

Candidate Name

Centre Number

Candidate Number



ZIMBABWE SCHOOL EXAMINATIONS COUNCIL
General Certificate of Education Ordinary Level

FOOD TECHNOLOGY & DESIGN

4054/1

PAPER 1 Theory

SPECIMEN PAPER

2 hours

TIME 2 hours

INSTRUCTIONS TO CANDIDATES

Write your name, Centre number and candidate number in the spaces at the top of this page.

Section A

Answer **all** questions.

Write your answers in the spaces provided on the question paper.

Section B

Answer any **four** questions.

Write your answers in the spaces provided.

INFORMATION FOR CANDIDATES

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

FOR EXAMINER'S USE ONLY

Section A

Section B

TOTAL

This specimen paper consists of 13 printed pages and 3 blank pages.

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SECTION A [28 MARKS]

1 Answer **all** parts of Section A in the spaces provided. You are advised to spend about half an hour in this section.

(a) Name **three** elements that make up carbohydrates.

[3]

(b) Outline **three** functions of carbohydrates.

[3]

(c) Explain how carbohydrates are stored in the body.

[2]

(d) State **three** classes of carbohydrates.

[3]

- (e) Identify any **two** enzymes necessary for the digestion of carbohydrates.

[2]

- (f) Name **two** rich sources of Vitamin C.

[2]

- (g) Identify **three** groups of people who need extra intake of calcium.

[3]

- (h) Explain the causes of the following disorders:

Obesity

[2]

Kwashiorkor

[2]

Osteomalacia

[2]

- (i) Design a **two-course** meal for an adolescent girl.

[4]

SECTION B

Answer any **four** questions in this section.

- 2** **(a)** List any **four** nutrients found in fish.

[4]

- (b)** Identify any **two** ways of garnishing fish dishes.

[2]

- (c)** Outline any **three** points on choice of meat.

[3]

- (d)** Suggest any **three** factors affecting the tenderness of meat.

[3]

- (e) Name any **two** leaf and any **two** bulb vegetables.

Leaf:

Bulb:

[4]

- (f) Suggest any **two** points on storage of tubers.

[2]

- 3 (a) Identify any **two** different nutrients found in fruits and give their sources.

[4]

- (b) List any **four** citrus fruits grown in Zimbabwe.

[4]

- (c) Identify any **two** cereal products and state **one** use of each in meal planning.

[4]

- (d) Suggest **two** ways of preventing lumps when cooking mealie-meal porridge.

[2]

- (e) Describe any **two** effects of heat on cheese.

[2]

- (f) Suggest **two** ways of making cheese more digestible.

[2]

- 4** (a) List any **four** factors affecting choice of food.

[4]

- (b) Define the term 'weaning'.

[3]

- (c) Suggest any **three** foods suitable for weaning.

[3]

- (d) Compare and contrast, grilling and deep frying as methods of cooking.

[4]

- (e) Outline any **two** implications of teenage pregnancies.

[2]

- (f) Suggest any **two** signs and symptoms of kwashiorkor.

[2]

- 5** (a) State the quantities of fat, sugar and eggs for each of the following cake mixtures using **100g** flour .

- (i) Rubbed in mixtures.

[3]

(ii) Rich creamed mixtures

[3]

(b) Suggest any **two** ways of preparing cake tins before baking.

[2]

(c) Explain why lemon juice is added in pastry making.

[2]

(d) Suggest **one** cause of each of the following faults in pastry making:

(i) Soggy pastry

[1]

(ii) Blistered short crust pastry

[1]

- (e) Give **one** reason for carrying out each of the following processes in bread making:

- (i) Kneading the dough

[2]

- (ii) Baking at high temperature for the first ten minutes.

[2]

- (f) Suggest any **two** ways of testing for the readiness of bread during cooking.

[2]

- 6 (a) List any **three** soya products

[3]

- (b) State any **two** advantages and **one** disadvantage of soya products.

[3]

- (c) State **three** types of micro-organisms that can cause food spoilage.

[3]

- (d) Outline any **three** reasons why causes of food poisoning are on the increase in Zimbabwe.

[3]

- (e) Summarise any **three** points on personal hygiene in the kitchen.

[3]

- (f) Suggest **three** reasons why some people object using convenience foods.

[3]

- 7 (a) Define the following terms:

Capital

[2]

Labour

[2]

- (b) List any **three** kitchen work surfaces.

[3]

- (c) Describe any **three** characteristics of good kitchen surfaces.

[3]

- (d) Give any **two** functions of Consumer Council of Zimbabwe (CCZ).

[2]

- (e) Suggest any **three** factors affecting family budget in Zimbabwe.

[3]

- (f) Suggest the first aid treatment for an electric shock.

[3]

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