

Surname

Forename(s)

Centre Number

Candidate Number



For Performance Measurement

ZIMBABWE SCHOOL EXAMINATIONS COUNCIL
General Certificate of Education Ordinary Level

FOOD TECHNOLOGY AND DESIGN
PAPER 1 THEORY

4054/1

SPECIMEN PAPER

2 hours

Additional material:
Answer paper

Time 2 hours

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the spaces at the top of this page and on all separate answer paper / booklet used.

Section A

Answer **all** parts of Question 1 in the spaces provided.

Section B

Answer any **four** questions.

Write your answers on the separate answer paper provided.

If you use more than one sheet of paper fasten the sheets together.

INFORMATION FOR CANDIDATES

Marks are given in brackets [] at the end of each question or part question.

You are advised to spend no longer than **30 minutes** on **Section A**.

This question paper consists of 7 printed pages and 1 blank page.

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Section A

Answer **all** parts of Question 1 in Section A in the spaces provided.

You are advised to spend not more than **30 minutes** on Section A.

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

[3]

- (b) State any **two** functions of carbohydrates.

[2]

- (c) Explain any **two** factors that can affect energy requirements of an individual.

[2]

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(d) The table below illustrates processes in the digestive system. Complete the missing information in the table.

part of the digestive system	enzyme	food	product
mouth	_____	starch	_____
stomach	_____	protein	_____
duodenum	_____	fats	_____ and glycerol

[6]

(e) Name any **two** sources of calcium.

[2]

(f) Suggest any **two** effects of lack of calcium in the diet of an elderly person.

[2]

(g) Define the term ‘weaning.’

[2]

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(h) Justify when weaning should be started.

[2]

(i) State any **two** rules to consider when planning meals for an expectant mother.

[2]

(j) Give any **one** distinction between haemoglobin and oxyhaemoglobin.

[2]

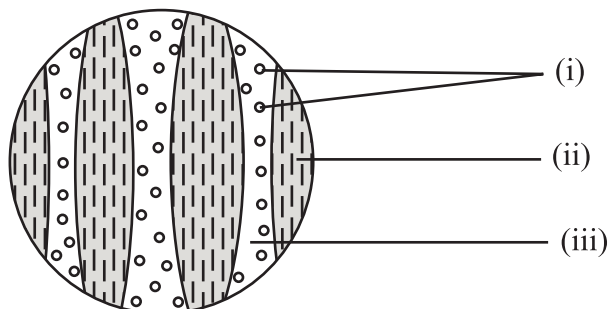
(k) Plan a **two** course meal suitable for a teenage girl.

[3]

Section B

Answer any **four** questions from this section on separate answer paper provided.

2 (a)



Label the numbered parts that show the structure of meat. [3]

- (b) List any **four** nutrients that are found in meat. [4]
- (c) Identify any **three** products of Texturized Vegetable Protein (TVP). [3]
- (d) Give any **two** advantages of using TVP products. [2]
- (e) Describe any **two** steps to follow when preparing pulses before cooking. [2]
- (f) Compare and contrast the structure of meat and that of fish. [4]
- 3 (a) Give the basic recipe for a rubbed-in cake mixture using 100 g flour. [2]
- (b) Describe the general method of cake-making by rubbing-in. [3]
- (c) State any **two** reasons for icing cakes. [2]
- (d) Give any **two** reasons for using eggs in cake making. [2]
- (e) Define the following cookery terms:
- (i) baking blind, [2]

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- (ii) blanching [1]
- (iii) rechauffé. [1]
- (f) Identify any **one** way of storing the following food items:
 - (i) biscuits, [1]
 - (ii) bread, [1]
 - (iii) salt. [1]
- 4 (a) Give any **three** classes of soup. [3]
- (b) Suggest any **three** points on the importance of soup in the diet. [3]
- (c) Identify any **two** flavourings for sauces. [2]
- (d) Explain, with reasons, how you would make a sauce by the blending method. [4]
- (e) Explain any **one** rule to observe when preparing invalid meals. [2]
- (f) State any **one** type of food suitable for a liquid diet. [1]
- (g) Suggest any **three** uses of herbs and spices in cookery. [3]
- 5 (a) State any **three** methods of heat transfer during cooking. [3]
- (b) Give any **three** reasons for coating food before frying. [3]
- (c) Describe any **two** precautionary measures you would take when deep-frying food. [2]
- (d) Compare and contrast boiling and stewing as methods of cooking. [4]
- (e) Suggest any **three** ways of conserving fuel during cooking. [3]
- (f) Describe any **two** advantages and **one** disadvantage of steaming as a method of cooking food. [3]

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- 6 (a) State any **four** points you would consider when buying a cooker. [4]
- (b) Suggest the importance of the following in the kitchen:
- (i) light colours, [2]
- (ii) cleanliness. [2]
- (c) Give, with reasons, any **two** rules to consider when using left-over foods. [2]
- (d) State any **two** dishes you would make using left-over potatoes. [2]
- (e) Explain the term ‘convenience foods.’ [2]
- (f) Give any **one** advantage of using convenience foods. [1]
- (g) Explain the importance of thawing chicken thoroughly before cooking. [3]
- 7 (a) List any **two** examples of fire fighting devices used in the kitchen. [2]
- (b) Outline any **two** points to bear in mind when planning a kitchen. [2]
- (c) State any **four** consumer rights. [4]
- (d) Describe any **two** advantages and **two** disadvantages of buying grocery in bulk. [4]
- (e) Suggest any **two** reasons for the increase in the number of food poisoning cases in Zimbabwe. [2]
- (f) Explain why meat and milk are easily contaminated. [2]
- (g) How would you identify any **two** symptoms of food poisoning? [2]

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