

b. Any four from:

- When possible choose fresh fruit and vegetables.
- Choose fruit and vegetables which are really fresh, possibly from the vegetable market.
- Choose those which are free from blemishes, damage and disease.
- Green vegetables must be crisp, bright and not wilted.
- Make good use of fruit and vegetables in season.
- Freeze fresh fruit and vegetables for future use.
- Blanch vegetables before freezing.
- Handle fruit and vegetables lightly to avoid bruising.
- Remove fresh fruit and vegetables from packaging before storing.
- Check before storing.
- Store salad vegetables in the vegetable drawer in the refrigerator.
- Store potatoes and onions in a cool dry place with a good circulation of air.
- Do not store fresh fruit and vegetables for a long time.
- Store frozen vegetables and fruit at the correct temperature.
- Store frozen fruit and vegetables in strict rotation.
- Store frozen fruit and vegetables before the 'best before' date.

Give credit for other valid suggestions.

Note that every answer given is to refer to both buying and storing.

(1 mark x 4 = 4 marks)

3. a. Example:

Type of Meat	Cooking Method	Accompaniment
Whole Chicken	Boiling	Mashed potatoes and broccoli
Chicken Breast	Stir-frying	Stir-fried carrots and peppers
Beef cubes (tough cut)	Stewing	Stewed potatoes, carrots and peas
Tender beef slices	Grilling	Lettuce, cucumber and tomato salad
Leg of lamb	Roasting	Roast potatoes
Beef mince	Baking (burgers)	Bun and salad

Give credit for other valid suggestions. **(1 mark x 6 = 6 marks: for Cooking Method)**
(1 x 6 = 6 marks: for Accompaniment)

b. *Example:*

Heat Transfer	Method of Cooking
Radiation	Grilling / Bar-b-que
Conduction	Boiling / Steaming
Convection	Baking

Give credit for other valid suggestions.

($\frac{1}{2}$ mark x 3 = 1½ marks)

c. *Any four from:*

- To destroy harmful bacteria and make it safe to eat.
- To soften it and make it easier to digest.
- To improve its taste.
- To improve its colour.
- To improve its smell.

Give credit for other valid reasons.

(1 x 4 = 4 marks)

d. *Example:*

Nutrient	Main Function
• Protein	• For growth and repair of cells and tissue
• Fat	• For warmth and energy
• Vitamin A	• For healthy eyesight

Give credit for other valid suggestions.

($\frac{1}{2}$ mark x 3 = 1½ marks: for Nutrient)

(1 mark x 3 = 3 marks: for Main Function)

e. *Any three from:*

- Choose a clean butcher shop.
- Choose meat and poultry which does not look dry.
- When possible, choose local fresh meat and meat products.
- Choose a cut of meat suitable for the cooking method you intend to use.
- Keep in mind that tough cuts of meat are much cheaper than the tender cuts and are just as nutritious.
- Transport and store meat correctly after purchase.

Give credit for other valid suggestions.

(1 mark x 3 = 3 marks)

Section B

4. a. **Strong flour** - has a high gluten content making the dough stretchy.

Yeast - a natural raising agent used in bread making.

Pinch of sugar - the dough feeds on it to grow.

Warm water - turns into steam which moves through the dough during baking.

(1 mark x 4 = 4 marks)

b. 1. Weigh and measure all the ingredients.

2. **Sift the flour and salt together. Rub the margarine into the flour, add the instant yeast and mix well.**

3. **Add enough warm water to make a dough which is soft and slightly sticky.**

4. Knead the dough well until soft and smooth.

5. **Place the dough in a mixing bowl, cover and leave to rise until double in size.**

6. Shape the dough as required. Glaze with milk, add sesame/poppy seeds.

7. **Place the shaped bread to prove for about 10 minutes.**

8. **Bake in preheated oven gas mark 8-230° C.**

9. Check if the bread is cooked.

(1 mark x 5 = 5 marks)

c. Tap the underside of the bread and if it sounds hollow the bread is cooked.

(1 mark)

d. *Any four from:*

pizza, chelsea buns, hot cross buns, tea rings.

Give credit for other uses.

(½ mark x 4 = 2 marks)

5. a. i. **Example:**

Breakfast

- A bowl of high fibre cereal with skimmed milk
- A glass of orange juice
- A cup of coffee/tea with no sugar

Mid-morning snack

- Light yoghurt
- Tea/coffee/herbal tea

Midday Meal

- Vegetable soup
- Chicken casserole with boiled vegetables
- Water

Teatime

- A fresh fruit
- Tea with milk and no sugar

Evening meal

- Steamed fresh fish with fresh vegetables
- Fresh fruit salad

Give credit for other valid suggestions.

(½ mark x 12 = 6 marks)

ii. Example:

Any two from:

- Foods chosen are not rich in saturated fats and sugar.
- Dishes chosen are easy to digest.
- Foods chosen do not have a high calorific value.

Give credit for other valid reasons.

(1 mark x 2 = 2 marks)

b. Any three from:

- Drink alcohol in moderation.
- Avoid smoking.
- Eat more fruit and vegetables
- Take a daily stroll.
- Take up a hobby/passtime which will keep him occupied.

Give credit for other valid suggestions.

(1 mark x 3 = 3 marks)

c. Meals on wheels.

(1 mark)

Meals on Wheels is a service whereby hot meals are delivered to the homes of individuals who are unable to purchase or prepare their own meals. Many of the recipients are the elderly or persons with special needs. The meals are delivered by van in a special polystyrene container.

Award full marks only for a full answer.

(3 marks)

7. a. *Any four of:*

- i. Dried fruit, dried beans, canned foods, cakes and biscuits, bread.
Give credit for other food choices. (½ mark x 4 = 2 marks)
- ii. They are usually cheaper and often of a good quality. (1 mark)

b. **On-line shopping.**

Any two of:

- Very comfortable and convenient
- Saves you time
- Heavy items can be delivered to your home
- Items can be cheaper

Farmers' market.

Any two of:

- Produce is very fresh
- Food can be bought in bulk
- Fruit and vegetables are usually cheaper

Give credit for other valid suggestions. (1 mark x 4 = 4 marks)

c. **Scheme 1:**

Special discounts on selected items.

Advantage scheme 1:

Items are bought at a cheaper price. (1 mark x 2 = 2 marks)

Scheme 2:

Loyalty card

Advantage scheme 2:

Points can be exchanged for gifts or cash is deducted from the next purchase.

(1 mark x 2 = 2 marks)

8. a. i. *Any two of:*

- He should keep chemicals safely locked away from reach.
- He should make sure the child is not in the garage when he is reversing the car out of the garage.
- He should never allow the child to play in the car especially if he tends to keep the keys in the car.
- He should put tools in place immediately after use.

Give credit for other valid answers. (1 mark x 2 = 2 marks)

ii. Soil

Hazards:

A lot of harmful bacteria are present in the soil.

Minimising the risk:

Do not allow children to play with the soil. / Children should not be left unattended in the garden.

Ponds

Hazards:

Risk of drowning.

Minimising the risk:

Cover the pond to prevent children from entering.

Garden furniture

Hazards:

Sharp edges can be dangerous as children can hit their heads. / Splinters in wood can easily be inserted in hands/fingers.

Minimising the risk:

Service regularly, especially furniture that folds. / Cover when not in use. / Protect sharp edges.

A Garden swing

Hazards:

Can cause falls or they can hurt children if they are in the way of the swing.

Minimising the risk:

Keep children at a safe distance from the swing. / Service regularly, especially parts which may rust. / Small children should always be supervised by an adult.

(1 mark x 4 = 4 marks: for Hazards)

(1 mark x 4 = 4 marks: for Minimising the risk)