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FAMILY & CONSUMER SCIENCE

PAPER 2: FOOD AND NUTRITION 4320/2

Tuesday **24 MAY 2022** 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 25 printed pages and 3 blank pages.

SECTION A

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

1. Figure 1 is a process associated with flour mixtures.



Figure 1

- (a) Give the term for the process being carried out in Figure 1.

_____ [1]

- (b) State why this process is important to obtaining a quality flour mixture.

_____ [2]

2. (a) Give **TWO** considerations for positioning a stove in a kitchen layout.

_____ [2]



- (b) List **THREE** features which may make a kitchen safe and comfortable to work in.

[3]

- (c) Give **TWO** benefits of a garbage disposal system.

[2]

3.

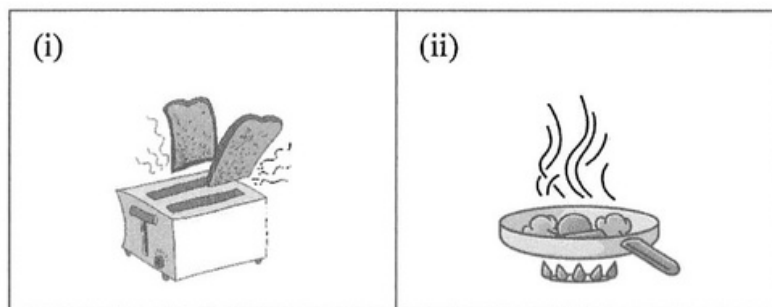


Figure 2

- (a) Name the methods of transferring heat shown in Figure 2.

(i) _____

(ii) _____ [2]

- (b) Explain why some pot handles do not heat up during cooking.

[2]

- (c) Explain the reason why using a dishcloth to lift a hot pot is a safety hazard.

 [2]

4. Anorexia nervosa is an eating disorder.

- (a) State the eating patterns of a person with anorexia nervosa.

 [1]

- (b) State **THREE** physical effects of anorexia nervosa.

 [3]

5. All individuals need the same nutrients but in different amounts.

- (a) Name **THREE** common factors which determine an individual's nutritional needs.

 [3]

- (b) Give **THREE** health conditions that can be managed by a high fibre diet.

 [3]

- (c) Sugar is a carbohydrate.

Name the sugar that is supplied by each of the following:

- (i) Plain Yogurt _____
- (ii) Cane _____
- (iii) Apple _____ [3]

- (d) Explain how excess carbohydrate is used by the body.

_____ [2]



6. (a) Name and describe the food service style shown in Figure 3.



Figure 3

Name _____ [1]

Description _____

_____ [2]

- (b) Identify **THREE** advantages of using this service in the home.

_____ [3]

- (c) State **TWO** guidelines for arranging food on a dinner plate.

_____ [2]



7. (a) State **THREE** signs that would indicate that fish is fresh.

[3]

- (b) Define the term crustacean.

[1]

8. Give **TWO** functions of food additives.

[2]



9. (a) Buying food items in bulk has many benefits. Give **TWO** factors which should be considered when buying in bulk.

[2]

- (b) What are **TWO** signs that would indicate that the food inside a can should not be used?

[2]

10. Give **ONE** function of The Bahamas Produce Exchange.

[1]

11. State **TWO** reasons why a batter mixture did not rise sufficiently during cooking.

[2]



12. (a) Give a task that is performed by a sous chef.

[1]

- (b) State with reason, **TWO** characteristics that a sous chef needs to be successful.

Characteristic A

[1]

Reason

[1]

Characteristic B

[1]

Reason

[1]

13. The following terms are associated with meat. Explain each term.

(a) (i) marbling

_____ [1]

(ii) collagen

_____ [1]

(b) State a health benefit of using an alternative protein food

_____ [1]



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



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

EITHER

B1 (a) Give the classification for the following:

Vanilla extract Almond extract Lemon extract

_____ [1]

(b) Name the cultural origin of the following condiments:

Soy sauce _____ [1]

Salsa _____ [1]

Chutney _____ [1]

(c) Seasonings enhance the flavour of foods.

(i) Describe how a marinade is a different way of seasoning food.

_____ [2]

(ii) Name **TWO** ingredients that can be used to supply acid in a marinade.

_____ [2]

(iii) State why an acid ingredient is important when marinating some kinds of meat.

_____ [2]



- (iv) State guidelines for using a marinade for basting meats.

[2]

- (d) Explain how fresh herbs should be stored for maximum freshness.

[2]

- (e) (i) Name **TWO** forms in which dried herbs and spices can be purchased.

[2]

- (ii) State the differences between herbs and spices.

[2]

- (f) Describe and give a use of a bouquet garni.

[2]

TOTAL MARKS [20]

[Turn over]



OR

B2 Poultry is an important protein food.

(a) Name a sauce that can be appropriately served with the following:

- (i) Turkey _____
- (ii) Duck _____ [2]

(b) Some parts of poultry flesh are dark.

(i) Name **ONE** part of poultry that has dark meat.
_____ [1]

(ii) State the reason for this difference in colour.

_____ [1]

(c) (i) Name **TWO** retail cuts of chicken that are available in local supermarkets.

_____ [2]

(ii) Suggest **TWO** advantages of buying a whole chicken and cutting it into parts yourself.

_____ [2]

(iii) Describe how to cut and separate chicken parts easily.

_____ [2]



- (d) A group of people became ill from eating contaminated poultry. Explain how this contamination could have occurred.

[4]

- (e) Describe how to test whether poultry is cooked, without using a meat thermometer.

[2]

- (f) State why it is inadvisable to use a tender bird for stewing.

[2]

- (g) Compare the structure and composition of poultry to beef.

[2]

TOTAL MARKS [20]

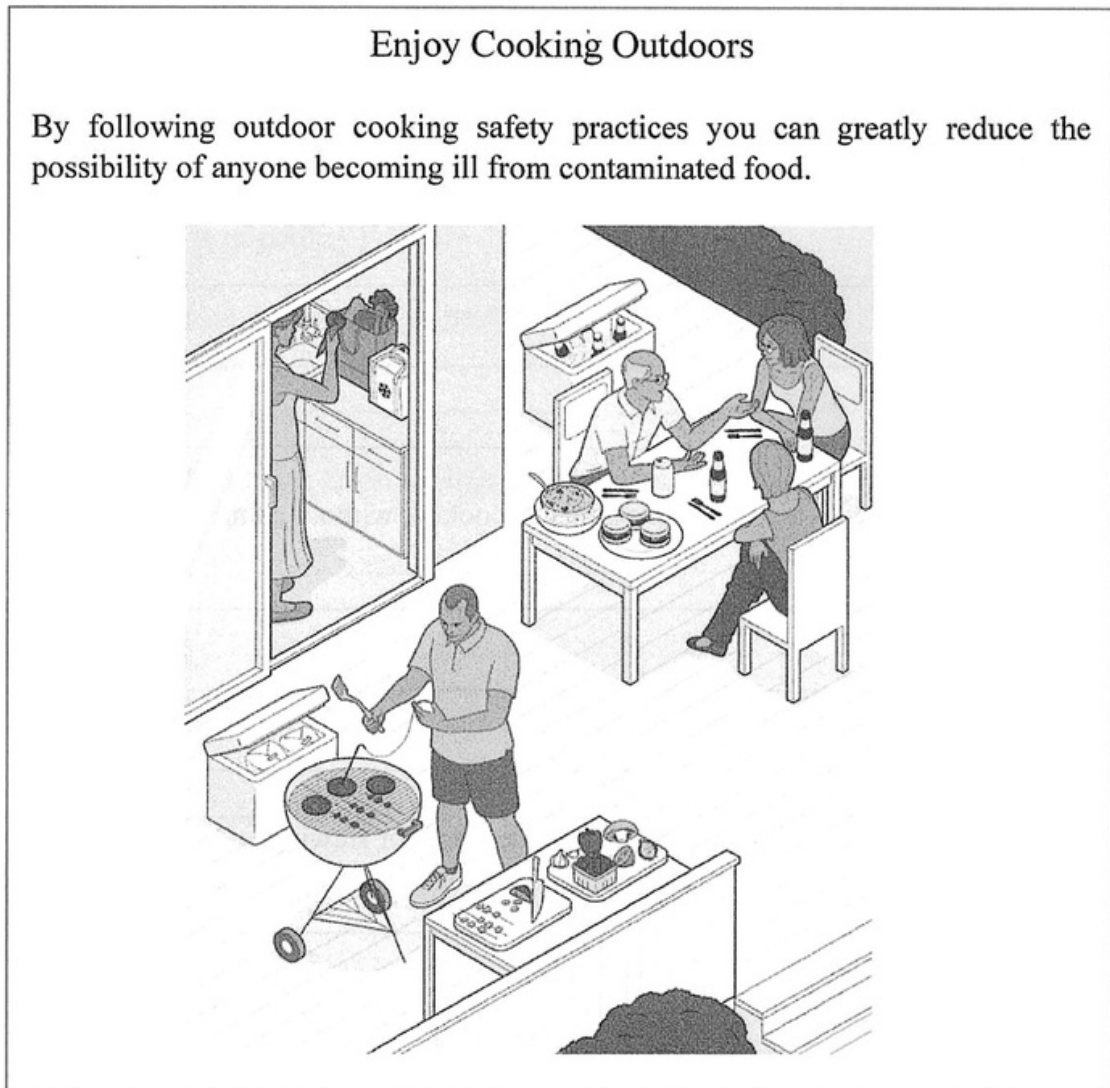
[Turn over]



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

EITHER

B3



(a) Identify the food safety practice:

(i) shown on the food preparation table

_____ [1]

(ii) for cooking meat.

_____ [1]



- (b) How can pest contamination be prevented?

[1]

- (c) Why is a cooler near the food prep area?

[2]

- (d) Give **THREE** suggestions for improving the cook's personal hygiene.

[3]

- (e) (i) Suggest **THREE** reasons why bacteria contaminated food is not easily detected.

[3]

- (ii) Explain how bacteria is reproduced.

[2]



(f) Describe how natural decay is seen in fruits due to the following:

(i) moisture loss

[2]

(ii) enzyme activity

[2]

(g) Why are consumers encouraged to wash fruits and vegetables before eating them?

[3]

TOTAL MARKS [20]

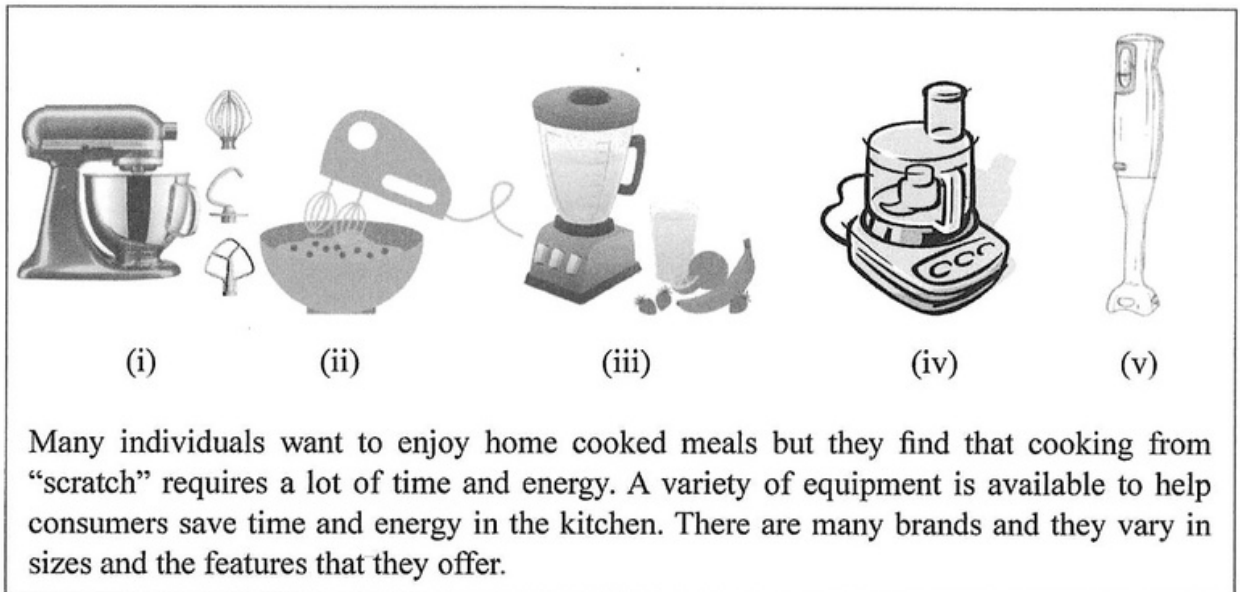


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OR

B4



Many individuals want to enjoy home cooked meals but they find that cooking from “scratch” requires a lot of time and energy. A variety of equipment is available to help consumers save time and energy in the kitchen. There are many brands and they vary in sizes and the features that they offer.

- (a) Give the descriptive term that is used for the equipment shown in the picture.

_____ [1]

- (b) State **THREE** factors, other than price, that would affect the consumer’s choice of kitchen equipment.

_____ [3]

- (c) Suggest **THREE** reasons for the difference in price for the same type of kitchen equipment.

_____ [3]



- (d) Equipment (v) is called an immersion blender.

Give **THREE** ways how the use of an immersion blender differs from the use of a stand blender.

[3]

- (e) State the importance of the following parts on the stand blender:

- (i) Glass transparent goblet.

[2]

- (ii) The gasket (rubber ring).

[2]



- (f) Give **THREE** reasons why the equipment's motor might become damaged.

[3]

- (g) State **THREE** safety rules to follow when using electric equipment.

[3]

TOTAL MARKS [20]



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Answer **EITHER** Question B5 **OR** Question B6.

EITHER

B5 Food is an expensive item in the family's budget.

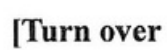
Identify and discuss guidelines for shopping economically.

OR

B6 Identify and discuss the required information on food labels.

TOTAL MARKS [20]







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 approximately 20 lines visible. The paper appears slightly aged or off-white. There is no handwriting or other markings on the page.

FOR EXAMINER'S USE	
SECTION A	
Question 1	
2	
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12	
13	
TOTAL SECTION A	
SECTION B	
Question B1 OR B2	
Question B3 OR B4	
Question B5 OR B6	
TOTAL SECTION B	
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