



CARIBBEAN EXAMINATIONS COUNCIL
ADVANCED PROFICIENCY EXAMINATION

FOOD AND NUTRITION

UNIT 1 – Paper 02

2 ½ hours

18 MAY 2012 (a.m.)

READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

1. This paper consists of **FOUR** sections. There is **ONE** compulsory question in Section I. There are **TWO** optional questions in each of Sections II, III and IV.
2. Candidates must attempt **FOUR** questions, one from **EACH** section.
3. Answers for **ALL** questions must be written in the answer booklet provided.

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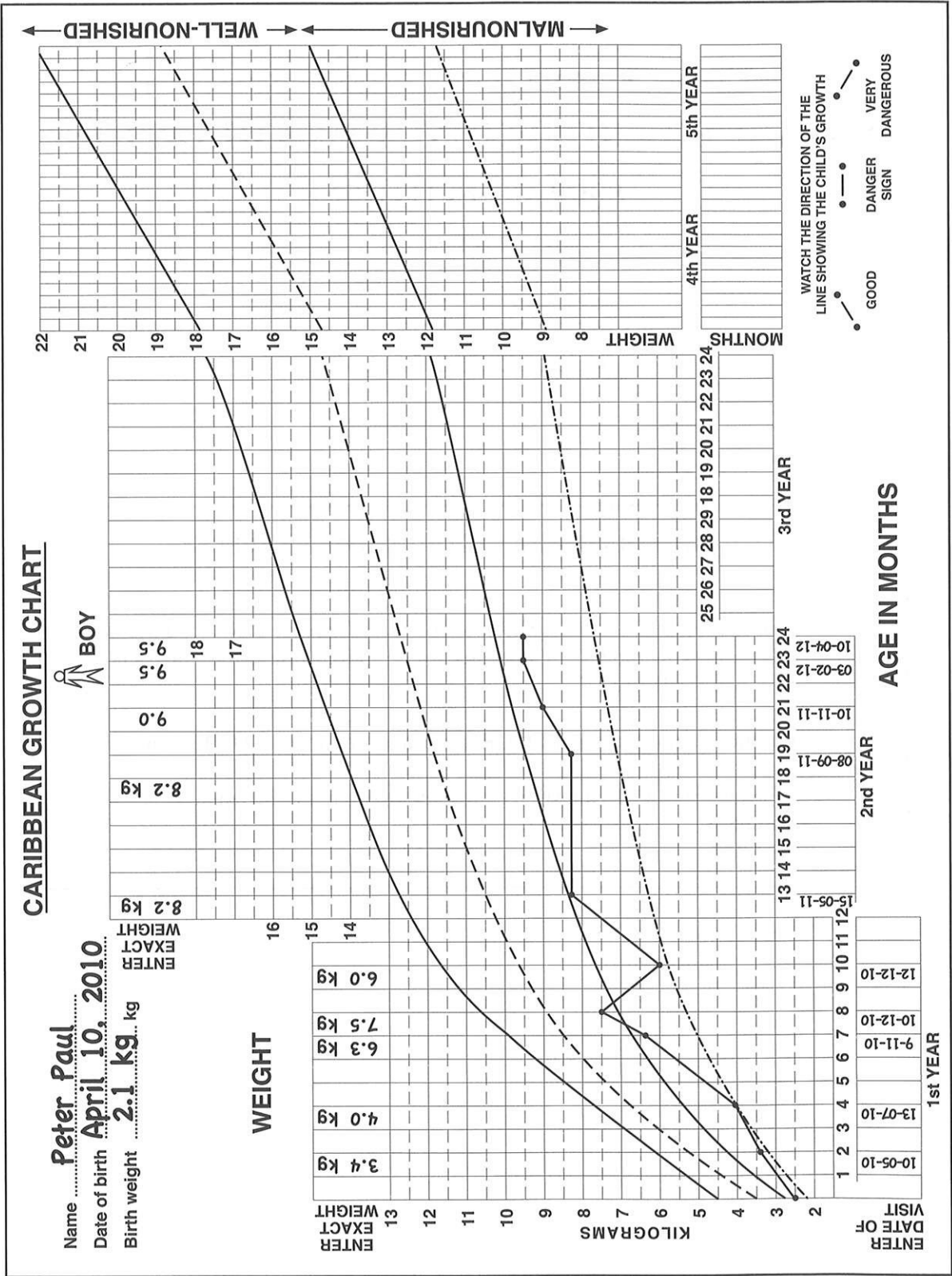


Figure 1. Growth Chart

SECTION I – MODULES 1, 2 and 3

Answer this question.

1. Your class has to accompany a health education team on a trip to a fishing community which has experienced conditions of drought for the past two months. Nutrition is one of the topics that will be covered in the health sessions.
- (a) (i) Outline FIVE points for a poster that highlights nutrition guidelines during early childhood. [5 marks]
- (ii) Figure 1, on page 2, is a diagram of the growth chart of Peter, who is now two years old. Explain the pattern shown by the growth chart. [6 marks]
- (iii) State FOUR ways, in addition to breastfeeding, by which Peter's mother can increase his energy intake. [4 marks]
- (b) (i) As a result of the drought, the members of the community use the nuts from various palms as their staple. Explain how this may have a harmful effect on their health over time. [5 marks]
- (ii) Each family is given a hamper with the following items: rice, flour, oats, cornmeal, red beans, salted fish, canned mixed vegetables and corn oil. Plan a day's menu, utilizing the items from the hamper. [10 marks]
- (c) (i) The health team has decided to set up a soup kitchen for the nursery school children. Discuss FIVE factors that must be considered when designing the kitchen. [10 marks]
- (ii) Suggest ONE labour-saving device to be used in food preparation that may be bought for the soup kitchen. Outline TWO of its uses and describe its care. [5 marks]

Total 45 marks

SECTION II – MODULE 1

Answer ONE question from this section.

2. (a) Copy the following table in your answer booklet. Complete the table by adding THREE examples of foods for EACH category.

Energy Foods	Protective Foods	Body Building Foods

[9 marks]

- (b) (i) Bob requires a diet of 2400 kcal per day. For breakfast he had 15 g protein, 100 g carbohydrates and 20 g fat. How many more calories does he need for the day to make up his daily energy requirement?
Show your working. [7 marks]
- (ii) State the recommended percentage of energy in the diet that should come from fats and calculate the number of grams of fat that Bob should consume to satisfy this recommendation. [3 marks]
- (c) Outline SIX nutritional strategies for the prevention of chronic diseases. [6 marks]

Total 25 marks

3. (a) Joan and her classmate did some warm-up exercises in the gym and then they played a game of volleyball. After two hours they went to the cafeteria to have dinner. When they had eaten, they passed by the ice-cream parlour and selected their favourite flavours of ice-cream. They felt full to satisfaction after this and could not eat their prepared dinners at home. Use this scenario to explain the terms satiety, hunger and appetite. [9 marks]
- (b) List FIVE ways in which the movement of a Caribbean family to Europe may affect their eating behaviour and food choices. [5 marks]
- (c) (i) Describe THREE methods that can be used by medical staff to determine the ideal weight of adults. [9 marks]
- (ii) Name TWO instruments that are used to take anthropometric measurements. [2 marks]

Total 25 marks

GO ON TO THE NEXT PAGE

SECTION III – MODULE 2

Answer ONE question from this section.

4. (a) Describe the THREE main meals of the day eaten in your community and include a menu for ONE meal. [9 marks]
- (b) Discuss the importance of planning meals with food appeal and palatability for persons living in a home for the elderly. [4 marks]
- (c) Outline SIX rules for food storage in a nursing home, giving a reason for EACH rule. [12 marks]

Total 25 marks

5. (a) State the FOUR food groups used in multi-mix meal planning and identify the chief nutrient in EACH group. [8 marks]
- (b) Explain the difference in the nutritive value of canned mixed vegetables and frozen mixed vegetables. [5 marks]
- (c) Discuss why it is important for a person who is suffering from chronic diseases to read labels on food products. [12 marks]

Total 25 marks

SECTION IV – MODULE 3

Answer ONE question from this section.

6. (a) Adapt the recipe below to serve 25 persons.

[6 marks]

Peanut Soup

Ingredients

8 oz parched peanuts
1 tablespoon chopped celery
1 small onion
4 oz meat, salt fish or dried fish
Salt to taste
About 2 pt stock or water

Method

1. Grind the parched peanuts.
2. Grind or chop the onion.
3. Prepare the meat and cook in stock with salt, or prepare and cook salt fish or dried fish in stock.
4. When cooked make up the stock to 1½ pints.
5. Mix the nuts to a smooth paste with some of the hot stock. Add this to the rest of the stock; along with the celery and onion.
6. Bring to the boil. Taste and season.
7. Leave to simmer gently until thick.

(SERVES FIVE PERSONS)

- (b) (i) Modify this recipe to make it into a tasty one-pot soup with all the major food groups included. [5 marks]
- (ii) Describe how the principles of sensory evaluation may be used in developing this new recipe. [12 marks]
- (iii) State TWO appropriate garnishes for this soup. [2 marks]

Total 25 marks

7. (a) Describe FOUR changes that take place in a cut of steak while it is being grilled. [8 marks]
- (b) Explain the preparation of a suitable starch dish to be served with the grilled steak. [9 marks]
- (c) Name and illustrate FOUR cuts that can be made from carrots in preparation for stir-frying. [8 marks]

Total 25 marks

END OF TEST

IF YOU FINISH BEFORE TIME IS CALLED, CHECK YOUR WORK ON THIS TEST.