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FAMILY & CONSUMER SCIENCE

PAPER 2: FOOD AND NUTRITION 4320/2

Friday **12 MAY 2023** 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).

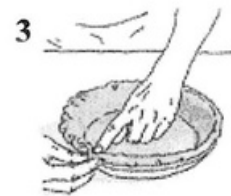
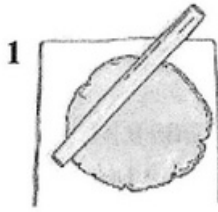


This question paper consists of 22 printed pages and 6 blank pages.

SECTION A

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

1.



- (a) Describe each step in the process of lining a pan with dough for a one-crust pie shown in the illustration.

[3]

- (b) Explain why it is advisable to leave the dough untouched for a few minutes before Step 2 is done.

[2]

- (c) Describe **TWO** ways of preventing the crust from puffing up when baking blind.

[2]



(d) Name the kind of pie that is being described by its filling:

(i) egg and milk _____ [1]

(ii) chicken, vegetables and gravy _____ [1]

2. (a) Explain the effects on the body when an individual suffers from iron deficiency.

[2]

(b) Describe the difference between ferrous iron and ferric iron.

[2]

3. (a) Give **TWO** forms of electrolytes that are eaten in foods.

[2]

(b) State **THREE** ways water is lost from the body.

[3]

- (c) Explain the benefits to an athlete of drinking a sports drink rather than plain water.

 [2]

4. (a) Explain how the terms 'enrich' and 'fortify' are:

- (i) similar

 [2]

- (ii) different

 [2]

- (b) Name the nutrient that is added to the following foods:

- (i) tap water _____

- (ii) milk _____

- (iii) orange juice _____ [3]



5. (a) Name **TWO** utensils that can be used to baste meats.

_____ [2]

- (b) Give **THREE** benefits of basting meats.

_____ [3]

- (c) Name **TWO** cooking methods that require meats to be basted.

_____ [2]

6. (a) Identify the characteristic that gives different pasta their individual name.

_____ [1]

- (b) Give the name of the pasta that fits the three following descriptions:

- (i) long, broad and flat

_____ [1]

- (ii) long flat ribbon

_____ [1]

- (iii) square with filling enclosed.

_____ [1]

- (c) Identify **TWO** characteristics of pasta that make it a versatile food.

_____ [2]



- (d) Describe **THREE** guidelines that are followed to prevent pasta from sticking together when boiling.

[3]

7. (a) Give **TWO** benefits of breast-feeding for the:

- (i) infant

[2]

- (ii) mother

[2]

- (b) List **TWO** factors that can prevent mothers from breast-feeding.

[2]

- (c) Define the term 'weaning' a child.

[2]



8. (a) Name the digestive organs that secrete:
- (i) bile _____ [1]
- (ii) insulin _____ [1]
- (iii) gastric juices _____ [1]
- (b) Describe the process of mechanical digestion as it occurs in the mouth.
- _____
- _____ [2]
- (c) Explain the role of dietary fibre in the removal of waste from the body.
- _____
- _____
- _____
- _____ [4]

TOTAL MARKS SECTION A [60]



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) Name the frying methods that are described below.

(i) meat that is fried by yielding its own fat

_____ [1]

(ii) frying food quickly in a wok

_____ [1]

(iii) frying food in fat or oil that comes no more than half-way up the height of the food

_____ [1]

(b) Explain when butter is suitable for frying.

_____ [2]

(c) Give **TWO** ways of preventing deep fried foods from becoming greasy.

_____ [2]

(d) (i) List **TWO** benefits of coating foods for deep frying.

_____ [2]

[Turn over



- (ii) Describe **TWO** methods for coating food for frying.

[2]

- (iii) Explain the purpose of drying food before coating it for frying.

[2]

- (e) Give the importance of knowing an oil '**smoke point**'.

[2]

- (f) Give **TWO** features of an electric deep fryer.

[2]

- (g) State **THREE** practices that can result in '**off**' flavours in fried foods.

[3]

TOTAL MARKS [20]



OR

- B2 (a) Name the group of carbohydrate foods that includes starch.
- _____ [1]
- (b) Name the starchy food that is most often eaten in the cultural diet of:
- (i) Mexicans _____ [1]
- (ii) Chinese _____ [1]
- (c) Name the product that is obtained from milling grain.
- _____ [1]
- (d) Explain how cornstarch is different from flour as a thickening agent.
- _____
- _____ [2]
- (e) Name **THREE** root vegetables that contribute starch to the diet.
- _____
- _____ [3]
- (f) Give **TWO** nutritional reasons why meals should be based on starchy foods.
- _____
- _____
- _____ [2]

- (g) State the criteria for cereal grains being used as staple foods.

[3]

- (h) Explain how to prevent lumps when cooking porridge.

[3]

- (i) Describe the change that takes place when a green plantain becomes ripe.

[3]

TOTAL MARKS [20]



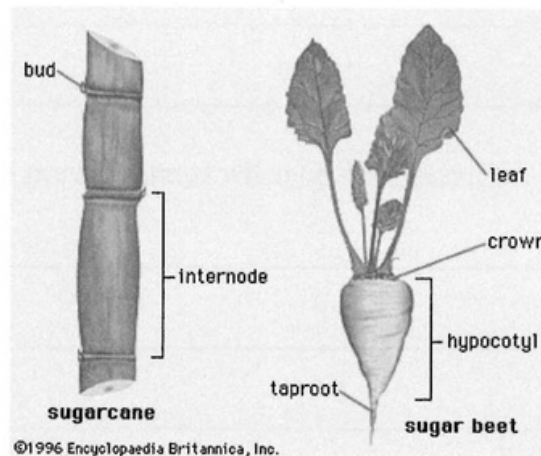
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[Turn over

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

EITHER

Sugar – is it cane or beet?



The sugar we use comes from two different plants: sugar beets or sugarcane. Worldwide, 70 percent of our sugar comes from sugarcane. Sugarcane is a tall plant that resembles bamboo. It grows in tropical or warm climates. Sugar beets are a root crop resembling a large parsnip. It grows mostly in the temperate or cool climate.

To get sugar from sugarcane, the cane is pressed to extract the juice. The juice is clarified then boiled to crystallise it. At this stage sugar is light brown because it contains molasses. It is called raw sugar.

The raw sugar is then sent to a refinery where it is washed and filtered to remove remaining non-sugar ingredients and colour. It is then crystallised, dried and packaged into refined (or granulated) sugar.

To get confectioners (or powdered) sugar for icings and baking, the granulated sugar is ground to a smooth powder, and contains about 3% cornstarch to prevent caking.

The juice that is extracted from the sugar cane and beet is boiled to produce molasses of different colours. Light molasses is produce from the first boiling. Dark brown molasses is produce from the second boiling, and black molasses is produce from the third boiling process. It is thick and bitter.

Brown sugar consists of sugar crystals coated in molasses syrup. Dark brown sugar has more colour and a stronger molasses flavour than light brown sugar.

Beet sugar processing is similar to sugarcane, but it is done in one continuous process. The sugar beets are washed, sliced, and soaked in hot water to separate the sugar-containing juice from the beet fibre. The sugar-laden juice is purified, filtered, concentrated and dried in a series of steps similar to cane sugar processing.



B3

(a) Give the difference between the sugarcane and the sugar beet in:

(i) appearance

_____ [1]

(ii) the climate in which it is grown.

_____ [1]

(b) Give the percentage of sugar that comes from the sugar beet.

_____ [1]

(c) (i) Give **TWO** other names for confectioner's sugar.

_____ [2]

(ii) State the need to add cornstarch to confectioner's sugar.

_____ [1]



(d) Describe how:

(i) raw sugar is produced

 [3]

(ii) molasses is produced.

 [3]

(e) Explain the function of sugar:

(i) as an activator in bread making

 [2]

(ii) in jams and jellies.

 [2]

(f) Name the source of syrup from:

(i) bees _____ [1]

(ii) a tree _____ [1]

(g) Name **TWO** disaccharides

 [2]

TOTAL MARKS [20]



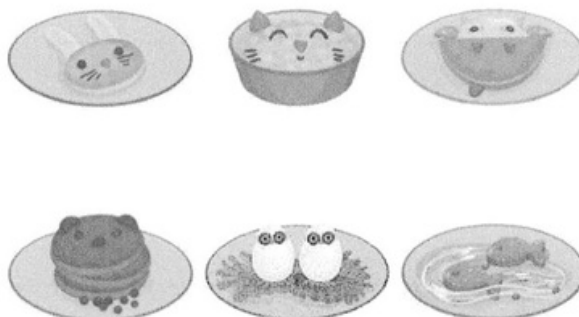
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OR

B4

Food Presentation for Young Children



Why is food presentation for children important?

Appetising foods smell, look, and taste appealing. When food is being cooked, the aromas can make our mouth water. When the food is served, what we see can also appeal to the appetite. When the food is eaten, appealing flavours and textures will add to the enjoyment of the meal. These factors should be considered when planning and serving meals. However, when feeding young children, the old saying is true “we first eat with our eyes”. How food looks to children can determine if the meal is accepted or rejected. Food presentation is an important consideration when feeding children.

Colours

Serving food with a variety of colours can also affect how appealing a meal looks. Garnish and decorate foods with fruits and vegetables by incorporating them into the meal in a playful design. Use colourful fruits to decorate sweet foods and colourful vegetables to garnish savouries. Colourful dinnerware, placemats and napkins also add visual appeal to the meal.

Arrangement

How food is organised on a plate can completely change a child’s desire for it. Avoid mixing different foods together. Keep foods separate or space foods out on the dinner plate. Use a plate with compartment or partition sections so each kind of food has its own place.

To make the plate look a little more exciting, arrange the food into a pattern. Just a little arranging of food can easily transform pancakes into a cat face and chicken sticks into butterflies.

Size

Young children prefer food in small portions. Finger foods such as bite-size cubes of cheese, chicken nuggets, meatballs, mini muffins and cupcakes, pizzas, melon balls and cubes etc. are easy to handle. Finger foods are a start for teaching toddlers to feed themselves without the use of a knife and fork. Offer small amounts, not a heaping plate full.



- (a) Name the stage of preparation at which a meal can appeal to the appetite.

[2]

- (b) Explain what it means to “eat with our eyes” first.

[2]

- (c) Describe **TWO** ways colours can be included in toddlers’ meals.

[2]

- (d) Give **TWO** benefits of serving toddlers finger foods.

[2]

- (e) Suggest how the following foods can be prepared and packed for toddlers’ lunch bags.

- (i) an orange

[2]

- (ii) a peanut butter sandwich

[2]



(iii) carrot cake

[2]

(f) Give **THREE** features of dinnerware that make them suitable for toddlers.

[3]

(g) Suggest **THREE** ways of encouraging good eating habits in children.

[3]

TOTAL MARKS [20]



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

EITHER

B5 Identify and discuss **FIVE** ways low income can negatively impact the diet. [20]

TOTAL MARKS [20]

B6 State and explain the need for **FIVE** different vitamins during pregnancy. [20]

TOTAL MARKS [20]





This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey 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.

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

