



EXAMINATIONS COUNCIL OF ESWATINI  
Eswatini General Certificate of Secondary Education

CANDIDATE  
NAME

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CENTRE  
NUMBER

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**FOOD AND NUTRITION**

**6905/01**

Paper 1 Theory

**October/November 2023**

**2 hours**

Candidates answer on the Question Paper.

No Additional Materials are required.

**READ THESE INSTRUCTIONS FIRST**

Write your Centre number, candidate number and name on all the work you hand in.

Write in dark blue or black pen in the spaces provided on the question paper.

You may use a soft pencil for any diagrams, or rough work.

Do **not** use staples, paper clips, highlighters, glue or correction fluid.

**Section A**

**Compulsory** short answer questions.

Answer **all** questions in the spaces provided on the Question Paper.

You are advised to spend no longer than 45 minutes on Section A.

**Section B**

**Compulsory** structured questions

Answer **all** questions in the spaces provided on the Question Paper.

**Section C**

**Compulsory** open-ended essay-type question.

Answer **Question 6** on the lined pages at the end of the Question Paper.

The number of marks is given in brackets [ ] at the end of each question or part question.

| For Examiner's Use |  |       |
|--------------------|--|-------|
| Question Number    |  | Marks |
| Section A          |  |       |
| Section B          |  |       |
|                    |  |       |
| Section C          |  |       |
| Total              |  |       |

This document consists of **12** printed pages.

**SECTION A**

Answer **all** questions in this section.

1 (a) Define the term micronutrients.

.....  
..... [1]

(b) State the term which describes the effect of:

(i) Dry heat on starch

..... [1]

(ii) Moist heat on starch

..... [1]

(c) Suggest **one** reason why protein is a secondary source of energy.

.....  
..... [1]

(d) Name **three** elements found in proteins that are **not** in carbohydrates or fats.

1 .....  
2 .....  
3 ..... [3]

(e) Define the following terms and give an example for each.

(i) visible fat

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

Example:

..... [2]

(ii) invisible fat

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

Example:

..... [2]

(f) Explain why some fatty acids are considered:

(i) essential

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

(ii) non-essential

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

2 (a) Name the disaccharide found in the milk of mammals.

..... [1]

(b) Name the **two** monosaccharides that make up the disaccharide named in (a).

1 .....

2 ..... [2]

(c) Describe the effect on granulated sugar when it is boiled in water.

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

(d) Describe the changes that take place when an egg is cooked.

.....

.....

.....

.....

.....

..... [4]

3 (a) Give **one** reason why salt intake should be limited for the following:

(i) a pregnant mother

.....

..... [1]

(ii) someone with hypertension

.....

..... [1]

(b) Sports people need to maintain a good skeleton.

(i) Name **two** nutrients that are responsible for maintaining a good skeleton.

1 .....

2 ..... [2]

(ii) Give **one** reason why an increased fluid intake is essential for sports people.

.....

..... [1]

4 (a) Define the term digestion.

.....

.....

..... [1]

(b) Give **two** functions of intestinal juice.

1 .....

.....

2 .....

..... [2]

(c) Explain how proteins and fats are chemically broken down in the ileum.

(i) Proteins

.....  
.....  
.....  
..... [3]

(ii) Fats

.....  
.....  
.....  
..... [3]

**[Total for Section A: 40 marks]**

**SECTION B**

Answer **all** questions in this section.

5 (a) List **four** basic ingredients used for making bread.

- 1 .....
- 2 .....
- 3 .....
- 4 ..... [4]

(b) State **two** qualities of a well-baked bread.

- 1 .....
- .....
- 2 .....
- ..... [2]

(c) Explain **two** causes for each of the following faults in bread making:

(i) Close texture:

- 1 .....
- .....
- 2 .....
- ..... [2]

(ii) Cracked bread:

- 1 .....
- .....
- 2 .....
- ..... [2]

(d) Describe how rock cakes differ from scones when baking.

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

(e) State **two** reasons for using a sauce in each of the following dishes:

| Dish              | Sauce         | Reason for using sauce  |
|-------------------|---------------|---|
| Fish cakes        | White sauce   | <p><b>1.</b> .....</p> <p>.....</p> <p>.....</p> <p><b>2.</b> .....</p> <p>.....</p> <p>.....</p> |
| Fresh fruit salad | Custard sauce | <p><b>1.</b> .....</p> <p>.....</p> <p>.....</p> <p><b>2.</b> .....</p> <p>.....</p> <p>.....</p> |

[4]

(f) State **two** guidelines that should be followed to ensure care of a refrigerator.

1 .....

.....

2 .....

..... [2]

**[Total: 20 marks]**

6 (a) State the function of eggs in the following dishes:

(i) Swiss roll

..... [1]

(ii) Mayonnaise

..... [1]

(b) Describe casseroles as a method of cooking.

.....

.....

.....

..... [2]

(c) Explain the effects of cooking the following foods

(i) Boiling potatoes

.....

.....

..... [2]

(ii) Steaming fish

.....

.....

.....

.....

.....

.....

..... [4]

**(d)** Describe how to correctly store dried beans.

.....  
.....  
.....  
.....  
.....  
..... [3]

**(e)** Write an informative paragraph on the following:

**(i)** Care and storage of kitchen knives.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [3]

**(ii)** Safety of kitchen floors.

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

**[Total: 20 marks]**

**[Total for Section B: 40 marks]**





