Section A

Answer all the Questions

1. Study the following information about spreads.

<table>
<thead>
<tr>
<th>Information about Spreads</th>
<th>Nutritional value per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Energy (kJ)</td>
</tr>
<tr>
<td>A</td>
<td>1590</td>
</tr>
<tr>
<td>B</td>
<td>3000</td>
</tr>
<tr>
<td>C</td>
<td>2775</td>
</tr>
<tr>
<td>D</td>
<td>1510</td>
</tr>
</tbody>
</table>

a. Choose the most suitable spread for:

   Spread

   • an office worker

   • a builder

(1 mark)

b. Give a reason to justify your choice.

   • Office Worker

   Reason

(1 mark)
c. Which two spreads contain the least amount of protein and carbohydrates?

- Spread
- Spread

(1 mark)

d. Which role do the following nutrients play in the diet?

- **Protein**
- **Carbohydrates**

(2 marks)

e. Other than spreads give **two** food sources for the following:

**Saturated fat**

- Food Source

(1 mark)

**Unsaturated fat**

- Food Source

(1 mark)

f. Besides following a healthy diet, state **two** lifestyle changes a person could make to improve health.

- **Lifestyle change**
  - i. 
  - ii

(1 mark, 1 mark)
2a. Label the parts of the human digestive system marked with an arrow.

i. __________ ii. __________ iii. __________

iv. __________ vi. __________ (3 marks)

b. During digestion food is broken down mechanically by:
   
   chewing
   chopping
   slicing

Tick the correct answer (1 mark)

c. This takes place in the:
   
   pancreas
   stomach
   mouth

Tick the correct answer (1 mark)

d. Chewed food is pushed down into the:
   
   kidneys
   intestines
   oesophagus

Tick the correct answer (1 mark)

e. The acid present in the stomach helps to:
   
   release energy
   break down the food
   protect the stomach

Tick the correct answer (1 mark)
f. The absorption of the nutrients takes place in the:

- pancreas
- bloodstream
- small intestines

Tick the correct answer

(1 mark)

g. In the large intestines, undigested food absorbs:

- Blood
- Water
- Nutrients

Tick the correct answer

(1 mark)

3a. List three dietary guidelines that should be considered when planning meals for a person with coronary heart disease.

Dietary Guidelines

- _______________________________________________
- _______________________________________________
- _______________________________________________

(3 marks)

b. Explain how a person’s food choices may be affected by.

- Dietary needs

- _______________________________________________
- _______________________________________________

(2 marks)

- Economic factor

- _______________________________________________
- _______________________________________________

(2 marks)

4. Vegetarians need to choose their food carefully.

a. Look at list below and tick (/) two foods a lacto-vegetarian should avoid.

<table>
<thead>
<tr>
<th>Beef sausages</th>
<th>broccoli</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>Ham</td>
</tr>
<tr>
<td>oranges</td>
<td>peas</td>
</tr>
</tbody>
</table>

(1 mark)
b. Explain why vegetarian meals should be planned well.
   •  _______________________________________________ _____
   •  _______________________________________________ _____ (2 marks)

c. What factors should be considered when planning meals for vegetarians?
   •  _______________________________________________ _____
   •  _______________________________________________ _____
   •  _______________________________________________ _____ (3 marks)

5. Maria wants to prepare a sponge cake for her son’s birthday.
   a. Name the cake-making method Maria would use to make the sponge.
      Name of cake making  ____________________________ (½ mark)
   b. Name the labour-saving equipment that could be used to make the sponge.
      Labour-saving equipment  ____________________________ (½ mark)
   c. List the basic steps to make a sponge.
      •  _______________________________________________ _____
      •  _______________________________________________ _____
      •  _______________________________________________ _____
      •  _______________________________________________ _____
      •  _______________________________________________ _____
      •  _______________________________________________ _____
      (3 marks)
   d. Suggest four healthy ingredients that could be used to decorate the sponge cake.
      Healthy ingredients
      •  ___________________________  •  ___________________________
      •  ___________________________  •  ___________________________
      (2 marks)
   e. Explain the following term that is used in making the sponge cake.
      Ribbon texture  ____________________________________________
      ____________________________________________
      ____________________________________________
      (2 marks)
Section B

6a. Plan a set of three main meals for a sixteen-year old keeping in mind the **CINDI DIETARY GUIDELINES**.

Main meals for a sixteen-year old.

b. Name three factors that influenced your food choices when planning the above meals.

Factors

- 
- 
- 

(1½ marks)

c. State how the menus you have planned meet the nutritional needs of the sixteen-year old.

- 
- 
- 

(3marks)

7a. List three types of animals used for meat and the names of meat they produce.

<table>
<thead>
<tr>
<th>Type of Animal</th>
<th>Meat Produced</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(3 marks)
b. What is the nutritional value of red meat?

- ...........................................................................
- ...........................................................................
- ...........................................................................

(1½ marks)

c. Which type of meat would you buy for a person with high cholesterol level? Give a reason to justify your choice.

- **Type of Meat** ...........................................................................
- **Reason** ...........................................................................

(½, 1 mark)

d. Suggest three ways how you can reduce the fat in meat when cooking.

- ...........................................................................
- ...........................................................................
- ...........................................................................

(3 marks)

e. How should meat be stored for safety?

- ...........................................................................
- ...........................................................................

(2 marks)

8. A young couple is planning to buy a cooker for their new kitchen.

a. Suggest the type of fuel you would you recommend.

Give two reasons to justify your choice.

- **Type of cooker** ...........................................................................

(½ mark)

- **Reason i** ...........................................................................

- **Reason ii** ...........................................................................

(2 marks)
b. Suggest two different models of cookers that are available on the market.

Cooker Model i

Cooker Model ii

(1 mark)

ci Which one would you suggest?.

(½ mark)

ii Give one reason to justify your choice.

(1 mark)

d Identify two features in the cooker that would be convenient for this couple.

Feature i

Feature ii

(1 mark)

e Give one reason to explain the importance of each feature.

Feature i

Feature ii

(2 marks)

f. Give advice on how this couple can economise on fuel when using the cooker.

•

•

•

•

•

(4 marks)

9. Some people may find it difficult to choose from where to do their shopping.

a Identify one suitable shopping facility for:

i) a family with three children where both parents work and have their own car.

ii) an elderly couple well advanced in age who cannot drive.
Shopping facility
i) ________________________________________________ ___________________
ii) _______________________________________________ ____________________ (2 marks)

b. Give one advantage and one disadvantage of each shopping facility chosen.

Advantage:
i) ________________________________________________ ____________________
ii) _______________________________________________ ____________________ (2 marks)

Disadvantage:
i) _______________________________________________ ____________________
ii) _______________________________________________ ____________________ (2 marks)

c. Different methods of marketing strategies are used to influence consumers to buy products.

Name four of these marketing strategies.
•  ____________________________________________________ _________________
•  ____________________________________________________ _________________
•  ____________________________________________________ _________________
•  ____________________________________________________ _________________ (2 marks)

d. Suggest how a consumer shows self-control over such marketing strategies.
•  ____________________________________________________ _________________
•  ____________________________________________________ _________________
•  ____________________________________________________ _________________
•  ____________________________________________________ _________________ (4 marks)

10. Every responsible citizen is expected to protect the environment to minimize the harm that is being done by practising the FIVE R’S.

a. Name three of these R’S.
•  __________________  •  __________________  •  __________________ (1½ mark)
b. Suggest two practical ways how you can do this when:

Washing Clothes
•  
•  

Heating the house
•  
•  

Using the bathroom
•  
•  

(2marks, 2marks, 2 marks)

11. A couple both in their early eighties, still live in their own home. The wife has just had a knee replacement operation.

a. Suggest three ways how their home can be adapted to suit the needs of this elderly person.
•  
•  
•  

(3 marks)

b. Identify three support services available for the elderly that could be of help to this couple.

Support Services
•  
•  
•  

(3 marks)

c. Which safe precautions should this couple take when making use of the:

Kitchen
•  
•  

Bathroom
•  
•  

(2 marks, 2 marks)