



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 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 **14** printed pages and **2** blank pages.

SECTION A

Answer **all** questions in this section.

1 (a) Name **two** sources of food that contain high biological value protein.

(i)

(ii) [2]

(b) Name **one** animal source that provides the body with low biological value protein.

..... [1]

(c) State **two** symptoms of anorexia nervosa.

(i)

(ii) [2]

(d) Explain why there is need to increase the amount of protein in the diet of:

(i) A pregnant mother.

.....
.....

(ii) A convalescent.

.....
.....

(iii) Babies and children.

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

2 (a) Suggest **three** reasons why the body needs energy from food.

(i)

.....

(ii)

.....

(iii)

..... [3]

(b) State **three** effects of too much fat in the body.

(i)

.....

(ii)

.....

(iii)

..... [3]

(c) Why are the following nutrients required during energy production?

(i) Iron

.....

.....

(ii) Vitamin B₁

.....

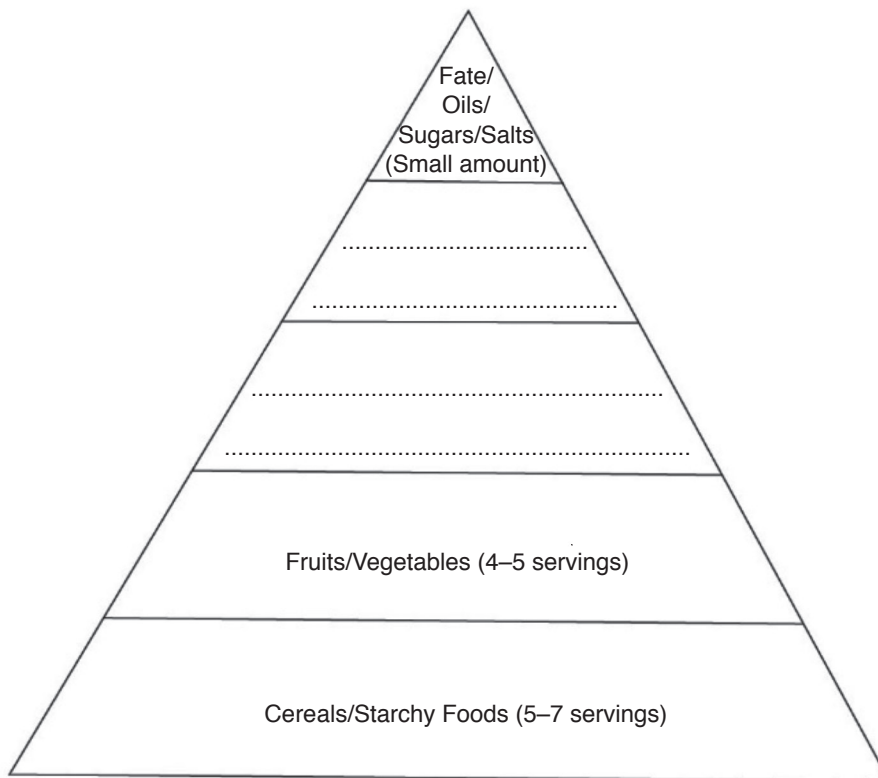
.....

(iii) Iodine

.....

..... [3]

- (d) The diagram shows a food pyramid. Fill in the missing food groups and their servings per day.



[4]

- 3 (a) Outline **two** functions of vitamin D in the body.

(i)

.....

(ii)

..... [2]

- (b) Name **two** nutrients that work with vitamin D in the body.

(i)

(ii) [2]

- (c) Explain why too much vitamin D in the diet could be dangerous.

.....

.....

.....

..... [2]

(d) Explain **three** ways in which vitamin C may be lost from food.

- (i)
.....
- (ii)
.....
- (iii)
..... [3]

4 (a) State the importance of salivary glands.

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

(b) Why are the following substances important in the digestion of food?

- (i) Rennin.
.....
..... [1]
- (ii) Hydrochloric acid.
.....
..... [1]

(c) Describe the digestion of fats in the duodenum.

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

(d) Explain the role of the villi in the absorption of nutrients.

.....

.....

.....

.....

..... [3]

[Total for Section A: 40 Marks]

SECTION B

Answer **two** questions in this section.

5 (a) Name **two** savoury dishes which can be prepared using bread dough.

(i)

(ii) [2]

(b) State **three** characteristics of a well-baked loaf of bread.

(i)

(ii)

(iii) [3]

(c) Explain the effect of using too much salt in bread making.

.....

.....

..... [2]

(d) The following ingredients are used to make plain scones.

200 g cake flour
4 tsp baking powder
½ tsp salt
50 g margarine
125 ml milk

(i) Name the method used when preparing the plain scones.

..... [1]

(ii) Explain how baking powder causes the mixture to rise.

.....

.....

..... [3]

(e) State the functions of the following labour-saving devices in the kitchen.

(i) Electric mixer.

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

(ii) Blender.

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

(f) State **five** rules to observe when storing food in the freezer.

(i)
.....

(ii)
.....

(iii)
.....

(iv)
.....

(v)
..... [5]

[Total: 20 Marks]

6 (a) (i) How are vegetables classified?

..... [1]

(ii) State the classification of vegetables, with an example of each.

class

example

class

example [4]

(b) State **two** uses of nuts and give an example for each use.

Use

example

Use

example [4]

(c) Describe how dried pulses should be stored in the kitchen.

.....

.....

..... [3]

(d) (i) Name **two** proteins found in milk.

.....

..... [2]

(ii) Describe the following processes in the production of milk:

Homogenisation.

.....

..... [2]

Sterilisation.

.....

..... [2]

- (e) Explain why a starter is added to the milk in the production of cheese.

.....

.....

..... [2]

[Total: 20 Marks]

[Total for Section B: 40 Marks]

This Section comprises **one** essay Question. Answer in the spaces provided.

- (ii) Cuts
- [20]

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, leaving ample room for writing practice. There is no text or other markings on the page.

[illegible]

[illegible]

[illegible]

