

CANDIDATE
NAME

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[Turn over

Section A

Answer **all** questions.For
Examiner's
Use

1 Milk is an important source of protein for young children.

(a) State **three** functions of protein.

1

2

3 [3]

(b) Name **four** elements which combine to form protein.

1 2

3 4 [2]

(c) Define the term *High Biological Value (HBV) protein*.

.....

..... [1]

(d) Name **four** foods which are good sources of HBV protein.

1 2

3 4 [2]

(e) Define the term *Low Biological Value (LBV) protein*.

.....

..... [1]

(f) Name **four** foods which are good sources of LBV protein.

1 2

3 4 [2]

(g) What are complementary proteins?

.....

..... [2]

(h) Give **two** examples of complementary proteins.

1

2 [1]

For
Examiner's
Use

2 (a) Describe the digestion and absorption of protein.

[6]

(b) What is meant by the term *deamination of protein*?

.....[2]

3 White fish is deficient in calcium and vitamin D.

For
Examiner's
Use

(a) Explain the importance of calcium in the diet.

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

(b) Name **four** good sources of calcium.

1 2
3 4[2]

(c) Name a deficiency disease associated with calcium.

.....[1]

(d) Give **two** symptoms of the deficiency disease identified in (c).

1.....
2.....[1]

(e) Explain the importance of vitamin D in the diet.

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

(f) Name **four** good sources of vitamin D.

1 2
3 4[2]

- (g) Salt-water fish is a good source of iodine.
Explain the importance of iodine in a balanced diet.

For
Examiner's
Use

.....

.....

.....

.....[2]

- (h) Name the deficiency disease associated with a lack of iodine and give one symptom of the disease.

Deficiency disease.....

Symptom.....[1]

- 4 Discuss ways of encouraging good eating habits in children.

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.....[5]

[Section A Total: 40]

Section BAnswer **all** questions.For
Examiner's
Use**5** Explain the following terms and give **one** example of each.**(a)** Coagulation

.....

.....

.....

Example [3]

(b) Fermentation

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.....

.....

Example [3]

(c) Gelatinisation

.....

.....

.....

Example [3]

(d) Hydrogenation

.....

.....

.....

Example [3]

(e) Pasteurisation

.....

.....

.....

Example [3]

6 It is recommended that fruit should be eaten each day.

For
Examiner's
Use

(a) Name **five** nutrients that can be found in fruit.

Illustrate your answer with named examples of fruits.

Nutrient 1

Example 1

Nutrient 2

Example 2

Nutrient 3

Example 3

Nutrient 4

Example 4

Nutrient 5

Example 5 [5]

(b) State **five** different ways of using fruit in family meals.

Give examples to support your answers.

Method 1

Example 1

Method 2

Example 2

Method 3

Example 3

Method 4

Example 4

Method 5

Example 5 [5]

(b) the advantages and disadvantages of frying;

.....[5]

(c) saving time when preparing and cooking family meals.

.....[5]

[Turn over

For
Examiner's
Use

For
Examiner's
Use

[Section C Total: 15]

[Total for Paper: 100]

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