

Food and Nutrition

Grade 11

Tutorial 1

SECTION A

Answer **all** questions.

1 Define the term balanced diet. [1]

[Total: 1]

2 (a) Name four elements from which proteins are formed. [2]

(b) Explain what is meant by complementary proteins. Give two examples of dishes containing complementary proteins. [4]

(c) State three functions of protein in the body. [3]

(d) Name two deficiency diseases caused by a lack of protein. [2]

(e) Explain what happens to excess protein in the body. [3]

(f) Describe what happens to protein when it is heated. [2]

(g) (i) Name the enzyme found in the stomach which converts protein to peptides. [1]

(ii) Name the enzyme which clots milk. [1]

(iii) Name the enzyme produced by the pancreas which converts proteins to peptides. [1]

(iv) Name the enzyme which converts peptides to amino acids. [1]

[Total: 20]

3 State one function in the body of the following minerals:

(a) iron; [1]

(b) chloride; [1]

(c) iodine; [1]

(d) phosphorus. [1]

[Total: 4]

4 (a) State two functions of vitamin A. [2]

(b) Name two sources of vitamin A. [1]

[Total: 3]

5 (a) Non-starch polysaccharide (NSP)/dietary fibre is essential for a healthy diet.

Name four good sources of NSP. [2]

(b) Give reasons for the importance of NSP in the diet. [5]

[Total: 7]

6 Give guidance for planning and serving meals for an elderly convalescent person. Include reasons for your advice.[5]

[Total: 5]

Section B

Answer all questions

7 The following ingredients can be used to make a batch of small cakes:

100 g self-raising flour

100 g margarine

100 g caster sugar

2 eggs

(a) Describe how to make the cake mixture using the creaming method. [5]

(b) Margarine and eggs add flavour to small cakes. Give two other functions of margarine, and two other different functions of eggs. [4]

(c) Name two different ways of decorating the finished small cakes. [2]

(d) During baking caramelisation and dextrinisation occur.

(i) Name the ingredient in the cakes which causes caramelisation. [1]

(ii) State the effect of dextrinisation. [1]

(e) Give three reasons why paper cases are useful when making small cakes. [3]

[Total: 16]

8. Identify and explain eight reasons why convenience foods are popular. [8]

9. Cheese is a milk product.

(a) Name four varieties of cheese. [2]

(b) Describe the process of making cheese. [4]

6 Fish can be an important part of a healthy diet.

(a) List three points to look for when buying fresh fish. [3]

(b) Give two different examples of each of the following:

(i) oily fish; [2]

(ii) shellfish. [2]

(c) Fish is often coated before deep frying.

Suggest two suitable coatings which could be used. [4]

(d) State and explain four safety points to follow when deep frying. [4]

(e) Suggest two different ways to make steamed white fish look more appetising when served as part of a main meal. [4]

Section C

Answer either 10 (a) or 10 (b)

10 (a) “Women who follow a vegetarian diet may encounter health problems during and after pregnancy.”

Discuss this statement making reference to the nutritional needs of the mother and the baby. [15]

10 (b) Discuss the importance of herbs and spices in the diet and suggest ways in which they could be used in the preparation of family meals. [15]