



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

CANDIDATE
NAME

--

CENTRE
NUMBER

--	--	--	--	--

CANDIDATE
NUMBER

--	--	--	--

FOOD AND NUTRITION

6905/01

Paper 1 Theory

October/November 2024

2 hours

Candidates answer on the Question Paper.

No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your name, centre number and candidate number 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 **11** printed pages and **1** blank page.

SECTION A

Answer **all** questions in the spaces provided.

1 (a) Name **two** diet-related disorders in children that may be caused by food shortages.

1

2 [2]

(b) (i) Name a food source of fructose.

..... [1]

(ii) State **two** differences between lactose and galactose.

1

.....

2

..... [2]

(c) Your friend has a Body Mass Index (BMI) of 36.

(i) Describe what is meant by body mass index (BMI).

.....

..... [2]

(ii) Give **three** points of advice to overweight friends who want to reduce their BMI to 25.

1

2

3 [3]

2 (a) (i) State the chemical name for vitamin E.

..... [1]

(ii) Name **two** animal sources of vitamin E.

1

2 [2]

(b) Name **two** signs of vitamin A deficiency.

1

2 [2]

(c) (i) State **one** function of cobalamin (vitamin B₁₂).

.....

..... [1]

(ii) Name the deficiency disease caused by lack of cobalamin in the diet.

..... [1]

(d) (i) Give **two** reasons why sodium chloride is important in the diet.

1

2 [2]

(ii) State what happens to excess sodium chloride in the body.

.....

..... [1]

(e) Name **two** factors that may lead to the poor absorption of iron in the body.

1

2 [2]

(f) Describe the stages involved in the development of goitre.

.....

.....

.....

.....

..... [4]

3 (a) State **two** ways in which the risk of hypertension may be reduced.

- 1
- 2 [2]

(b) State and explain **three** nutritional needs of teenagers.

- 1
.....
.....
- 2
.....
.....
- 3
.....
..... [6]

(c) Describe the absorption in the body of:

(i) water-soluble vitamins

-
-
-
- [3]

(ii) fat-soluble vitamins

-
-
-
- [3]

[Total for Section A: 40 marks]

SECTION B

Answer **all** questions in this section.

4 (a) Suggest **one** moist method for cooking tubers.

..... [1]

(b) State what causes rancidity in fats.

..... [1]

(c) The role of the consumer is important in an economic system.

State **three** ways in which the economy can benefit from the consumer.

1

.....

2

.....

3

..... [3]

(d) Give **two** reasons for each of the following faults in cake-making.

(i) sunken fruit

.....

..... [2]

(ii) cake has risen to a peak and is cracked.

.....

..... [2]

(e) (i) State **two** reasons why lemon juice is important in jam making.

1

.....

2

..... [2]

(ii) The wrinkle test is used to test whether jam has set.

Describe the wrinkle test.

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

(f) Describe the structure of meat.

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

(g) Describe how to clean a cast iron pot used for cooking porridge.

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

[Total Marks: 20]

5 (a) (i) Describe what is meant by an unrefined cereal product.

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

(ii) State and explain **two** points for the storage of cereals.

1

.....

.....

.....

2

.....

..... [4]

(b) Suggest **two** reasons why a loaf of bread may be small and dense.

1

.....

2

..... [2]

(c) State and explain **three** rules for grilling fish fillets.

1

.....

2

.....

3

..... [3]

(d) State **three** points to ensure the safe use of an electric kettle.

- 1
-
- 2
-
- 3
- [3]

(e) (i) Describe the principles involved when preserving food by freezing.

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

(ii) State **one** effect on each of the following when carrots are frozen.

- 1 nutritive value
-
- 2 texture.....
- [2]

(f) Describe the brine method of testing an egg for freshness.

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

[Total Marks: 20]

