



EXAMINATIONS COUNCIL OF ESWATINI
Eswatini General Certificate of Secondary Education

CANDIDATE
NAME

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CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

6905/01

Paper 1 Theory **SPECIMEN PAPER**

October/November 2021

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

Section A

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

Compulsory short answer questions.

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

Section B

Compulsory structured questions

Answer **all** questions only in the spaces provided on the Question paper.

Section C

Compulsory open-ended essay type question.

Answer **question 7** 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 this section.

1. (a) List **three** chemical elements that combine to form carbohydrates.

- 1
- 2
- 3 [3]

(b) Define the following terms and give an example of each.

(i) Monosaccharides

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

(ii) Disaccharides

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

(c) Name **one** group of people who may need extra glucose in their diet. Explain why?

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

(d) Describe the effect of moist heat when cooking rice.

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

2. (a) Explain the following terms:

(i) Body Mass Index (BMI)

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

(ii) Coagulation

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

(iii) Basal Metabolism

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

(b) State **two** good sources of dietary fibre (NSP).

1
2 [2]

(c) Explain, with reasons, why dietary fibre should be included in the diet.

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

3. (a) State **three** functions of potassium in the body.

1

2

3

[3]

(b) Write an informative paragraph about each of the following:

(i) Cholesterol

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

[3]

(ii) Gastric Juice

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

[3]

(iii) Obesity

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

[3]

[Total for Section A: 40 marks]

SECTION B

Answer **All** questions in this section.

4. (a) Name **two** ingredients used to produce carbon dioxide gas in flour mixtures.

1.....

2..... [2]

(b) Name **two** ingredients that are used to produce steam in a flour mixture.

1.....

2..... [2]

(c) Describe how steam can be used as a raising agent.

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

(d) The following ingredients can be used to make batter: 100 g plain flour, 1 egg, 275ml water, ¼ tsp salt.

Describe the method of making the batter.

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.....
.....
.....
..... [5]

(e) State the effect of the following when making bread:

(i) Using liquid with temperature above 40^o C.

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

(ii) Using too little yeast.

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

(iii) Using too much fat.

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

(f) Give **three** kitchen areas that make up the work triangle.

- 1
- 2
- 3 [3]

(g) Describe the care of baking sheets (tin ware).

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

[Total: 20 marks]

5. (a) Fish can be classified into **three** groups according to type. Name the types.

1.....

2.....

3..... [3]

(b) State **two** points to consider when choosing fresh fish.

1.....

2..... [2]

(c) Describe, with reasons, how eggs should be stored.

.....

.....

.....

.....

.....

..... [4]

(d) Write an informative paragraph on each of the following:

(i) Convection method of heat transference.

.....

.....

.....

.....

.....

..... [4]

(ii) Hygienic use of kitchen bins to prevent food contamination.

.....

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.....

..... [3]

(e) Give **four** guidelines to follow when using kitchen scales.

.....

.....

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.....

.....

..... [4]

[Total: 20 marks]

[Total for Section B: 40]

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