

B G C S E

FAMILY & CONSUMER SCIENCE

EXAMINATION PAPERS

UNDERSTAND • PRACTICE • SUCCEED





THE OPENHANDED CLASSROOM

LEARN MORE. ACHIEVE MORE. SMILE MORE.



BGCSE CLASSES

- ✓ Exam-Focused Learning
- ✓ Past Papers & Strategies
- ✓ Stronger Understanding
- ✓ Better Grades, Brighter Future



[**CLICK HERE**](#)



SAT CLASSES

- ✓ Smart Test Strategies
- ✓ Stronger Scores
- ✓ Time Management Skills
- ✓ College & Scholarship Ready



[**CLICK HERE**](#)



BJC CLASSES

- ✓ Clear, Simple Explanations
- ✓ Focus on Understanding
- ✓ Help That Fits Your Pace
- ✓ Build Confidence, Get Results



[**CLICK HERE**](#)



THE OPENHANDED CLASSROOM

BGCSE FREE SOLUTIONS MANUALS

COMPLETE SOLUTIONS FOR ALL
MAJOR SUBJECTS

- ⦿ MATHEMATICS
- ⦿ ENGLISH LANGUAGE
- ⦿ HISTORY
- ⦿ RELIGIOUS STUDIES
- ⦿ ACCOUNTS
- ⦿ SCIENCES (BIOLOGY, PHYSICS,
COMBINED SCIENCE)
- ⦿ FOREIGN LANGUAGE
(FRENCH AND SPANISH)

UNDERSTAND. PRACTICE. SUCCEED.

[CLICK HERE](#)

FREE LISTENING COMPREHENSION — AUDIO FILES —



THE **EXACT AUDIO** USED
IN PAST BJC & BGCSE EXAMS



REAL EXAMS

The exact listening comprehension audio from past papers.



REAL PREPARATION

Hear what you'll hear in the real exam.



REAL RESULTS

Practise with purpose. Improve your confidence and performance.

AVAILABLE FOR:



BJC

ENGLISH



BGCSE

**ENGLISH
LANGUAGE**



BJC

FRENCH



BJC

SPANISH



BGCSE

FRENCH



BGCSE

SPANISH

WHY THESE AUDIO FILES MATTER



EXACT AUDIO

The exact recordings used in past BJC & BGCSE exams.



EXAM FAMILIARITY

Get used to the real voices, speed, accents and exam conditions.



STRATEGIC ADVANTAGE

Walk in confident knowing exactly what to expect.



100% FREE

High quality. No cost. Just results.



CLICK HERE

DOWNLOAD • START PRACTISING



BETTER PREPARATION.
BETTER RESULTS.

You've got this!

4320/1A & 1B

BGCSE

School Number

Candidate Number

Surname and Initials							

FAMILY & CONSUMER SCIENCE

FOOD & NUTRITION 4320/1A & 1B

PAPER 1A: PLANNING

Friday 20 APRIL 2018 9:00 A.M.–11:00 A.M.

PAPER 1B: PRACTICAL TEST

Monday 23 APRIL 2018 – Friday 8 MAY 2018

**MINISTRY OF EDUCATION
NATIONAL EXAMINATIONS**

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

This question paper consists of 3 printed pages and 1 blank page.

FOOD AND NUTRITION 4320/1A & 1B

PRACTICAL EXAMINATION

Paper 1A – Planning Session

Written Preparation for Practical Test 2 hours

Paper 1B – Practical Test

Preparation Time 30 minutes

Practical Test 2 hours 30 minutes

Candidates must select **ONE** of the five practicals set out on page 3.

During the Planning Session and the Practical Test, recipe books or cards may be used. Books with a theoretical reference will **NOT** be permitted. The carbonised sheets provided should be used for all written work.

In the Practical Test, candidates may use the microwave oven (if available), food processor, blender and electric mixer and any other labour-saving equipment.

Alcohol must not be used in beverages or in any chosen dishes.

In the Planning Session, candidates should:

- (a) identify and write down the requirements of the test;
- (b) list the dishes chosen and state the quantities of ingredients for each dish;
- (c) state practical and nutritional reasons for the choice of dishes;
- (d) list the work to be done in the 30 minutes Preparation Time;
- (e) make a time plan for the Practical Test to show the timeframes, and order of work, methods used, oven temperatures, cooking time for each dish, and washing-up;
- (f) prepare a list of ingredients to show the total quantities required.



PRACTICAL ASSIGNMENTS

1. Plan, prepare and serve a roux based soup accompanied by a savoury quick bread.

In addition, prepare a protein rich main-course salad suitable for a vegan. Include a suitable dressing and a beverage using local fruit.
2. Plan, prepare and serve a two-course high fibre main meal with suitable accompaniments and a milk based beverage.

In addition, make a batch of savoury scones.
3. Plan, prepare and serve three skilful items for a finger buffet to celebrate the victory of your school's basketball team.

In addition, make a decorated cake showing the use of two different icings.
4. Plan, prepare and serve three different colourful one-course lunches for a group of office workers.

In addition, prepare and package a sweet quick bread for a late afternoon snack.
5. Plan, prepare and serve a well-balanced three-course meal using a casserole as the main course.

In addition, serve a hot beverage.



BLANK PAGE



FAMILY & CONSUMER SCIENCE

FOOD & NUTRITION

MINISTRY OF EDUCATION NATIONAL EXAMINATIONS
--

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

INSTRUCTIONS TO SUPERVISORS FOR PAPERS 1A & 1B

Schools entering candidates for Food and Nutrition are responsible for providing:

- (a) table space for each candidate, labelled with the candidate's name;
- (b) cooking facilities; candidates should use only **ONE** cooker, which they should not be expected to share. The use of a microwave oven is allowed;
- (c) adequate supplies of dishes, kitchen utensils and cleaning materials.

NO MEMBER OF STAFF should remain in the examination room during the test.

Candidates should be reminded that:

- unless otherwise stated, enough food to serve 4 people should be prepared;
- equipment and serving dishes may be gathered during the preparation period, but **NO MEASURING** or **PREPARATION** of ingredients should be done;
- recipe books may be used during the Practical Test;
- dishes should be correctly served on a clean tablecloth;
- it is not necessary to serve individual portions of food;
- as much washing up as possible should be done during the test.

The examiner should:

- be able to move about freely in the room to observe the candidates;
- be informed beforehand of any faulty equipment in the room;
- have access to the room for at least thirty minutes after the completion of the Practical Test.



This paper consists of 1 printed page and 1 blank page.

BLANK PAGE



School Number	Candidate Number
Surname and Initials	

(b) Menu:

Dishes Chosen	Main Ingredients and Quantities

[5]

[illegible]

School Number			Candidate Number		
Surname and Initials					

(e) Time plan for the 2 hours 30 minutes Practical Test:

[illegible]

School Number				Candidate Number			
Surname and Initials							

(e) Time plan for the 2 hours 30 minutes Practical Test cont.:

[illegible]

[10]

School Number				Candidate Number			
Surname and Initials							

(f) List of ingredients:

Fresh Fish, Meats and Poultry	Fruits/Vegetables	Eggs and Dairy Products
Condiments and Spices		Non-Food Items
Sugars, Cereals and Cereal Products	Canned, Frozen and Packet Foods	Oils, Fats and Spreads

[4]

TOTAL MARKS [30]

4320/2

BGCSE

School Number	Candidate Number
Surname and Initials	

FAMILY & CONSUMER SCIENCE

PAPER 2: FOOD AND NUTRITION 4320/2

Monday **14 MAY 2018** 1:00 P.M.–3:00 P.M.
(2 hours)

Additional materials:
None

MINISTRY OF EDUCATION NATIONAL EXAMINATIONS

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION

INSTRUCTIONS TO CANDIDATES

Do not open this booklet until you are told to do so.

Write your school number and candidate number, surname and initials in the spaces provided at the top of the page.

SECTION A

Answer **ALL** questions in Section A. Write your answers in the spaces provided. You should spend no more than 45 minutes on this section.

SECTION B

Answer **THREE** questions only.

Question B1 **OR** Question B2
Question B3 **OR** Question B4
Question B5 **OR** Question B6

Write your answers in the spaces provided.

INFORMATION FOR CANDIDATES

The number of marks available is shown in brackets [] at the end of each question or part question.

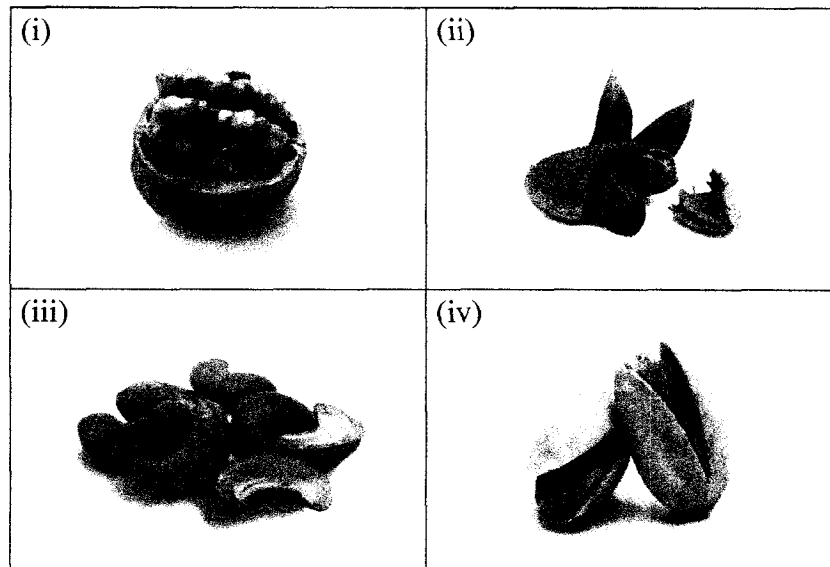
NB There are **TWO** sections to Paper 2 (Section A and Section B).



This question paper consists of 29 printed pages and 3 blank pages.

SECTION A

1. (a) Identify each of the following nuts shown below.



- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____ [2]

- (b) Name the group to which peanuts belong.

_____ [1]

- (c) Explain how the protein found in nuts is different to the protein found in meat.

_____ [2]



2. (a) Describe how to carry out the following processes:

(i) fold in flour;

[1]

(ii) cut in shortening.

[1]

(b) (i) Describe the procedure for preheating an oven.

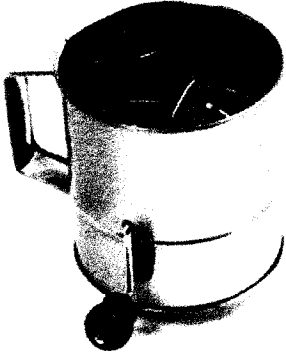
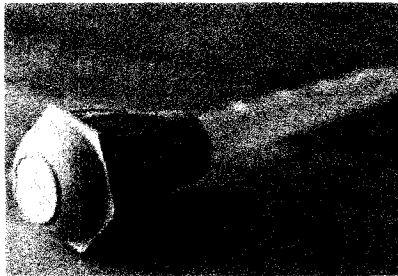
[2]

(ii) Explain why it is advisable to preheat the oven when baking a cake.

[2]



3. Complete the table below by writing the name and function of each tool.

Tool	Name	Function
(a) 		
(b) 		
(c) 		

[6]



4. (a) Give **TWO** methods of ventilating a kitchen.

[2]

- (b) State **THREE** benefits of ventilation in a kitchen.

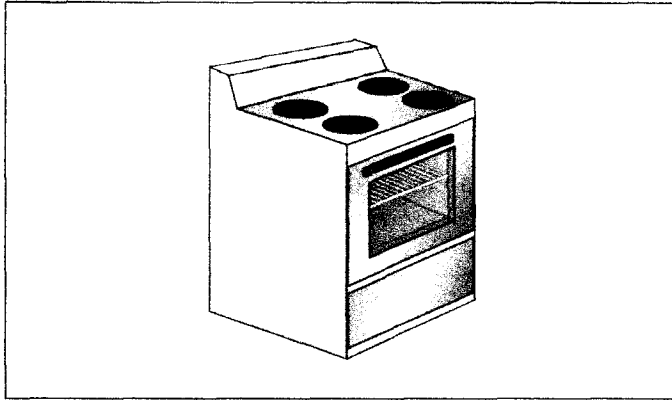
[3]

- (c) Suggest **THREE** locations for direct electrical lighting in the kitchen.

[3]



5. (a) Identify the style of stove shown below.



_____ [1]

- (b) State **TWO** features of ovens that make it easy to check the progress of food while it is cooking.

_____ [2]

6. (a) Name the part of milk from which butter is made.

_____ [1]

- (b) Describe when it is suitable to use butter for frying.

_____ [1]

- (c) Give **ONE** reason why greasing cake pans with butter is inadvisable.

_____ [1]



(d) Give a reason for using each of the following additives in butter:

(i) salt;

_____ [1]

(ii) antioxidant.

_____ [1]

7. (a) Name and describe **TWO** types of yogurt.

_____ [2]

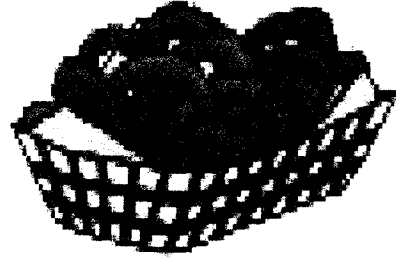
(b) Explain the role of **lactic acid** in making yogurt.

_____ [2]

8. (a) Name the batter consistency that is used to prepare the following recipes:

(i) Crepes

(ii) Onion rings



(i) _____

(ii) _____ [2]

(b) Describe the technique for mixing batters.

_____ [2]

9. (a) Describe **ONE** method to determine if an egg is fresh.

_____ [2]



(b) Explain, giving examples of dishes, how eggs can be used as a:

(i) binding agent;

 [2]

(ii) raising agent.

 [2]

10. (a) A student made a loaf of bread. The loaf was hard, flat and generally unpalatable.

List **THREE** conditions that may have caused these results.

 [3]

(b) Describe **TWO** functions of fat in bread-making.

 [2]

11. (a) Name **TWO** types of bacteria which cause food poisoning.

 [2]

- (b) List **THREE** conditions under which bacteria will grow.

 [3]

12. (a) State the difference between mace and nutmeg.

 [1]

- (b) (i) What is a bouquet garni?

 [1]

- (ii) How is it used in meal preparation?

 [1]

TOTAL FOR SECTION A: [60]



SECTION B

INSTRUCTIONS TO CANDIDATES

Candidates will write their answers to Section B in the spaces provided in the question booklet instead of an answer booklet.

Answer **THREE** questions only.

Question B1 **OR** Question B2

Question B3 **OR** Question B4

Question B5 **OR** Question B6



EITHER

B1 Proper cooking techniques are essential for successful dishes.

(a) State the reason for the following techniques.

(i) Making slits in the top crust of double-crust pie.

[1]

(ii) Basting meats during roasting and grilling.

[1]

(iii) Adding oil to water when cooking pasta.

[1]

(b) Give guidelines for rolling out pastry in order to obtain light pastry.

[3]

(c) Describe **TWO** ways in which a worker can shorten the cooking time when cooking pulses.

[2]



- (d) (i) Give **TWO** reasons why it is advisable to coat foods before frying.

 [2]

- (ii) List the steps involved in coating food with a dry coating.

 [2]

- (e) Which feature of:

- (i) the angel food cake pan makes it suitable for cooling the cake?

 [1]

- (ii) a double boiler makes it suitable for heating milk or melting chocolate?

 [1]

- (f) List the steps involved in preparing whipped cream.

 [3]

- (g) Discuss **THREE** advantages of cutting food into small pieces before preparing it.

[3]

TOTAL MARKS [20]



OR

B2 Individuals are advised to eat balanced meals regularly to help ensure good health.

(a) Give the definition of the word nutrient.

[1]

(b) State **ONE** function of each of the following in the diet:

(i) retinol

[1]

(ii) vitamin D

[1]

(c) Sue's lunch consisted of: Bacon Cheese Burger (with mayonnaise, lettuce, and tomato); Apple Pie; Strawberry Milkshake and a diet soft drink.

(i) Explain why Sue's lunch is not nutritionally well balanced.

[3]



- (ii) Name a health condition which may occur if Sue continues to regularly eat similar meals.

_____ [1]

- (iii) Why is this condition undesirable?

_____ [2]

- (d) List and discuss **THREE** enzymes that are needed to digest Sue's meal.

_____ [3]

- (e) State the importance of the following nutrients:

- (i) Folate in pregnancy

_____ [2]

- (ii) Essential fatty acids in breast milk

_____ [2]



- (f) State the difference between osteoporosis and osteomalacia.

[2]

- (g) What could be the result of a prolonged deficiency of vitamin C?

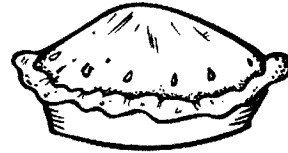
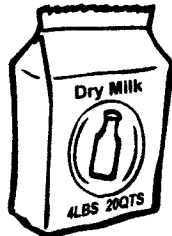
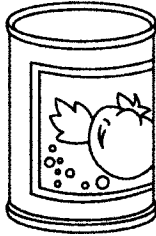
[2]

TOTAL MARKS [20]

EITHER

B3

Making the Most of Convenience Foods



Convenience foods are processed and include all the foods that are partially or completely prepared when you buy them. They include canned foods, frozen meals, and dehydrated products.

Advantages

- Less preparation time, so more time enjoying other things
- Reduced planning, buying and storing of ingredients.
- Fewer leftovers
- More variety, especially for inexperienced cooks
- Faster and easier to cleanup
- Storability – usually keep well for extended periods
- Foods sold year round
- Product label gives you nutrition information.
- Product is consistent

Disadvantages

- Cooking time is sometimes increased for thawing or longer baking time
- Products may contain higher amounts of fat, sugar, sodium, and calories
- Some nutrients are lost during processing
- Higher costs than homemade
- Products may contain additives – preservatives, coloring, ect.
- Products may lack appeal of foods prepared at home
- Packaging may negatively impact the environment
- You cannot control the ingredients

(a) Give an example of a convenience food that is:

(i) ready to eat;

(ii) dehydrated.



- (b) Explain why a diet consisting mainly of convenience food may be of concern to the following individuals:

(i) an individual with hypertension;

[2]

(ii) an overweight individual.

[2]

- (c) Give **THREE** suggestions how these individuals can wisely include convenience foods in their meals.

[3]

- (d) Suggest **THREE** different types of foods that should be purchased when preparing for a hurricane. Justify each choice.

[3]

- (e) Explain what is meant by “highly processed” convenience food.

[1]

- (f) Suggest **TWO** reasons for each of the following:

- (i) the high cost of convenience foods;

[2]

- (ii) the popularity of convenience foods.

[2]



- (g) Discuss the use of additives in convenience foods.

[4]

TOTAL MARKS [20]



OR

B4 Read the article about cooking methods.

Food shopping tips

Once you know which the healthier choices in the supermarket are, shopping can actually get easier, quicker and cheaper.

- Plan meals and snacks for the week and make sure you buy everything you will need.
- Write a list and stick to it.
- Concentrate on buying foods from the Five Food Groups
- Avoid impulse buying



Fresh fruit and vegetable section

- Choose as wide a variety as possible, looking for different colours and fruit and vegetables in season.
- If we can make half our meals coloured vegetables or salad and have smaller portions of the other foods, we will reduce the kilojoules by up to half.

Breads and baked goods

- Choose a variety of different types of breads, rolls, wraps, pitas, tortillas, crumpets and fruit bread to keep meals and snacks interesting.
- Look for wholegrain varieties and choose products with less added salt and more fibre.

Dried legumes, grains and soups

- Dried legumes and grains like barley, bulgur and couscous are low in salt and very cost effective. Choose a variety and follow the instructions on the packet for soaking and cooking.
- Ready-made packet and canned soups tend to be high in added salt, so it's better to make them at home with fewer salty ingredients.

Canned vegetables and fish

- Look for vegetables including corn, legumes and tomatoes that are tinned without added salt.
- Read labels to compare products and choose tinned salmon, tuna and sardines with less added salt (sodium).

Meal bases, pastas and rices

- Choose wholemeal pastas and brown rice.
- Avoid meal bases and ready-made pasta and rice meals as these are high in added salt.

Breakfast cereals

- Look for wholegrain varieties and choose products with less added salt and added sugars and more fibre.
- If you are trying to lose weight, keep your servings of heavier cereals like muesli small.



Dairy cabinet

- Look for 50% less fat cheese with 15g fat per 100g or less
- Look for lower sugar low fat yoghurts which are not only low in saturated fat and added sugars but also great for a filling lower kilojoule mid meal.
- Make your own custards and milk based desserts using low fat milk and limiting adding sugars.
- Use Evaporated skim milk instead of light cream or light coconut milk.
- Fat reduced polyunsaturated spreads are lower in kilojoules and a good choice for people wanting to lose weight.

Frozen foods

- Avoid foods that are fried, battered or crumbed.
- Look for a variety of frozen vegetables and fruit.

Fresh meat, chicken and fish

- Look for different types of lean meat and mince without visible fat
- Look for skinless chicken breasts (lower in saturated fat)
- Choose processed lean meats including ham only occasionally as they are high in added salt and often high in saturated fat



- (a) List **TWO** strategies that retailers use to encourage impulse buying.

[2]

- (b) Suggest **ONE** way shopping with children can encourage impulse buying.

[1]

- (c) Explain why it is inadvisable to use a trolley when shopping for a few items.

[1]

(d) Discuss **THREE** disadvantages of:

(i) buying food items in bulk;

[3]

(ii) shopping at a small corner store.

[3]

(e) Why is a generic product usually cheaper than name brand items?

[2]

(f) (i) What does UPC stand for?

[1]



(ii) State how UPC benefits:

the consumer;

_____ [1]

store management.

_____ [1]

(g) Define the following terms:

(i) net weight;

_____ [1]

(ii) pull date.

_____ [1]

(h) Discuss **THREE** factors that should be considered when selecting a place to shop for food.

_____ [3]

TOTAL MARKS [20]



EITHER

B5 Diabetes is a common dietary disorder.

- (a) State the difference between Type I and Type 2 diabetes. [5]
- (b) Identify and discuss symptoms, management, and complications associated with Type 2 diabetes. [15]

OR

B6 (a) Explain the importance of both cellulose and sugar to the diet and name the sources from which these carbohydrates can be obtained. [10]

- (b) Discuss strategies for individuals:
- (i) increasing the amount of cellulose consumed; [5]
- (ii) reducing the consumption of sugar. [5]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

[illegible]**TOTAL MARKS [20]**

TOTAL FOR SECTION B: [60]



FOR EXAMINER'S USE	
SECTION A	
Question 1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
TOTAL SECTION A	
SECTION B	
Question B1 OR B2	
Question B3 OR B4	
Question B5 OR B6	
TOTAL SECTION B	
PAPER TOTAL	

