EXAMINER'S REPORT

MINISTRY OF EDUCATION

FIJI SCHOOL LEAVING CERTIFICATE EXAMINATION

2011

FOOD AND NUTRITION

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INTRODUCTION

It was noted that candidates had difficulty in understanding the questions. The paper was a good paper and it covered all the topics from the prescription. Some very basic concepts were tested but were answered very badly. Questions based on Cereals were badly attempted to the extent that some candidates wrote comments that this topic was not taught.

Another weakness which was noted in most scripts was that candidates had difficulty in understanding the Functions of Food. In previous years, this used to be covered in essay questions and yet was not done well.

Candidates should be discouraged from using twink. They should be told to cross out mistakes neatly.

Moreover, some candidates were very casual in answering the questions. Their writing was untidy not clear at all. If the marker is not able to read the answers, then the students will lose marks. They should be told clearly.

In addition, it was noted that candidates leave too many questions unanswered. Throughout the year, candidates must be taught to attempt all the questions. They may be awarded marks even if the answer is not fully correct.

COMMENTS ON SPECIFIC QUESTIONS

SECTION A

NO.	RIGHT ANSWER	PERCENTAGE	COMMENT
1	A	65	Satisfactorily done.
2	B	45	Poorly done.
3	B	20	Most poorly answered.
4	C	80	Well attempted.
5	A	45	Have difficulty in understanding.
6	C	35	Poor understanding.
7	D	18	Very poorly answered.
8	D	25	Poorly done.
9	C	75	Well attempted.
10	A	50	Average. (poor understanding)
11	A	65	Good.
12	D	20	Difficult question.
13	C	75	Good.
14	A	25	Poorly done.
15	B	60	Well done.
16	D	33	Have difficulty in understanding.
17	B	25	Poor attempt.
18	A	40	Have difficulty in understanding.
19	C	60	Good.
20	C	47	Fairly done.
21	A	47	Fairly done.
22	D	80	Excellent.
23	B	20	Very poorly done.
24	C	65	Good.
25	B	40	Students were confused.
26	C	30	Poorly done.
27	A	47	Good.
28	C	70	Good.
29	C	65	Good.
30	D	80	Well attempted.

SECTION B
QUESTION 1

(a) Some candidates had difficulty explaining both the terms in relation to the question. While some candidates wrote the answers correctly with very good explanations.
(b) Parts (i) and (ii) were done satisfactorily.
(c) Parts (i) and (ii) were attempted well but not up to expectations.
(d) It seemed that most of the candidates were confused with the term 'invalids' and maybe that was the reason for the wrong answer given.
(e) Very poorly done, almost 90% of the candidates did not give the reasons/causes for extreme dieting but instead wrote on the effects of dieting.

QUESTION 2

All questions were done well. Most of the candidates scored good marks. However, it was noted that candidates were not able to elaborate on the 'Right to be informed' and the 'Right to Safety'.

Almost 90% of the candidates had difficulty in answering part (d) (ii). Candidates did not know the cooking principle involved when using the given equipment.

QUESTION 3

Very poorly done by most of the candidates. It was very discouraging to see that most of the candidates were confused with dietary fibre and dietary shift.

Parts (b) - (e) very poorly done. A few candidates gave very good explanations. Most of them had difficulty in explaining almost all of the parts of Question 3. Parts (b) – (d) used to be essay questions and yet candidates were not able to give correct explanations.

QUESTION 4

(a) Both questions were poorly done. It seemed candidates did not have any understanding of denaturation and coagulation.

(b) Was done well.

(c) Very poorly done. There was a lack of understanding on food processing even though is an advertisement on this question is aired on television.

(d) Only a few candidates gave the correct answer for all the questions. Autolysis was not well understood by most.

QUESTION 5

Very poorly attempted question. Almost 80% of the candidates lost marks in this question. Most candidates did not answer this question.

(a) 80 – 90 % of the candidates mentioned other factors which were wrong.

(b) 75 – 85% of the candidates wrote their answer as iron.

(c) 90 – 95% of the candidates got it wrong because they were not in a position to label the cereal grain. Some candidates commented that this topic was not taught.

(d) 80 – 90% of the candidates answered the question well.

(e) 70 – 75% of the candidates answered this question correctly. A few candidates wrote examples of dish prepared such as cake, curry etc.

SECTION C: ESSAY

A lot of the candidates attempted Questions 3 and 4.

In general candidates had very poor understanding of the topics. Most of them had difficulty in writing essays. There was neither an introduction nor a conclusion for the essay. Paragraphs were not properly structured and there was no flow of ideas throughout the essays.

About 30% of the candidates have failed to elaborate on all the points/factors of the essay topics. Some of the candidates had difficulty in understanding some of the points, for example "convalescent" and "slimming diet".

Candidates need to be aware of the **marking criteria** for essays which is as follows:

- 1 mark – Introduction – need to introduce topic well, not to repeat the statement from the question.
- 1 mark for conclusion – Have good conclusion, based on the aim the mentioned in the introduction.
- Body – 2 marks for each point. Candidates need to elaborate/discuss, highlight two or more points with valid examples on both.

Index Number: Marking Scheme.

MINISTRY OF EDUCATION

FIJI SCHOOL LEAVING CERTIFICATE EXAMINATION 2011

FOOD AND NUTRITION

ANSWER BOOK

HAND IN THIS ANSWER BOOK TO THE SUPERVISOR BEFORE YOU LEAVE THE EXAMINATION ROOM.

INSTRUCTIONS

1. Write **all** your answers in this **Answer Book**.
2. Write your answer to each question in the appropriate part of this **Answer Book**.
3. Answer **all** the questions with a blue **or** black ballpoint pen or ink pen. Do **not** use red ink. You may use a pencil **only** for drawing graphs.
4. If you use extra sheets of paper, be sure to write clearly the question number(s) being answered and to tie each sheet securely in this **Answer Book** in the appropriate places.
5. Before handing in this **Answer Book**, make sure that your **Index Number** is at the top of this page and inside the back flap.

Marks Gained :

SECTION A [30 marks]

Circle the letter which represents the best answer.

1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D

16	A	B	C	D
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D
25	A	B	C	D
26	A	B	C	D
27	A	B	C	D
28	A	B	C	D
29	A	B	C	D
30	A	B	C	D

TOTAL FOR SECTION A

30

SECTION B [50 marks]

The five questions in this section are all compulsory. Each question is worth 10 marks.

QUESTION 1

(a) (i) Occupation - the nature of work of a person will determine the kind of nutrients he requires / his nutritional & energy needs therefore meals planned must meet these requirements. **(1 mark)**

(ii) Climate - food selected must suit the climate of the day e.g. Dry & cold dishes such as roast chicken & salad - suitable for warm / summer, soups / stews - cold / winter **(1 mark)**

(b) (i) - impulse buying leads to overspending and buying unnecessary items. **(1 mark)**

(ii) - to avoid being mislead by misleading & persuasive ads, sales or special offers. **(1 mark)**

(c) (i) - missing meals completely will not guarantee weight loss and may lead to other health complications such as gastric ulcers (eat more in other meals - over eating) **(1 mark)**

(ii) - crash diets - most are unbalanced & some meals although may reduce weight also can cause illness. **(1 mark)**

(d) 1. - they will need food that will help compensate for the nutrient loss eg. loss of calcium & protein from bone, or loss of iron from blood **(1 mark)**

2. To compensate for water lost and assist improving the appetite, improve health. (physical health). **(1 mark)**

(e) 1. - Emotional grief or shock
- Stress over a period of time.
- Peer pressure / attracted to opposite sex → slim body. **(1 mark)**

SECTION B (continued)

2. fear of growing up.
- Fear of getting fat or putting on weight.
- an unhappy child hood. **(1 mark)**

10

QUESTION 2

(a) (i) the right to be informed on the basic information of the product in terms of its content, expiry date, weightings, nutritional value & realistic cost. **(1 mark)**

(ii) – the right to be safe from misleading ads from products that will not cause harm or endanger health. **(1 mark)**

(b) 1. Seals all the flavor, aroma within the wrap
- Reduces loss of nutrients, - gives better appetizing appearance. **(1 mark)**

2. very appealing **(1 mark)**

(c) (i) – refers to the overall appearance of food as it appeals to our senses in terms of its colour, texture flavour, taste aroma etc. **(1 mark)**

(ii) Refers to the nutrient content of food giving value or quality to that food. **(1 mark)**

(d) (i) Advantage: once cooking starts, pan can be left unattended, Little fuel is used, Tough cuts of meat can be tenderized, non stick surface **(1 mark)**

Disadvantage: over cooked vegetables if not timed properly, pulses may cook completely. **(1 mark)**

(ii) heat which is generated is enclosed within the fry pan hence causing food to cook slowly & thoroughly. **(1 mark)**

(iii) Safety Tips
- do not handle with wet hands, use correct Temp. for foods selected, Read the manual carefully before use., open lid with caution, away from your face during cooking to avoid scalds/ burns.
- handle with care. (1 mark)

10

QUESTION 3

(a) (i) moving from a particular dietary pattern to a new one for example from traditional to contemporary dietary pattern → leads to lots of nutritional problems - cos of high salt/fat content, person becomes unhealthy. (1 mark)

(ii) change in the social/ways of interaction bet. different people/ different ethnic groups/ our fast life makes us switch to eating fast foods. will lead to problems such as life style diseases. Eating habits changes (1 mark)

(b) (i) - for proper growth & development since they are still at a growing age. (1 mark)

(ii) for the formation & development of strong bones and teeth. (1 mark)

(c) 1. - Relieving hunger
- Relieves physical discomfort. (1 mark)

2. Pleasure
close physical contact with the mother. (1 mark)

(d) 1. Strengthens social ties (1 mark)

2. Strengthens economic & political alliances (1 mark)

3. Shows our cultural identity
Denotes a place an individual holds within reference to other members in the society. (1 mark)

SECTION B (continued)

(e) Biological functions – for growth & maintenance
provide energy, keep our body healthy & protects us from diseases. **(1 mark)**

10

QUESTION 4

(a) (i) Denaturation – change in the structure of protein by acid / alkaline / heat **(1 mark)**

(ii) Solidification of protein (curdling takes place) eg – egg – when heat is applied. **(1 mark)**

(b) (i) Shortage of food leads to limited food choice / no choice → Depend more on less nutritious CHOs → increases body weight (cheaper substitutes) **(1 mark)**

(ii) Loss of appetite – don't feel like eating leads to lack of nutrients provided to the body → leading nutritional disorders. **(1 mark)**

(iii) removal of bran takes place → Dietary fibre is removed, Loss of vit B. → Lack of Dietary fibre, vit B in the body. **(1 mark)**

(c) (i) Conversion of liquid fat to semi solid fats by the addition of hydrogen to the unsaturated double bonds – used in margarines / shortening **(1 mark)**

(ii) Adv.
1. – food doesn't go rancid as quickly ✓ **(½ mark)**
2. maintains its physical properties at room temp. (Can last for yrs without going bad) **(½ mark)**

(d) (i) autolysis – process of self digestion by enzymes naturally present in tissues.
eg – during the hanging of meat ✓
– in bananas / apples. **(1 mark)**

(ii) Name: Bananas / apples hanging of meat. (½ mark)

(iii) 1. Lowering pH value of fruits (½ mark)

2. Deactivation of enzymes. (½ mark)

3. Reducing the amount of O_2 use cutlery free corrosion (½ mark)

10

QUESTION 5

(a) (i) 1. Energy requirements mostly the same cos she doesn't have to increase much of her body weight - shouldn't be too large. (1 mark)

2. - will depend on her physical activity too. (1 mark)

(ii) 12 - 12.5 kg. (½ mark)

(b) (i) Iron rich food to be taken with vit c (vit c helps in absorption of iron) avoid drinking Tea or coffee with milk. (1 mark)

(ii) grains such as wheat, oats, lentils, beans, soy, spinach, broccoli & dried fruits. (½ mark)

(c) 1. Endosperm (½ mark)

Nutrient(s): ctos + little amount of protein (½ mark)

2. Germ — (½ mark)

Nutrient(s): vit B, protein, fat, iron + ctos. (½ mark)

3. Bran. (½ mark)

Nutrient(s): dietary fibre, vit B, iron. (½ mark)

SECTION B (continued)

(d) 1. include less/reduce CHO foods & falty foods.
- decrease amount of starchy CHOs

(1 mark)

2. Include good amount of fruits & vegetables
- include proteins from vegetables/decrease amount of red meat.

(1 mark)

(e) 1. glazing, garnishing. **(½ mark)**

2. as Raising agent, as main dish **(½ mark)**

/10

SECTION C [20 marks]

There are four questions in this section. Answer any two questions.
Each question is worth 10 marks.

Write an essay of about 200 – 250 words to answer each question.

Write the question numbers of your choices in the spaces provided.

QUESTION NUMBER

1

- Poverty
  - Lack of food available
  - Depend more on cheaper foods eg- cassava, rice etc.
  - More nutritional related diseases.
- Illiteracy
  - Lack of nutritional knowledge leads to poor choice of food.
  - Meals will not be balanced → leads to diseases (NCD's – nutrient related).
- Food shortage
  - No or lack of food supply – less food choice (Limited choice)
  - May be only starchy – chose etc.
  - Leads to diseases related to nutrients.
- Under Nutrition
  - because of lack of nutrient provided.
  - not properly weaned when still baby.
  - No proper meals given (meals not balanced).

1

SECTION C (continued)

(2)

- Food Additives
  - Helps in preservation
  - increases shelf life of food items
  - may decrease nutrient level.
  - Can cause food allergies

- Enzymatic Browning
  - Affects aesthetic value (less Appealing).
  - causes destruction of vit. C.

- Non-Enzymatic Browning
  - better aesthetic value
  - Attractive / Tasty.
  - Destruction of vits sensitive to heat.

- Meat tenderisation process
  - affects taste
  - nutrients Lost.

10

QUESTION NUMBER

3

- Transportation
  - modern transportation → allowed availability of a variety of food.
  - Food Reaches even to interior parts / Remote Islands.
- Storage facilities
  - Allowed for Longer storage.
  - Improved food availability
  - Demand met.
  - food Available to greater population
- Technology
  - variety of processed food available
  - increases shelf Life
  - Adds variety in meals.
  - decreases amount of food Spoilage
- Handling during processing & packaging
  - poor handling (processing / at home) affects nutritional value.
  - increases food spoilage
  - Proper handling — minimizes food contamination thus decreases amt of food spoilage.

Turn Over

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SECTION C (continued)

4

- An athlete's diet
  - alot of CHOs/also in reserves in the form of glycogen.
  - to provide energy for strenuous exercise.
  - Should nt take alot of proteins/fats a few hrs before → takes alot of time for digestion
  - H_2O is critical — cos dehydration can cau = muscle cramp.
- A convalescent
  - food for them should provi maximum nourishment.
  - Dietary fibre – to prevent constipation.
  - Protein to repair deceased tissues, vit C – helps heal wounds etc.
  - consider type of disease they're recovering from.
- A manual worker
  - High level of CHOs/high kcal of energy.
  - H_2O is critical
- Slimming Diet
  - seek medical help before going on diet
  - less of CHOs, include lot of fruits/veges.
  - = less of fatty foods

10

THE END