

*EXAMINATIONS COUNCIL OF ESWATINI*

# **EGCSE**

**EXAMINATION REPORT**

**FOR**

**FOOD AND NUTRITION (6905)**

**YEAR**

**2022**

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## EGCSE FOOD AND NUTRITION

Paper 6905/01

Theory

**General Comments**

A total of 2125 candidates registered and 2100 sat for the 2022 examination which indicates a remarkable drop as compared to 2021 when there were 3300 candidates sat for the examination. The overall performance was a bit poor, and the examination proved to be less accessible when compared with the previous year in some sections. Most of the candidates attained marks in the range of 30 – 40% and very few in the region of 60 – 70%. In some questions, a good knowledge of the subject matter was demonstrated, even though most of them displayed limited skills in responding to high-order questions. A remarkable number of the candidates had a tendency not to attempt some questions.

In section A, a few could not give precise responses to some questions. Some had a challenge in explaining facts instead they were stating even when a question required them to explain in section B. Section C was well attempted by the majority except for some who did not explain their points, instead, it was like they were giving a guide.

**Section A****Question 1**

**(a) (i) Candidates were required to name the two monosaccharides that combine to form sucrose.**

Most candidates were writing any sugar that came to their minds, i.e. invertase, lactose, galactose, maltose.

**The correct answers were:** *Glucose + Fructose → Sucrose*

**(ii) Candidates were required to name one other monosaccharide.**

Several candidates were able to give the correct answer except for a few who wrote, maltose, lactose, carbon, and hydrogen.

**The correct answer was** *Galactose*.

**(b) Candidates were required to name one food that provides the following proteins:**

**(i) Myosin:** it was well answered by most candidates.

**The correct answer was** – *Meat/Fish*

**(ii) Lactalbumin:** Some candidates gave cheese, egg yolk, and egg white as the correct answers.

**The correct answer was** *Lactalbumin*.

(c) **Candidates were required to define essential amino acids. It was not well answered by most candidates, most of them were defining HBV proteins and proteins.**

**The correct answer was:** *Amino acids that the body cannot make – must be obtained from foods containing proteins in the diet.*

(d) **Candidates were required to give one reason why the body needs the following nutrients:**

(i) **Iodine:** It was not well answered by most candidates, some of the incorrect answers given were the formation of the thyroid gland, preventing goitre formation of strong bones and teeth, and storage of urine.

**The correct answers were:**

- *To make the hormone thyroxine, produced by the thyroid gland/proper function of the thyroid gland.*
- *Iodine is part of the hormone thyroxine which controls the speed of energy release.*

(ii) **Chlorine:** Only a few were candidates able to write the correct responses. Most of them wrote strengthen teeth enamel.

**The correct answers were:**

- *Help in the formation of gastric juices/production of hydrochloric acid.*
- *Regulates PH balance for body fluids/maintains the correct concentration of the body fluids.*

(e) **Candidates were required to give three ways in which vitamin B2 can be destroyed during**

**cooking.** The question was well answered by some candidates although some included information that is related to preparation, not cooking i.e. peel thinly, oxidation, washing in water, high temp.

**The correct answers were:**

- *Riboflavin is soluble in water/ it can be dissolved in water.*
- *Destroyed if heated in the presence of an alkali.*
- *Exposure to light also destroys the vitamin.*
- *Destroyed if overcooked / Cooking for too long.*

## Question 2

(a) **Candidates were required to name two nutrients that are soluble in fat.** The question was well attempted with a few who wrote the macronutrients i.e. Proteins, fats and carbohydrates, and some wrote water-soluble vitamins.

**The correct answers were:**

*Vitamin A, D, E, K*

**(b) (i) Candidates were required to state one reason why extra water is essential during lactation.** The question was well attempted by many. Some wrong answers which were given by some candidates included replacing water lost during breastfeeding and preventing dehydration.

**The correct answers were:**

- *Facilitates milk production.*
- *Additional fluid is needed to make up for the loss in the body.*
- *Quenches thirst*

**(ii) Candidates were required to list three signs of dehydration.** Most candidates gave correct responses to this question except for a few who gave, vomiting, diarrhoea, and sweating as the correct responses.

**The correct answers were:**

- *Pale/very dry skin/ feeling dizzy/ sunken eyes / rapid breathing / headache / not peeing or very dark pee, lack of energy*
- *fatigue/sleepiness/irritability/dry mouth/increased thirst/ fainting/ skin loses elasticity/ not frequent urination.*

**(c) Candidates were required to describe the differences between anorexia nervosa and marasmus.** The question was not well answered by most candidates, almost all of them could not describe the differences between the two conditions. Common wrong answers included Anorexia is caused by a lack of mineral elements, marasmus is caused by a lack of proteins, used symptoms to differentiate.

**The correct answers were:**

<b>Anorexia Nervosa</b>	<b>Marasmus</b>
A diet-related disease which mainly affects teenage girls and young women	A diet-related disease which mainly affects children under one year of age
Caused by a lack of appetite or sometimes self-consciousness to lose weight or self-starvation/overeating	Caused by a lack of food or starvation/ carbohydrates
Difficulty in eating normally and the body rejects food.	The body adapts to the shortage of food by the depletion of fat stores.
A mental health condition	A physical condition.

**(d) Candidates were required to explain two effects on the body of a diet high in refined foods.**

Some candidates were giving answers related to convenience foods i.e. they contain too much sugar, fat and salt. Some gave partly correct responses without explanations i.e. it causes constipation, piles, and an appendix but no explanation of how.

**The correct answers were:**

- ***NSP correct is removed*** – which is responsible for absorbing water for making stools soft or bulky thus making the stools to be hard.
- ***Hard stools lead to bowel disorders*** – constipation/diverticular disease/piles/colon cancer.
- ***Leads to obesity*** – most of them contain high amounts of sugar which when stored in the body is converted to fat/highly refined foods lack NSP which regulates cholesterol levels.

**Question 3****(a) Candidates were required to give three disadvantages of a diet high in salt.**

Some candidates gave incorrect responses which included; causes of diabetes, goitre, and liver damage. Only a few gave the correct answers.

**The correct answers were:**

- *Salt accumulates in surrounding cells which results in swelling (oedema)*
- *Strains the heart and arteries leading to heart attack/strokes*
- *It increases high blood pressure/hypertension.*
- *Raises amounts of sodium in the bloodstream which reduces the ability of the kidneys to remove water leading to kidney diseases.*

**(b) (i) Candidates were required to name the nutrient associated with the deficiency disease anaemia.** Well attempted by most candidates except for a few who gave responses such as Vitamin C, iodine, Vitamin D, and minerals.

**The correct answer was iron.**

**(ii) Candidates were required to give two symptoms of anaemia.** Fairly attempted by most candidates, and some of the incorrect responses included bleeding gums, unhealing of wounds, rough skin, pale skin, blood clotting,**The correct answers were:**

- *Tiredness/fatigue*
- *Lack of energy/dizziness*
- *Shortness of breath.*
- *Pale skin/complexion*
- *Weakness*

- (b) Candidates were required to describe how mucus and muscular walls assist in the movement of food along the digestive tract.** The question was well answered by most candidates except for some who described muscle activity i.e. contract and relax, give digestion to food.

**The correct answers were:**

- ***Mucus:** lubricates the food and the membranes of the system.*
- ***Muscular walls:** various parts of the system push food along by regular contractions/peristalsis/push the food along the alimentary canal.*

- (c) (i) Candidates were required to explain the importance of the gall bladder in the digestion of food:**

Fairly attempted by candidates with some who wrote 'produce' or 'secretes' instead of storing bile. The function of bile was well known by many. Others wrote 'storing urine'.

**The correct answer was:**

*Stores bile produced by the liver which is needed for fats emulsification in the duodenum.*

- (ii) Candidates were required to explain the importance of the Pancreas in the digestion of food:**

The importance of the pancreas was known by some candidates, but some failed to explain the chemical breakdown of nutrients by enzymes contained in pancreatic juice. Some include pepsin which is an enzyme in the stomach. Most did not mention pancreatic juice. Some gave gastric juice as the correct response.

**The correct answers were:**

- *Secretes pancreatic juice – containing enzymes such as lipase/amylase/trypsin which digest food.*
- *Secretes pancreatic lipase which breaks down fats into soluble fatty acids and glycerol.*
- *Secretes pancreatic amylase which breaks down undigested starch into maltose.*
- *Secretes trypsin which breaks down proteins into peptides.*
- *Produces the enzyme insulin which regulates blood sugars in the body.*

## SECTION B

## Question 4

(a) **Candidates were required to name two types of pastry.** The question was well answered except for a few who wrote classes of pastry i.e. plain and rich pastry, some gave sweet and savoury dishes.

- **The correct answers were:**

- *Shortcrust*
- *Flaky*
- *Rough puff*
- *Choux pastry*
- *Suet*

(b) **Candidates were required to give one reason why pastry should be baked in a hot oven until set.** Not well answered, most of them wrote 'to make pastry elastic', 'melt fat'.

**The correct answer was** – *Prevents fat from running out of the pastry.*

(c) **Candidates were required to describe the changes that take place during the cooking of pastry.** The question was not well attempted by most of the candidates. Some wrote carbon dioxide rising instead of air, some mentioned yeast, some sugar caramelizing thus causing browning of pastry, protein coagulating instead of naming the protein gluten, and evaporation of water.

**The correct answers were:**

- *Fat melts, some is absorbed into the flour, and some drains out of the pastry.*
- *The crust will have a layered texture of various dough layers on top of one another, separated by empty pockets where the fat sat.*
- *Liquid turns into steam which expands.*
- *Starch in the flour takes up water and gelatinizes.*
- *Gluten coagulates to give a firm structure to the product.*
- *Surface starch forms dextrin/golden brown.*
- *Expansion of air.*

(d) (i) **Candidates were required to give two points that justify the use of Whole wheat flour in pastry making.** Most candidates failed to state the quantity of gluten in this flour, they just wrote; it contains gluten instead of 'high gluten content'. Most of them just gave one correct point to this question. Most of them were writing advantages of whole-wheat flour.



**The correct answers were:**

- **Whole wheat:** Recommended for rich pastries as it flakes well because of the high gluten content/High fiber content. Whereas refined flour has less gluten which makes it not flake well.

- (ii) **Candidates were required to give two points that justify the use of mixed fats in pastry making.** Most candidates were able to give one correct point in this question, which is the point related to colour/flavour and could not state that one type of fat could lead to less flakiness of the pastry.

**The correct answers were:**

- **Mixed fat:** contributes to tenderness/flavour/colour/flakiness of the pastry, whereas when it's one type of fat, the pastry will lack some of the good qualities.

- (e) (i) **Candidates were required to explain Emulsification.**

Some candidates explained the emulsification of fat by bile in the duodenum instead of emulsification used in food preparation. Some could explain it but no example was given to clarify the given answer.

**The correct answers were:**

*The mixing of liquid and oil without separating – due to the lecithin in the egg yolk which is an emulsifying agent e.g., mayonnaise/cake making.*

- (ii) **Candidates were required to explain neutralisation.**

Fairly attempted by candidates although most could not give an applicable example. Some mentioned the neutralization that takes place during the digestion of food.

**The correct answer was:** *a chemical reaction which takes place when an acid and an alkaline are combined e.g. alkali and an acid (bicarbonate of soda and cream of tartar/vinegar/lemon juice/sour milk)*

- (f) (i) **Candidates were required to name the ingredient that determines the consistency of a batter.**

Well attempted by many candidates with a few who were listing the ingredients for making a batter, some gave 'flour' as the correct answer.

**The correct answer was:** *The liquid used/milk/milk and water.*

- (ii) **Candidates were required to name a dish that can be prepared using pouring and coating batter:** Most candidates could not give correct responses to this question. Dishes given included steamed pudding, fish pie, and fried fish.

Roasted chicken, fried (omitting deep) fish and pudding were some of the incorrect responses which were given by candidates for coating batter.

**The correct answers were:**

**Pouring batter:** *Toad-in-the-hole/Yorkshire pudding/Pancakes*

**Coating batter:** *deep-fried fish/deep-fried chicken, fruit fritter and fish in batter.*

**(iii) Candidates were required to Give one reason for the following processes when preparing a batter:**

**Beating the mixture:**

Well attempted by most candidates.

Common wrong responses included mixing ingredients well, to make gluten stretch.

**The correct answer was** – *To incorporate air, for the batter to be light, and to break out lumps.*

**Adding the liquid gradually:**

Not well attempted by many. Some wrong responses include preventing a wet dough, the mixture saucy, to prevent curdling.

**The correct answer was** – *To avoid lumps/smooth batter/makes batter smooth.*

## Question 5

**(a) Candidates were required to name two reasons for using pulses in stews.**

Most candidates could not give correct answers to this question. Some of the wrong responses included improving the flavour, texture, and colour, garnishing the stews, to add variety to make them savoury.

**The correct answers were:**

- *To thicken*
- *To add extra protein/nutrient value*
- *Enrich the stew*
- *Meat extender*

**(b) Candidates were required to state three advantages of using stewing as a method of cooking.** Well attempted by most candidates although most of them included 'less attention needed' yet it does not apply to this method of cooking. Some wrote "flavour is added" instead of "flavour is retained", and "no loss of nutrients" instead of fewer nutrients lost.

**The correct answers were:**

- *Tough cuts of meat are made tender/cheap cuts.*
- *It is economical on fuel.*
- *There is minimal loss of nutrients as the liquid is served with the meal.*
- *The flavour is retained.*
- *One container could be used to prepare a whole meal.*

**(d) (i) Candidates were required to name one traditional dish that can be prepared using pulses.**

Most candidates were giving names of pulses as a dish i.e. *tihlumayo*, *tindlubu*. Some included just any traditional dish e.g. *indakala*, *sentamabomu*, *umbhidvo wetinsanga*, *libhichelwa*, *ligusha*.

**The correct answers included:** *Samp and beans(umgcushu)/bean stew/sishwala/siphuphe, Sigwaca , bean curry.*

**(ii) Candidates were required to state three advantages of using a slow cooker when cooking pulses.** Some advantages given were not related to the cooking of pulses, those included; pulses not likely to burn, avoiding overcooking, to make sure it does not become very thick. Some misinterpreted slow cookers as pressure cookers.

**The correct answers included:**

- *Less attention required for cooking – pulses can be left to cook the whole day which can be good for working women/career women.*
- *Uses less fuel due to low temperatures required for cooking – it is, therefore, economical or saves money spent on fuel.*
- *Kitchen cannot get heated/steamed – therefore best to use during hot days.*
- *Gentle cooking – can allow flavours to develop.*
- *Less loss of nutrients therefore the nutritive value of food is maintained.*
- *When using the one with a glass lid, allows one to see the progress of cooking without losing heat.*

**(iii) Candidates were required to explain how sugar beans should be prepared before cooking.**

Most candidates omitted the sorting of pulses, and some could not give the reason for it. soaking pulses. Some mistook sugar beans for baked beans, thus the answers given included, draining the sauce, and washing them, and included cooking instead of preparation.

**The correct answers were:**

- *Sort/pick them over – to remove stones and grits.*
- *Rinse in cold water in a colander – to remove dirt which also has germs.*
- *Soak in water – to loosen the skin and allow water to be taken up by the bean, or to soften the bean.*

**(e) Candidates were required to describe the principles involved when using sugar for the preservation of fruits.** Almost all the candidates could not give correct responses to this question. Most of them described the method of bottling fruits. Very few did write that sugar stops microorganisms from multiplying.

**The correct answers were:**

- *High sugar concentration/concentrated solution which draws water out of the cell by osmosis.*

- *High sugar concentration – to inhibit the growth of micro-organisms which causes food decay.*
- *Enzyme activity – which normally denatured food is affected by the presence of high concentrations of sugar.*
- *Application of heat to destroy micro-organisms.*

**(f) Candidates were required to state a reason for observing the following safety precautions:**

**(i) Not using a wet pot holder when removing a cake from a hot oven.**

Some wrong responses included preventing electric shock, preventing burning, prevent being burnt by tin. Not well attempted by many.

**The correct answer was:** *The potholder will absorb the heat from the cake tin causing burns/scald.*

**(ii) Keep the face away when removing the lid from a boiling pan of water.**

Fairly attempted by many although many referred to steam as 'smoke'.

**The correct answer was:** *To prevent the face from being scalded by the steam from the pan.*

**(g) Candidates were required to explain why pets should not be allowed to sit on work surfaces.**

Well attempted by many except for a few who gave responses such as dirty the kitchen, crack work surfaces, and annoying.

**The correct answers were:**

- *Some animals carry viruses and bacteria/micro-organisms.*
- *The viruses and bacteria may be passed on to human beings.*
- *Young children are more vulnerable because their disease resistance is not well developed.*

## SECTION C

## Question 6

Candidates were required to Discuss:

- (i) the different types of vegetarians;
- (ii) reasons why some people may choose a vegetarian diet;
- (iii) advantages of a vegetarian diet;
- (iv) problems associated with a vegetarian diet.

- (i) Most of them could describe the different types of vegetarians, although some could not state which one omits eggs between the lacto and lacto-ovo vegetarians.
- (ii) Most candidates were just stating not discussing the reasons for choosing a vegetarian diet.
- (iii) Advantages not discussed. Some incorrect responses include easy to cook, easy to grow, and require cooking skills
- (iv) Most candidates discussed nutrients which are difficult to provide in a vegetarian diet not mentioning the problems.

**Expected responses included:**

**Definition:** A vegetarian is a person who will not eat meat/animal flesh.

**Types of vegetarians:**

**Strict/vegan:** will not eat meat and any animal product but depends on the use of vegetables/plant-based food such as legumes/pulses/soya/nuts

**Lacto vegetarian:** does not eat meat and animal products but will eat milk and milk products/dairy products such as cheese/yoghurt/sour milk/cream.

**Lacto-Ovo vegetarian:** does not eat meat and animal products but will eat milk, milk products/dairy products and eggs.

**Reasons why some people choose a vegetarian diet**

- *Religious beliefs.*
- *Objection of the slaughter of animals as it is believed to be cruel.*
- *Dislike the taste/smell/sight of the animal.*
- *The belief that a vegetarian diet is healthy e.g. no cholesterol, vegetarians suffer less from diseases.*
- *Economic reasons as animal rearing is believed to be expensive compared to vegetables and making meat expensive too.*
- *Dietary reasons.*
- *Allergies. Some people may be allergic to meat/a doctor's prescription.*
- *Children born of vegetarian parents.*

### **Advantages of a vegetarian diet**

- Better for long-term health (award if explained)
- Vegetarian diet can reduce the chances of receiving many health diseases such as cancer (colon cancer) and heart disease, constipation.
- Reduces chances of obesity as it lowers cholesterol/maintains body weight with no extra fat.
- Vegetarian diet is relatively cheap compared to other diets.

### **Problems associated with a vegetarian diet**

- *Difficulty in acquiring essential amino acids*
- *High intake of dietary fiber leads to indigestion*
- *It turns out to be bulky because of the high fiber content.*
- *The diet tends to be monotonous of the high fiber content*
- *The diet tends to be monotonous as the same foods are eaten repeatedly.*
- *Limited choice as legumes are eaten most of the time*
- *May lead to a deficiency of essential fatty acids.*

Band	Descriptors	Past Mark	Total
<b>High</b>	<p><b>The candidate can:</b></p> <ul style="list-style-type: none"> <li>-give a detailed explanation of the types of vegetarians with the most correct examples of dishes under each type.</li> <li>- explain most of the reasons for vegetarianism</li> <li>- give most advantages of vegetarianism</li> <li>- explain most of the problems associated with a vegetarian diet</li> <li>- give the most appropriate examples where applicable.</li> </ul>	<b>14 – 20</b>	20
<b>Middle</b>	<p><b>Candidate may:</b></p> <ul style="list-style-type: none"> <li>-give some explanation of the types of vegetarians with some correct examples of dishes under each type</li> <li>- explain some of the reasons for vegetarianism</li> <li>- give some advantages of vegetarianism</li> <li>-explain some of the problems associated with a vegetarian diet</li> <li>-give some appropriate examples where applicable.</li> </ul>	<b>9 -13</b>	
<b>Low</b>	<p><b>Candidate may:</b></p> <ul style="list-style-type: none"> <li>-give a few explanations of the types of vegetarians with limited correct examples of dishes under each type</li> <li>-explain a few of the reasons for vegetarianism</li> <li>-few of the problems associated with a vegetarian diet</li> <li>-give a few appropriate examples where applicable</li> </ul>	<b>0 - 8</b>	

## EGCSE FOOD AND NUTRITION

## Paper 6905/02

## Practicals

**Introduction**

There were 2100 candidates enrolled for the Food and Nutrition practical paper. This showed a slight decrease of 1200 as compared to the last academic year 2021. Most centres submitted portfolios which were at commendable standards. However, very few were not up to standard as compared to the previous year. Portfolios had clearly labelled cover pages, well-arranged pages, and clear pictures. However, there were a few centres with unclear pictures, and assessing was difficult. There was an improvement in the choice of dishes. However, sheet 2 showed to be difficult for most candidates as they were unable to summarise the order of work, and the full recipe was written. In addition, candidates had challenges with sheet 3 as they were unable to write ingredients in the correct columns. Moreover, the order of work should be at least one and a half pages, as one page gave most candidates challenges to fit everything in.

The teachers are urged to emphasise the importance of the correct quantities of ingredients required when planning a meal for a particular Test e.g. 50g macaroni is very small. It is recommended that Candidates plan for 2-3 people unless the Test demands otherwise. In addition, teachers should encourage candidates to stick to the **keywords** of each test. Moreover, candidates are encouraged to specify in brackets, an ingredient asked about in a test e.g. baking powder (sweet scones) and equipment that has been asked about in a test e.g. casserole dish (casserole stew) for easy marking. **This applies to all questions with specific requirements in a test.** Furthermore, students are required to specify ingredients e.g. cake/bread flour instead of plain flour or cheddar/feta/ cream cheese instead of cheese or castor sugar, white sugar, brown sugar, icing sugar, etc. instead of sugar.

**Comments on specific questions**

Generally, responses given by the candidates were quite good with few candidates giving dishes with low skill and not giving appropriate answers to the given questions. Low-skill dishes are discouraged like preparing a custard sauce as a dessert or boiled rice, especially in (a) a test, as high-skill dishes are required. Moreover, one-pot dishes require a cooked and a raw vegetable to substantiate the meal. Some candidates would serve samp and beans with bones and lettuce salad only. While they are required to add cooked a vegetable like creamed spinach, boiled mixed vegetables, baked pumpkin, etc. Moreover, some candidates would serve porridge as a carbohydrate dish in (a) whereas it's a low-skill dish. Furthermore, some were serving two vegetables for every prepared meal.



**Test 1**

- (a) **The candidates were required to prepare, cook and serve a two-course mid-day meal for an office worker who is anaemic.** A few Candidates did not have challenges in answering this question. However, most candidates had challenges as they mostly focused on officer worker nutritional needs only instead of focusing on both office worker and anaemia nutritional needs. While some would forget to include dishes rich in iron, Vitamin C and low in fats. Candidates did not have challenges with (b) as it was easy for them to give sweet scones and savoury scones. However, they were confused about making a batch of scones as they would prepare one batch for the sweet and savoury scones, whereas the question required two batches for the sweet and savoury scones. Though some will add sugar to both the sweet and savoury scones.

***Suggested dishes included:*****(a) Meal for an office worker with anaemia**

Vegetable biryani  
Bean lasagne  
Kidney and sausage casserole  
Kidney and liver stew  
Chicken livers and gizzard stew

Beef curry  
Beef cobbler

**Dessert**

Sponge pudding with a sauce (custards or lemon mousse)  
Fruit salad with a sauce  
Chocolate cake (use low-fat products)

**(b) Sweet scones**

Sweet scones  
Fruit scones

**Savoury scones**

Cheese scones  
Herb scones  
Plain scones

**Test 2**

- (a) **Candidates were required to prepare, cook, and serve a two-course meal suitable for a pregnant woman who is constipated.** Candidates were able to prepare meals for a pregnant woman who is constipated. However, they would forget the nutritional needs of a pregnant woman which include nutrients like proteins, unrefined carbohydrates, iron, Vitamin C, Vitamin D, calcium,

Vitamin A, etc. Some candidates would include mashed potatoes, polished rice and salads which are rich in proteins e.g. egg and broccoli salad instead of including more vegetable dishes. Whole bran pasta could be used if a pasta dish was to be prepared e.g. whole bran Spaghetti Bolognese. Dishes like cakes, biscuits, and pastries should be avoided as they will result in weight gain for the pregnant woman.

***Suggested dishes.***

<b>Carbohydrates</b>	<b>Proteins</b>	<b>Vitamins</b>	<b>Sweet course</b>
Savoury brown rice	Liver and kidney casserole	Creamed spinach	Fruit salad with a sauce
Baked potatoes (jackets)	Stewed beans	Lettuce salad	Steamed chocolate pudding with sauce
Samp and beans	Grilled kidney/Beef	Boiled mixed vegetables	Steamed sponge pudding served with lemon mousse

**(b) Candidates were to bake a cake using the creaming method and decorate it using icing.**

Candidates did not have challenges in choosing a creamed cake. However, they could not differentiate between icing and icing sugar in decorating the cake. They would not prepare the icing, instead, they would just spread icing sugar on top of the cake.

***Suggested dishes:***

Victoria sandwich cake

Fruit cake

Chocolate cake

**Icings**

Royal icing

Butter icing

Glaze icing

**Test 3**

**(a) Candidates were supposed to prepare, cook and serve three dishes, using a different ingredient from the following list; (i) Baking powder (ii) Yeast (iii) Bicarbonate of soda.** Most candidates were able to answer this question without a problem as they knew products made using the named raising agents. However, most candidates prepared either all baked products or all sweet products. They could not vary the methods of cooking and the flavours.

**Suggested dishes**

Baking powder	Yeast	Bicarbonate of soda
Cakes	Bread	Scones
Scones	Pizza	Gingerbread
Puddings	Bread rolls, doughnuts	Old vicarage cake
Dumplings	Fat cakes	Biscuits
Mealie meal bread	French loaf	
	Chelsea buns	

(b) Most candidates were able to prepare a two-course meal for a family using any dish chosen from (a).

**Test 4**

(a) Candidates were required to prepare, cook and serve three dishes each using a different piece of equipment from the following list:

(i) Casserole dish

(ii) Steaming bowl

(iii) **Deep fat frying pan.** Most candidates were able to answer the questions easily, though some would choose low-skill dishes like deep-fat fried fish instead of fish in a batter. The preparation of the batter helps to substantiate the skills.

**Suggested dishes.**

Casserole dish	Steaming dish	Deep fat frying pan
Casserole stew	Puddings	Fish in a batter
Macaroni cheese	Steamed fish + sauce	Fritters
Mince/bean lasagne	Dumplings	Deep-fat fried chicken
Puddings	Steamed vegetables	Cheese cutlets
Shepherd pie		Fat cakes
Rice bake		Doughnuts

- (b) Candidates did not have challenges in answering questions about **preparing a two-course meal for teenage boys as they would choose any dish from (a)** to prepare a meal.

#### Test 5

- (a) **Candidates were supposed to prepare, cook and serve three dishes using frozen fish that each illustrates a different method of cooking.** Most candidates were able to prepare fish dishes with ease, except that some used low-skill dishes like fried fish coated with seasoned flour instead of coating with a batter. A few used tinned fish which the question did not require.

***Suggested dishes.***

Fish in a batter

Fish cakes

Grilled fish

Baked fish

Poached fish

Steamed fish with a sauce

Shallow fried fish

Fish pie

Fish envelopes

- (b) **Candidates were required to prepare a two-course meal for a couple.** Candidates were able to choose any dish from (a) to balance their two-course meal.