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.

FOR EXAMINER'S USE ONLY	
Section A	
Section B	
TOTAL	

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

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 in 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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