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4320/1A & 1B

BGCSE/2021

FAMILY & CONSUMER SCIENCE

FOOD AND NUTRITION 4320/1A & 1B

PAPER 1A: PLANNING

Wednesday **5 MAY 2021** 9:00 A.M.–11:00 A.M.

PAPER 1B: PRACTICAL TEST

Friday **7 MAY 2021** — Thursday **27 MAY 2021**

**MINISTRY OF EDUCATION
NATIONAL EXAMINATIONS**

BAHAMAS GENERAL CERTIFICATE OF SECONDARY EDUCATION



**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 three-course meal for a family.

Include a one-dish recipe as the main course, a dessert that is high in vitamin C and a hot beverage.'

2. 'Plan, prepare, and serve brunch that includes at least **ONE** protein dish and **ONE** dish containing starch for a group of retired seniors.

In addition, prepare a batch of cookies made using the creaming method for an evening snack.'

3. 'Plan, prepare, and serve at least **THREE** different foreign cultural dishes that are popular in The Bahamas.

In addition prepare a chilled Bahamian bush tea.'

4. 'Plan, prepare, and serve a two-course dinner suitable for an expectant mother. Include a dessert and an appropriate sauce.'

5. 'Plan, prepare, and serve **THREE** dishes, each one showing a different method of cooking fish.

In addition, prepare a fruit flavoured iced tea.'

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4320/2

BGCSE

School Number	Candidate Number
Surname and Initials	

FAMILY & CONSUMER SCIENCE

PAPER 2: FOOD AND NUTRITION 4320/2

Wednesday **2 JUNE 2021** 1:00 P.M.–3:00 P.M.
(2 hours)

Additional materials:
None

MINISTRY OF EDUCATION NATIONAL EXAMINATIONS

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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 28 printed pages and 4 blank pages.

SECTION A

Answer **ALL** the questions in the spaces provided.

1. The eggs in Figure 1 are being tested for freshness.

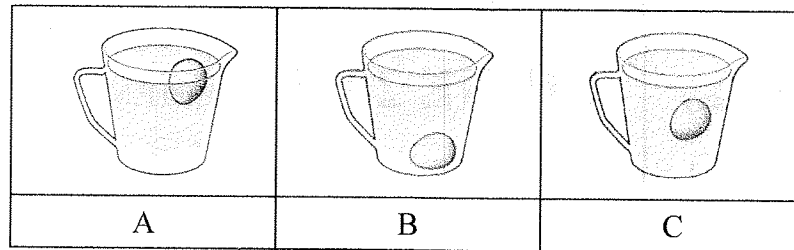


Figure 1

- (a) State the condition of the egg at each of the following stages.

A. _____

B. _____

C. _____ [3]

- (b) An egg may be checked for defects by passing it over a strong light. Name this process.

_____ [1]

2. State the diet-related disorder that is described in each of the following.

- (a) An individual has excess fat stored in his body.

_____ [1]

- (b) An individual tries to keep her weight as low as possible by not eating enough food, and begins to starve.

_____ [1]

- (c) The body of an individual adjusts to food shortage by the wasting of muscles and the depletion of fat stores.

_____ [1]

3. Define the following terms:

(a) diet

_____ [1]

(b) metabolism

_____ [1]

4. State **ONE** use of a skillet in meal preparation.

_____ [1]

5. (a) Give **TWO** factors that should be considered when selecting decorations for the dining table.

_____ [2]



- (b) Figure 2 shows an incomplete cover setting.

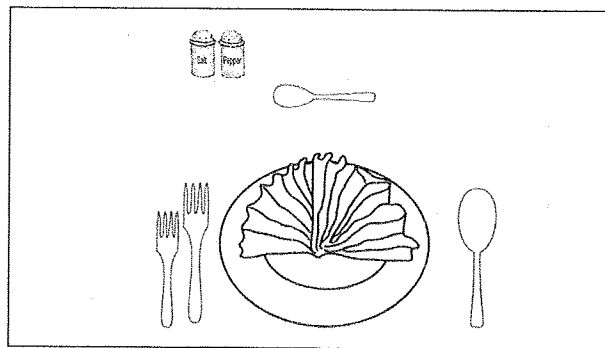


Figure 2

Complete the cover by sketching in the appointments below in the correct place.

- (a) water glass
- (b) dinner knife
- (c) bread and butter plate [3]

6. (a) (i) Explain the term invisible fat.

_____ [1]

- (ii) Give **TWO** examples of foods that contain invisible fat.

_____ [2]

- (b) Name the chemical change that takes place when shortening is made.

_____ [1]

- (c) Describe the change at (b).

_____ [2]



- (d) Explain why it is inadvisable to use soft margarine in pastry dough.

_____ [1]

7. (a) Give **THREE** characteristics that should be present in paper used to wrap food for freezing.

_____ [3]

- (b) (i) State the recommended temperature for a home freezer.

_____ [1]

- (ii) Describe how the process of freezing and thawing affects strawberries.

_____ [2]



8. (a) Waxed paper may be used for covering/wrapping food. State **TWO** other uses of waxed paper in meal preparation.

[2]

- (b) Explain why it is inadvisable to use foil paper in a microwave oven.

[2]

9. (a) Name **TWO** raising agents that produce carbon dioxide.

[2]

- (b) Describe different ways air is incorporated into the following mixtures:

- (i) shortcrust pastry

[2]

- (ii) flaky pastry.

[2]



10. (a) Give a reason why each of the following is likely to occur:

(i) a hard, coarse loaf of bread

_____ [1]

(ii) a small, dense loaf of bread.

_____ [1]

(b) Salt improves the flavour of yeast mixtures. State another function of salt in a yeast mixture.

_____ [1]

(c) State **TWO** benefits of using milk instead of water in a yeast mixture.

_____ [2]

11. (a) Name the category of flour mixture to which a panada belongs.

_____ [1]

(b) Explain how a panada is used in meal preparation.

_____ [2]



12. (a) Explain the difference between the diet of a vegan and the diet of a lacto-vegetarian.

[2]

- (b) Explain why nuts are important to a vegetarian diet.

[2]

13. (a) Give the reasons for soaking pulses before cooking.

[2]

- (b) Explain why it is inadvisable to eat partially cooked kidney beans.

[1]

14. (a) State **TWO** ways chemical contamination of fruit may occur.

[2]



- (b) Circle the item that does not belong in the lists of fruits below. Give the reason for your answer.

(i) cantaloupe grapefruit lime orange

Reason

_____ [1]

(ii) apple apricot cherry plum

Reason

_____ [1]

- (c) State **THREE** health reasons why it is important to include fruit in the diet.

_____ [3]



SECTION B

INSTRUCTIONS TO CANDIDATES

Write your answers in the spaces provided on the question paper.

Answer **THREE** questions only.

Question B1 **OR** Question B2

Question B3 **OR** Question B4

Question B5 **OR** Question B6



SECTION B

Answer **EITHER** Question B1 **OR** Question B2.

EITHER

B1 Cooking involves the application of heat to food.

(a) Baking is a cooking method that uses dry heat.

Name **TWO** different cooking methods, other than baking that use dry heat.

[2]

(b) State **TWO** guidelines for conserving fuel when baking foods.

[2]

(c) Give **THREE** guidelines for using a thermometer to check the temperature of meat.

[3]



- (d) (i) Explain how the Maillard reaction occurs.

 [2]

- (ii) Give **TWO** different types of examples of the Maillard reaction on food.

 [2]

- (e) State **ONE** different way moist heat affects each of the following foods during cooking:

- (i) green vegetables

 [1]

- (ii) pasta.

 [1]

- (f) State the difference between baking and roasting.

 [1]

(g) Name **ONE** different method of heat transfer that occurs in each of the following:

(i) heating a plate of food in the microwave

_____ [1]

(ii) water boiling in a pot

_____ [1]

(iii) cooking a steak in a cast iron frying pan.

_____ [1]

(h) Some electric cookers have a fan assisted oven.

(i) State **TWO** advantages of using a fan assisted oven.

_____ [2]

(ii) State **ONE** disadvantage of using a fan assisted oven.

_____ [1]

TOTAL MARKS [20]



OR

B2 (a) Explain an advantage of using the following ingredients when making cakes:

(i) soft flour

_____ [1]

(ii) caster sugar

_____ [1]

(iii) butter.

_____ [1]

(b) State the main reason for the following faults in cake making:

(i) heavy texture

_____ [1]

(ii) peak and cracks

_____ [1]

(iii) hard, sugary crust.

_____ [1]



(c) Give **TWO** guidelines for adding the following ingredients when making cakes:

(i) liquid flavouring

[2]

(ii) dry ingredients such as spices and baking powder

[2]

(iii) dried fruits and nuts.

[2]

(d) (i) Explain the principle of emulsion in cake making.

[2]

(ii) List the steps that should be taken to ensure that this emulsion occurs.

[3]

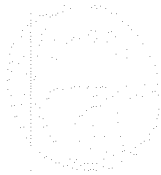


- (e) Explain how baking powder works as a raising agent in cake mixtures.

[3]

TOTAL MARKS [20]





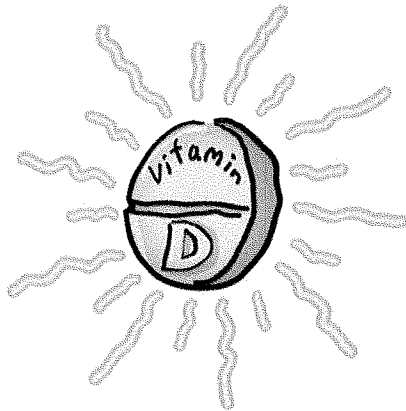
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Answer **EITHER** Question B3 **OR** Question B4.

EITHER

B3 Read the information given below.



Factors that might affect your vitamin D levels

The vitamin D levels in individuals are affected by many factors. For example:

Your sun exposure. For example, people who are homebound and those who live in climates with long winters.

Your age. The skin's ability to produce vitamin D drops with age.

Your skin colour. People with darker skin have more melanin, which absorbs vitamin D.

Your weight. Vitamin D is stored in fat. In people who are overweight or obese, less of the vitamin circulates in the blood.

The foods you eat. Very few foods naturally contain vitamin D. Certain food such as orange juice and breakfast cereals are fortified with vitamin D, but this varies with the brand.

Certain health conditions. People who cannot absorb fat (fat mal-absorption) due to conditions such as cystic fibrosis, celiac disease, and Crohn's disease may have trouble absorbing vitamin D, which can lead to deficiencies.

- (a) State how an individual's diet affects their vitamin D levels. [1]
- (b) Give **TWO** reasons why a senior citizen is more likely to be deficient in vitamin D than a teenage boy who plays outdoor sports. [2]
- (c) Explain why:
- (i) vitamin D levels in the body are affected by the sun [2]
- (ii) skin colour affects how vitamin D levels change in response to sunlight. [2]
- (d) State how a deficiency of vitamin D could affect an expectant mother and her baby. [2]
- (e) Give the chemical name for vitamin D. [1]



- (f) Explain how food manufacturers try to ensure that vitamin D is available to consumers.

 [2]

- (g) (i) Name a bone disease that can develop in a young child due to vitamin D deficiency.

 [1]

- (ii) Give **TWO** symptoms of the disease named in (i)

 [2]

- (h) Explain why boiling is an appropriate cooking method for foods rich in vitamin D.

 [2]

- (i) How does an overdose of vitamin D affect the body?

 [2]

- (j) Name **ONE** food source of vitamin D suitable for a vegetarian.

 [1]

TOTAL MARKS [20]



Stages of 100% Processing



The first stage of the process is the initial assessment of the situation. This involves gathering information about the problem and the resources available. The second stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The third stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The fourth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.

The fifth stage is the final assessment of the situation. This involves gathering information about the problem and the resources available. The sixth stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The seventh stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The eighth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.

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The ninth stage is the final assessment of the situation. This involves gathering information about the problem and the resources available. The tenth stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The eleventh stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The twelfth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.

The thirteenth stage is the final assessment of the situation. This involves gathering information about the problem and the resources available. The fourteenth stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The fifteenth stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The sixteenth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.

The seventeenth stage is the final assessment of the situation. This involves gathering information about the problem and the resources available. The eighteenth stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The nineteenth stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The twentieth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.

The twenty-first stage is the final assessment of the situation. This involves gathering information about the problem and the resources available. The twenty-second stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The twenty-third stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The twenty-fourth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.

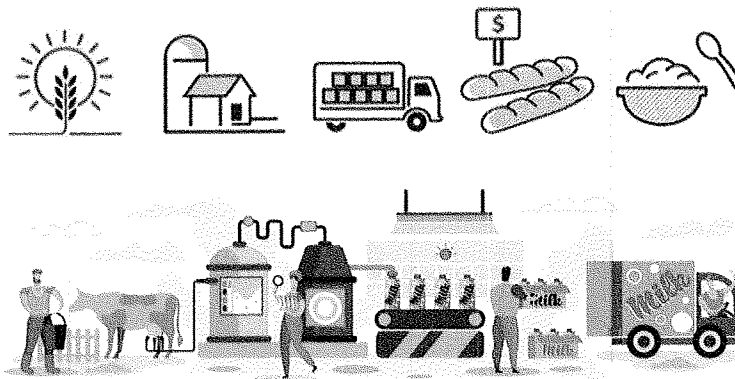
The twenty-fifth stage is the final assessment of the situation. This involves gathering information about the problem and the resources available. The twenty-sixth stage is the development of a plan. This involves identifying the goals of the process and the steps that need to be taken to achieve them. The twenty-seventh stage is the implementation of the plan. This involves putting the plan into action and monitoring progress. The twenty-eighth stage is the evaluation of the results. This involves comparing the actual results with the expected results and identifying any areas for improvement.



OR

B4

Stages of Food Processing



Food processing is the alteration of food by a series of actions, mechanically or chemically, in a factory or kitchen to prepare it for sale, for cooking, or for eating. Almost all foods must be processed in some way to make them edible.

Improperly prepared foods, such as contaminated meat, have the potential to cause widespread illness and even fatalities if they are distributed. Regulatory agencies frequently have extensive standards regarding the preparation of food, testing for contamination, and workplace hygiene.

Nevertheless, food safety is an ongoing issue of concern in the food processing industry, especially as safety standards may vary between regions.

The first stage is called the primary food processing. This is done after harvesting. It involves altering a basic food to preserve it or to prepare it for sale or cooking. For example milling wheat into flour.

Secondary food processing stage involves turning basic processed food into food products such as using flour to make bread and cakes.

At the tertiary food processing stage ready-to-eat or heat-and-serve foods, such as TV dinners and re-heated airline meals.

Processed foods are convenience foods because they are ready-to-eat or require minimal preparation by the consumer.



(a) Suggest **ONE** primary processing step that is used for each of the following foods before they are sold:

(i) cake

_____ [1]

(ii) raw milk.

_____ [1]

(b) Fish can be processed mechanically to assist the consumer. Describe each of the items below:

(i) dressed fish

_____ [1]

(ii) fish fillet

_____ [1]

(iii) fish steak.

_____ [1]

(c) Name **TWO** ways of processing fish chemically.

_____ [2]



(d) State **FOUR** benefits of tertiary processed food to the consumer.

[4]

(e) Identify and explain **THREE** situations when a consumer may prefer to purchase processed foods.

[illegible]

(f) State **THREE** disadvantages to consuming tertiary processed foods

17/20 (11/4)

[3]

TOTAL MARKS [20]



Answer **EITHER** question B5 **OR** question B6.

EITHER

B5. Identify and discuss **FIVE** factors which determine the amount of energy required by an individual. [10]

Discuss strategies which could be used by individuals who wish to limit their energy intake from food. [10]

TOTAL MARKS [20]

OR

B6. Identify **FOUR** main food groups. Discuss the contributions of each group to a healthy diet. [20]

TOTAL MARKS [20]









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Question B5 OR B6	
TOTAL SECTION B	
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