



BOTSWANA EXAMINATIONS COUNCIL
Botswana 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

0611/01

Specimen Paper 1

October/November 2019

2 hours

Candidates answer on the Question Paper.

Additional Materials: Calculators may be required.

READ THESE INSTRUCTIONS FIRST

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

Answer **all** questions.

Write your answers in the spaces provided on the Question Paper.

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

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

For Examiner's Use	
1	
2	
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Total	

This document consists of **10** printed pages and **2** blank pages.

SECTION A

Answer **all** questions.

1 (a) (i) State **four** major chemical elements which make up protein.

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

(ii) Name a protein found in each of the following foods:

maize;

beans. [2]

(iii) Explain the term High Biological Value (HBV) protein.

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

(b) There are several risk factors which may lead to Coronary Heart Disease (CHD). Some risk factors can be prevented or reduced by changing habits or life style, but some cannot.

(i) State **two** risk factors that can be prevented.

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

(ii) State **two** risk factors that cannot be prevented.

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

(c) (i) Give **two** properties of sucrose.

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

(ii) State **two** carbohydrates which can be obtained from animal sources.

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

(d) Suggest **three** ways of improving a traditional kitchen.

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

(e) State **two** points to consider when choosing the following kitchen equipment.

(i) kitchen scales,

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

(ii) knives.

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

(f) Give **two** safety precautions to observe when using knives

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

(g) Vitamin A is found as retinol in animal foods and as beta carotene in plant foods. Complete the table below by giving **two** good sources of vitamin A in each column.

animal sources	plant sources

[4]

(h) Complete the table below by giving **one** example of indigenous foods in each food group.

food groups	examples of foods
fruits and vegetables	
bread, cereals and potatoes	
milk and dairy foods	

[3]

(i) Outline **three** advantages of budgeting.

.....

.....

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.....

.....

..... [3]

(j) List **three** ways of advertising goods and services.

.....

.....

..... [3]

(k) Describe each of the following small retailers and give **one** example of each:

(i) mobile shop;

.....

.....

..... [2]

(ii) roadside traders.

.....

.....

..... [2]

[Total: 40]

SECTION B

Answer **all** questions.

2 Modifying a recipe.

Basic cake mixture

100 g Self raising flour

75 g Margarine

75 g Caster sugar

3 eggs

4 table spoon milk

(a) Modify the recipe above to suite a low calorie diet.

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..... [5]

(b) Give **two** reasons for modifying a recipe.

.....

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..... [2]

(c) Which **three** methods of cake making can be used to prepare the recipe listed above in **(a)**.

.....

.....

.....

..... [3]

[Total: 10]

3 (a) Explain **two** principles to bear in mind when planning meals for HIV/AIDS patients.

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..... [4]

(b) Suggest what should be served to provide a nutritious iron-rich **one course** meal for a teenage girl.

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

(c) Name **one** plant source of High Biological Value (HBV) protein and **one** animal source of Low Biological Value (LBV) protein:

(i) plant sources of HBV protein,

..... [1]

(ii) animal source of LBV protein.

..... [1]

[Total: 10]

4 (a) State **four** reasons for cooking food.

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

(b) Describe how heat is transferred during cooking by the following methods:

(i) radiation;

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

(ii) conduction.

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

(c) An experiment was carried out to show the effects of moist heat on starch.
Outline the expected results of this experiment.

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

[Total: 10]

5 (a) Name and explain any **two** P's of the market mix.

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

(b) State **two** advantages and **two** disadvantages of a partnership form of business organisation:

(i) advantages,

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

(ii) disadvantages.

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

(c) State and describe **one** other form of business organisation or ownership other than the one in (b) above.

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

[Total: 10]

