Section A

Answer all the Questions

1. Study the following information about spreads.

<table>
<thead>
<tr>
<th></th>
<th>Energy (kJ)</th>
<th>Protein (g)</th>
<th>Carbohydrates (g) (Sugar)</th>
<th>Total fat (g)</th>
<th>Saturated fat (g)</th>
<th>Sodium (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1590</td>
<td>0.25</td>
<td>1.2</td>
<td>39.0</td>
<td>13.0</td>
<td>0.6</td>
</tr>
<tr>
<td>B</td>
<td>3000</td>
<td>0.1</td>
<td>1.1</td>
<td>80.6</td>
<td>15.3</td>
<td>0.8</td>
</tr>
<tr>
<td>C</td>
<td>2775</td>
<td>nil</td>
<td>nil</td>
<td>75.0</td>
<td>27.0</td>
<td>1.0</td>
</tr>
<tr>
<td>D</td>
<td>1510</td>
<td>0.1</td>
<td>1.0</td>
<td>38.0</td>
<td>9.3</td>
<td>0.6</td>
</tr>
</tbody>
</table>

a. Choose the most suitable spread for:

- an officer worker
- a builder

(1 mark)

b. Give a reason to justify your choice.

- Office Worker
  Reason
  ____________________________________________
  ____________________________________________ (1 mark)

- Builder
  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. ___________________________________________

___________________________________________

Lifestyle change ii ________________________________

___________________________________________

(1 mark, 1 mark)

2a. Label the parts of the human digestive system marked with an arrow.

i. ___________________ ii. ___________________

iv. ___________________ iii. ___________________

v. ___________________ 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 the 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. From the dishes mentioned below, underline **three** healthy dishes to serve as a main course to a sixteen-year old teenager keeping in mind the **CINDI Dietary Guidelines**.

- Chicken Risotto
- Fried Burger with chips
- Stuffed chicken breast served with mixed vegetables
- Fried fish and chips
- Baked macaroni and a salad

(3 marks)

b. Name **three CINDI Dietary Guidelines** which are met when choosing the above dishes.

<table>
<thead>
<tr>
<th>CINDI Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
<tr>
<td>•</td>
</tr>
</tbody>
</table>

(3 marks)

c. Identify **four** factors which can influence a teenager’s choice of food.

**Factors**

- eg **peer pressure**
- ______________________
- ______________________
- ______________________
- ______________________
- ______________________

(2 marks)
7a. Name **two** types of meat and their animal source.

<table>
<thead>
<tr>
<th>Healthy Ingredients</th>
<th>Animal Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>eg chicken breast</td>
<td>eg poultry</td>
</tr>
<tr>
<td>• __________________</td>
<td>• ____________</td>
</tr>
<tr>
<td>• __________________</td>
<td>• ____________</td>
</tr>
</tbody>
</table>

(2 marks)

b. Write if these statements are **True** or **False**?

<table>
<thead>
<tr>
<th>Statements</th>
<th>True of False</th>
</tr>
</thead>
<tbody>
<tr>
<td>i. Red Meat is rich in calcium</td>
<td></td>
</tr>
<tr>
<td>ii. Chicken breast is high in fat</td>
<td></td>
</tr>
<tr>
<td>iii. Liver is rich in iron</td>
<td></td>
</tr>
<tr>
<td>iv. Pork is rich in vitamin B</td>
<td></td>
</tr>
</tbody>
</table>

(4 marks)

c. Which type of meat would you buy for a person with high cholesterol level?

- Liver [ ]
- Red Meat [ ]
- Chicken breast [ ]

**Tick the correct answer**

Give a reason to justify your choice.

**Reason**

..................................................................................................................

..................................................................................................................

(2 marks)

d. Which of these cooking methods help to reduce the amount of fat in meat?

- Deep Frying [ ]
- Grilling [ ]
- Stewing [ ]
- Dry frying [ ]

**Tick the correct answer**

(2 marks)

e. How should meat be stored safely at home?

..................................................................................................................

..................................................................................................................

(2 marks)
8. A young couple is planning to buy a cooker for their new kitchen.
   a. What type of cooker would you suggest for them to buy:
      An electric or a gas cooker?
      ____________________________________________________________ (1 mark)
      Give one reason to justify your choice.
      Reason ______________________________________________________
      ____________________________________________________________ (2 marks)
   b. The following models are available on the market:
      • Free-standing  • Built-in
      Which one would you suggest?
      ____________________________________________________________ (1 mark)
      Give one reason to justify your choice.
      Reason ______________________________________________________
      ____________________________________________________________ (2 marks)
   c. The following features can be included in cookers.
      Self-ignition
      Bulb in the oven
      Timer
      Self clean panels in the oven
      Give one reason to explain the importance of two the above features.
      Feature i ______________________________________________________
      ____________________________________________________________ (2 marks)
      Feature ii ______________________________________________________
      ____________________________________________________________ (2 marks)
   d. Suggest four ways how this couple could save on fuel when using the cooker.
      • ____________________________________________________________
      • ____________________________________________________________
      • ____________________________________________________________
      • ____________________________________________________________
      (4 marks)
9a. Which shopping facility will you choose for a:
• family with three children where both parents work and have a car?

- supermarket  
- online shopping  
- a small grocery shop  

Tick the correct answer

(1 mark)

b. Give two advantages and two disadvantages of the shopping facility chosen.

Advantages:
• _______________________________________________________
• _______________________________________________________

Disadvantages:
• _______________________________________________________
• _______________________________________________________

(4 marks)

c. Consumers can be influenced by different marketing schemes.
Name three types of these marketing schemes.
eg. Money Vouchers

• _______________________________________________________
• _______________________________________________________
• _______________________________________________________

(3 marks)

d. List four rules that help consumers shop wisely.

Rules
eg. buy only what is really needed.

• _______________________________________________________
• _______________________________________________________
• _______________________________________________________
• _______________________________________________________

(4 marks)

10. Every citizen should try to safeguard the environment by practising the FIVE R’S.

a. Name two of these R’S.

eg. Reduce  • _________________  • _________________

(1 mark)
b. Suggest **two ways** how one can start **Going Green** when:

**Washing Clothes**
- use cold water detergent.
- ________________________________________________________________

**Heating the house**
- have curtains with thermal lining.
- ________________________________________________________________

**Using the bathroom**
- install solar water heating system.
- ________________________________________________________________
- ________________________________________________________________

(2marks, 2marks, 2 marks)

11. A couple both in their early eighties, 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.

- Make space to use a walking frame.
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________

(3 marks)

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

**Support Services**
- Community nurse.
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________

(3 marks)

c. Give advice on the safe precautions this couple should take when making use of the:

**Bathroom**
- Grab rails should be installed in the shower.
- ________________________________________________________________
- ________________________________________________________________

(2 marks)