line with the revised **Food and Nutrition** Senior Secondary School Syllabus of 2013 developed by Curriculum Development Centre (CDC) of the Ministry of General Education.

Purpose

The purpose of the Grade 12 Food and Nutrition assessment is to measure candidates' knowledge and understanding, application of skills and values acquired, in order to promote a self-sustained livelihood. It will also be used for certification and placement.

Assessment Objectives

Candidates will be assessed against the following objectives:

Knowledge and Understanding

1. Explain food and its nutrients.
2. Outline the functions of nutrients and diseases related to their deficiency.
3. Identify kitchen utensils and equipment and their uses.
4. Show knowledge of household budgeting, saving, entrepreneurship and consumer education.

Application of skills and Problem Solving

1. Plan, prepare, cook and serve correctly combined meals.
2. Analyse and plan meals according to occasion and individual needs.
3. Plan and budget wisely.
4. Apply principles of preservation and conservation in the management of resources.
5. Demonstrate basic skills in practising safety rules in the kitchen.
6. Apply first-aid to minor injuries.

3 Test Design

The Food and Nutrition examination will have two papers, Paper 1 and Paper 2

1. Paper 1 will be marked out of 100. It will be theory comprising Sections A and B.
Section A will be compulsory carrying 40 marks. In Section B, candidates will be

required to choose four (4) questions out of six (6) at 15 marks each, totalling 60 marks.

2. Paper 2 will be marked out of 100. It will comprise ten (10) questions from which the candidate will draw one question at random. Candidates will be expected to write a time plan and carry out the practical test later. The time plan will carry 10 marks and the practical test 90 marks.

Paper Name	Paper Code	Duration	Marks Allocated	Weight
Food and Nutrition Paper 1	6065/1	2 hours	100	50%
Food and Nutrition Paper 2 (Planning)	6065/2	1 hour 30 minutes		
Food and Nutrition Paper 2 (Practical test)		3 hours	100	50%
Total			200	100%

Candidate Name _____

Centre Number				Number Candidate															

EXAMINATIONS COUNCIL OF ZAMBIA

Examination for School Certificate Ordinary Level

Food and Nutrition

6065/1

Paper 1 Theory

Time: 2 hours

Instructions to Candidates

Write your name, centre number and candidate number in the spaces at the top of this page and on all separate Answer Booklets used.

There are **seven** questions in this paper.

Section A

Answer **all** parts of question 1.

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

Section B

Answer **any four** questions.

Write your answers for each question on the separate page of the Answer booklet provided.

At the end of the examination:

- 1 fasten any separate Answer Booklets used securely to the question paper, **tie with a string in the left corner of the booklet.**
- 2 enter the numbers of the Section B questions you have answered on the left side of the grid below, under the column "For Candidate's Use".

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
Section A	
Section B	
Total	

SECTION A (40 marks)

Answer all parts of question 1.

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

- 1 (a)** Vitamins are a group of chemical substances which have been identified as vital to the body.

- (i)** State the **two** groups in which vitamins are classified.

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

- (ii)** Give **four** functions of vitamin A (Retinol) in the body.

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

- (iii)** Explain why too much vitamin A in children is not recommended.

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

- (b)** Mineral elements are important in the body. Give **two** reasons why the following minerals are important in the body.

- (i)** Zinc [2]
.....

- (ii)** Potassium [2]
.....

(c) Draw the digestive system showing the following parts:

(i) Salivary glands;

(ii) Stomach;

(iii) Pancreas;

(iv) Liver;

(v) Duodenum.

[6]

(d) Explain the following cookery terms:

(i) Macêdoine

[3]

(ii) Bake blind

[3]

(iii) Aeration

[3]

(iv) Bouquent garni

[3]

(v) Dextrinisation

[3]

- (e) (i) Identify **four** organizations that protect the consumer.

.....

.....

.....

.....

[4]

- (ii) Explain **three** roles advertisement plays to the consumer.

.....

.....

.....

.....

[3]

[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** The kitchen is a working room.

- (a) Explain **two** reasons why a good surface is key to food preparation. [2]
- (b) Discuss **four** ways which would enable you use the cooker economically. [4]
- (c) Describe **five** features you would look for when buying an electric kettle. [5]
- (d) Give **four** ways of unblocking a kitchen sink. [4]

[15 marks]**3** Fruits play an important role in the diet.

- (a) List **five** ways in which fresh fruits may be included in the family meals. [5]
- (b) Give advice on the choice and purchase of fresh fruits. (Three points) [3]
- (c) Discuss the food value of fruits in the diet. [5]
- (d) Describe the change in carbohydrates as the fruit ripens. [2]

[15 marks]**4** Frying is a popular method of cooking.

- (a) State **two** advantages and **two** disadvantages of frying. [4]
- (b) Explain the importance of coating food before deep frying. [5]
- (c) Describe **three** rules to follow to ensure success when deep frying. [6]

[15 marks]**5** (a) List the basic proportions of ingredients for a melted cake mixture. [3]

(b) Give detailed instruction/method on preparing and cooking ginger bread. [8]

(c) Analyse what causes the following faults in ginger bread making.

(i) Heavy bread

(ii) Badly shaped bread

[4]

[15 marks]

6 Foods can either be preserved by natural or chemical means.

(a) Explain how the following chemicals work in preservation.

(i) Salt

(ii) Sodium benzoate

(iii) Sulphur dioxide

[6]

(b) (i) Describe osmosis

[2]

(ii) Discuss the importance of chemical preservation

[2]

(c) Explain "low dose" as a level of radiation in food preservation.

[3]

(d) State how you would preserve sweet potatoes traditionally.
Give **two** methods.

[2]

[15 marks]

7 (a) Discuss **five** advantages of forming a cooperative business venture.

[5]

(b) Give **three** points why a shopping list is important.

[3]

(c) Outline the importance of electronic scanning of the bar code placed on packaged foods.

[3]

(d) Give **four** important points to consider when drawing up a family business.

[4]

[15 marks]