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FAMILY & CONSUMER SCIENCE

PAPER 2: FOOD AND NUTRITION 4320/2

Tuesday **14 MAY 2024** 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).

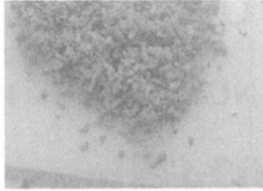


This question paper consists of 23 printed pages and 5 blank pages.

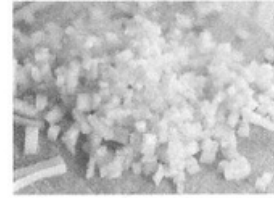
SECTION A

1. Study the pictures of the knife cuts below and answer the question.

(i)



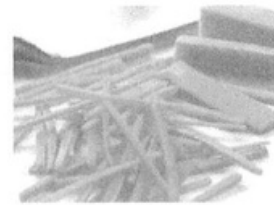
(ii)



(iii)



(iv)



- (a) Identify the types of knife cuts pictured above.

(i) _____ [1]

(ii) _____ [1]

(iii) _____ [1]

(iv) _____ [1]

- (b) Name the kitchen knife that is used to perform the cuts shown.

_____ [1]

- (c) Give **THREE** safety rules to follow when using kitchen knives.

_____ [3]

TOTAL MARKS [8]



2.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, AND LESS THAN 2% OF: CONCENTRATED PRODUCE (APPLE, CLARIFIED PINEAPPLE, PASSION FRUIT, ORANGE), PUREES (APRICOT, PAPAYA, GUAVA), ASCORBIC ACID (VITAMIN C), CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOURS, PECTIN, ACACIA GUM, ESTER GUM, RED 40, BLUE 1, SUCRALOSE, POTASSIUM SORBATE AND SODIUM HEXAMETAPHOSPHATE (PRESERVATIVES).

- (a) Examine the label and state which type of beverage it is.

_____ [1]

- (b) Give a reason for your answer.

_____ [1]

- (c) Explain what is meant by the term “steep the tea”.

_____ [2]

- (d) Suggest **ONE** reason why some individuals prefer not to drink coffee or tea.

_____ [1]

TOTAL MARKS [5]

3. Study the recipe below.

Lemon Strawberry Smoothie
½ cup lemon yogurt
½ cup almond milk
¼ cup sliced strawberries
1 tsp sugar

- (a) Identify the ingredient that contains lactose and say what happens to lactose in the digestive system of someone who is lactose intolerant.

_____ [2]

[Turn over]



- (b) Give **TWO** symptoms which can occur if a lactose intolerant individual consumes this beverage.

 [2]

TOTAL MARKS [4]

4. (a) Name the cookery term for re-using leftover food.

 [1]

- (b) State **TWO** guidelines for storing cooked foods if you intend to re-use them.

 [2]

- (c) Name a dish that can be created from the following leftover foods:

(i) Meat _____ [1]

(ii) Bread _____ [1]

TOTAL MARKS [5]

5. (a) Explain **TWO** safety guidelines to follow when using an electric stove.

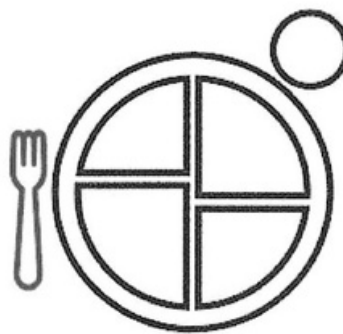
 [2]

- (b) Compare the differences between a gas stovetop and an electric stovetop.

[4]

TOTAL MARKS [6]

6. Study the MyPlate diagram below.



- (a) Name the food group in which the following ingredients belong:

	TACO INGREDIENTS	FOOD GROUP
(i)	Taco shell	
(ii)	Ground Beef	
(iii)	Lettuce and Tomato	
(iv)	Cheese	

[4]

[Turn over

- (b) State **THREE** factors which can cause the nutritional value of food to be varied.

[3]

TOTAL MARKS [7]

7. (a) Write the equivalent measurements for the following:

MEASUREMENTS	EQUIVALENT MEASUREMENTS
(i) 3 teaspoons	
(ii) 2 cups	
(iii) 4 quarts	
(iv) 4 ounces	

[4]

- (b) The following Rock Bun recipe yields 4 servings. Convert the recipe to yield 8 servings.

4 Servings	8 Servings
(i) 1 cup flour	
(ii) $\frac{3}{4}$ cup milk	

[2]

TOTAL MARKS [6]

8. (a) Differentiate between the **TWO** methods of digestion.

[4]



(b) Define the following terms:

(i) Chyme

_____ [1]

(ii) Bolus

_____ [1]

(c) State the enzymes responsible for the following during digestion:

(i) begins to breakdown cooked starch in the mouth

_____ [1]

(ii) breakdown of protein in the stomach

_____ [1]

(iii) breakdown of fat in the duodenum

_____ [1]

(d) (i) Name the parts of the digestive system where peristalsis occurs.

_____ [2]

(ii) Explain the process of peristalsis in the digestive system.

_____ [2]

TOTAL MARKS [13]



9. (a) State the composition of a fat molecule.

_____ [2]

- (b) State **ONE** difference between a monounsaturated fat and a polyunsaturated fat.

_____ [2]

- (c) Suggest **TWO** ways to reduce the amount of fat in foods while preparing a meal.

_____ [2]

TOTAL MARKS [6]

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) Define each of the following as it relates to cheese making:

(i) Rennin

_____ [1]

(ii) Curds

_____ [1]

(iii) Whey

_____ [1]

(iv) Casein

_____ [1]

(b) Describe **ONE** way the ageing process affects cheese

_____ [2]

(c) Give the name of a cheese in each of the following categories:

(i) hard _____ [1]

(ii) soft _____ [1]

(iii) acid curd _____ [1]



- (d) (i) Explain why cheese can be difficult to digest.

 [2]

- (ii) Suggest **THREE** ways to make cheese more digestible when using it in cooking.

 [3]

- (iii) State **THREE** effects on cheese when it is cooked.

 [3]

- (e) (i) Name the microorganism responsible for the spoilage of cheese.

 [1]

- (ii) Describe how cheese should be stored to prevent drying out.

 [2]

TOTAL MARKS [20]



OR

B2 Minerals are important nutrients for the body.

(a) Calcium is important for building bones and teeth.

(i) Name **ONE** other mineral that works with calcium to build strong bones and teeth.

_____ [1]

(ii) State **THREE** other different functions of calcium.

_____ [3]

(iii) Name **ONE** deficiency disease caused by a lack of calcium.

_____ [1]

Calcium is found in milk and dairy foods.

(iv) Name **THREE** other different good sources of calcium.

_____ [3]

(b) Sodium chloride is more usually known as salt.

(i) State **TWO** functions of salt in the body.

_____ [2]

(ii) State **ONE** effect on the body caused by too much salt in the diet.

_____ [1]



- (c) (i) Name the mineral that is lacking if the body has goitre.

_____ [1]

- (ii) Suggest **TWO** different foods to help prevent the deficiency disease goitre.

_____ [2]

- (d) State why some countries add fluoride to their water supply.

_____ [1]

- (e) Iron is an important mineral in blood used for transporting oxygen around the body.

- (i) Describe **THREE** effects on the body if there is a lack of iron.

_____ [3]

- (ii) Name **TWO** groups of people who have a higher need of iron in their diet.

_____ [2]

TOTAL MARKS [20]

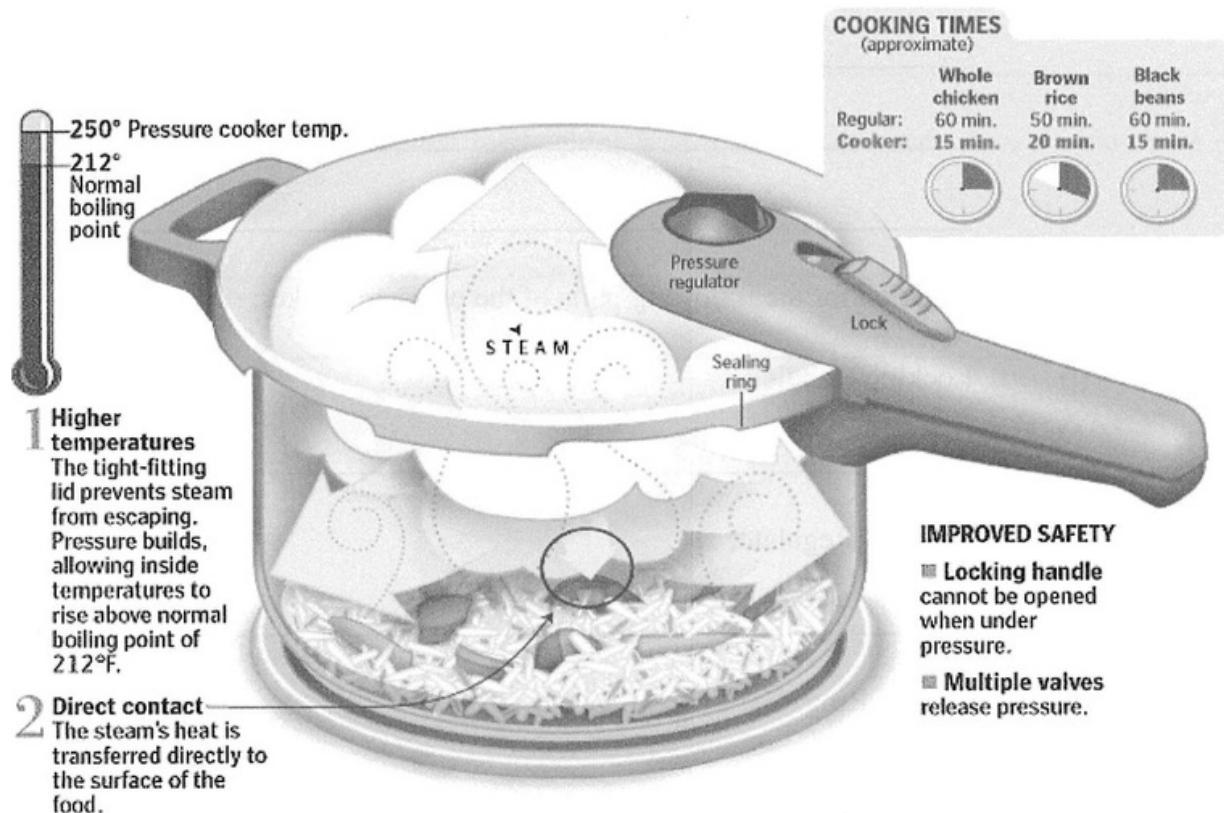
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Answer **EITHER** Question B3 **OR** Question B4.

EITHER

B3. The Wonders of a Pressure Cooker



Adapted from article "Running Down Pressure Cookers" by Ben S. Pollock

- (a) Explain how the temperature in a pressure cooker is able to rise above normal boiling point.

[2]

- (b) One advantage of using a pressure cooker is that nutrients are preserved during the cooking process.

- (i) Name **TWO** other methods of cooking that preserve nutrients during the cooking process.

[2]

[Turn over

- (ii) State **FOUR** other advantages of using a pressure cooker.

[4]

- (c) State the function for the following parts of the pressure cooker:

- (i) Locking Handle

[1]

- (ii) Pressure Regulator

[1]

- (iii) Sealing Ring

[1]

- (d) Suggest **FIVE** guidelines for using the pressure cooker correctly.

[5]



- (e) Chicken, brown rice and black beans can be cooked in a pressure cooker.

Name **TWO** other different foods that can be cooked in a pressure cooker.

_____ [2]

- (f) Name **TWO** different methods of heat transference used when cooking in a pressure cooker.

_____ [2]

TOTAL MARKS [20]

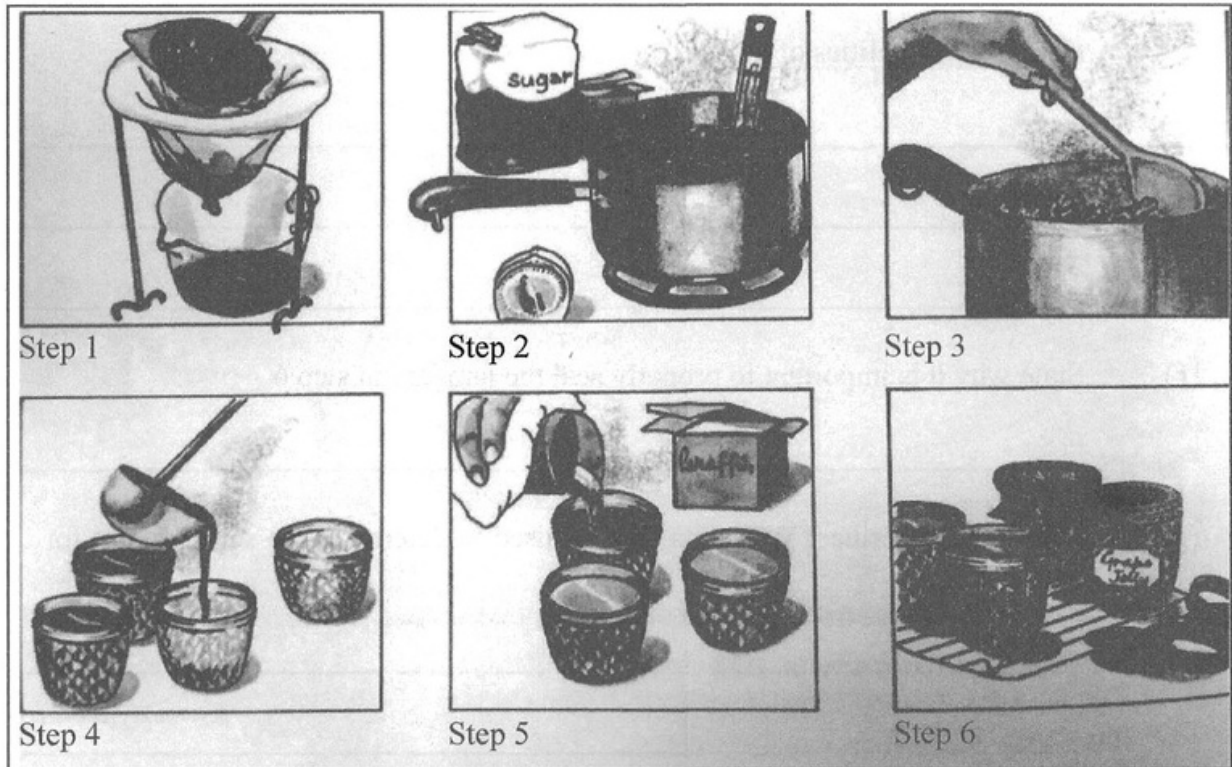


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OR

B4.



Adapted from The World of Food

- (a) Name the carbohydrate which is used to set jam.

_____ [1]

- (b) Describe what can be the results of each of the following:

- (i) too much sugar added to the jam

_____ [1]

- (ii) too little sugar added to the jam

_____ [1]

- (c) List **THREE** types of equipment needed when making jams and jelly.

_____ [3]

[Turn over

- (d) State why over-ripe fruits are not suitable for jam making.

_____ [1]

- (e) Give **TWO** qualities of a well-made jam.

_____ [2]

- (f) State why it is important to properly seal the jam jars in step 6.

_____ [1]

- (g) Name and describe **TWO** tests that are used to determine the setting point for jam and jellies.

_____ [4]

- (h) (i) Name **TWO** fruits suitable for marmalade.

_____ [2]

- (ii) Give **TWO** other methods of preserving fruits.

_____ [2]



- (i) Differentiate between a jam and a jelly.

[2]

TOTAL MARKS [20]



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

EITHER

- B5. (a) Identify and discuss **FOUR** risk factors that may lead to hypertension (blood pressure). [8]
- (b) Identify and discuss dietary factors that should be considered to help prevent hypertension. [12]

TOTAL MARKS [20]

OR

- B6. Identify and discuss guidelines for encouraging teenagers to have good eating habits. [20]

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 no margins, text, or other markings on the paper.

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

