



Kingdom of Lesotho
Ministry of Education and Training

LESOTHO GENERAL CERTIFICATE OF SECONDARY EDUCATION

CANDIDATE
NAME

CENTRE
NUMBER

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CANDIDATE
NUMBER

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FOOD AND NUTRITION

0192/01

Paper 1 Theory

October/November 2018

2 hours

Marks: 100

Candidates answer on the Question Paper.
No Additional Materials are required.

READ THESE INSTRUCTIONS FIRST

Write your Name, Centre Number and Candidate Number on the work you hand in.
Write in dark blue or black pen.
You may use an HB pencil for any diagrams or graphs.
Do not use staples, paper clips, glue or correction fluid.
DO NOT WRITE IN ANY BARCODES.

Section A

Answer **all** questions.
You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer **all** questions.

Section C

Answer **either** Question 8(a) **or** 8(b).

The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use	
Section A	
Section B	
Section C	
Total	

This document consists of **14** printed pages and **1** blank page.



Examinations Council of Lesotho

[Turn Over

Section A

Answer **all** questions.

1 (a) State **three** elements which combine to form fats.

1.

2.

3.

[3]

(b) Name **three** examples of fats and **three** examples of oils.

fats

oils

1. 1.

2. 2.

3. 3.

[3]

(c) State **one** difference between fats and oils.

.....

..... [1]

(d) Give **four** functions of fats in the body.

1.

2.

3.

4.

[4]

[Total: 12]

(e) Define the following:

(i) saturated fats;

.....
.....
.....
..... [2]

(ii) monounsaturated fats.

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.....
.....
..... [2]

(f) Describe the digestion of fats in the:

(i) duodenum;

.....
.....
.....
.....
.....
..... [3]

(ii) ileum.

.....
..... [1]

[Total: 19]

2. Fat soluble vitamins are important in the diet.

(a) (i) Give **two** functions of vitamin A.

- 1.
 - 2.
- [2]

(ii) List **three** animal sources and **three** plant sources of vitamin A.

- | animal sources | plant sources |
|----------------|---------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
- [3]

(iii) State a deficiency disease associated with a lack of vitamin A.

..... [1]

(iv) State **two** functions of vitamin D.

- 1.
 -
 - 2.
 -
- [2]

(v) Give **four** food sources of vitamin D.

- 1.
 - 2.
 - 3.
 - 4.
- [2]

(vi) The body is able to make vitamin D when exposed to ultra-violet rays from the sun.

Identify, with reasons, **two** groups of people who may not be able to make use of sunlight in this way.

1.
.....

2.
.....

[2]

[Total: 12]

3 (a) (i) Explain the importance of iodine in the diet.

.....
.....
.....
..... [2]

(ii) Name a deficiency disease associated with a lack of iodine and give **one** symptom of that disease.

Deficiency disease

..... [1]

Symptom

..... [1]

[Total: 4]

4 (a) Describe the difference between the terms garnish and decoration.

.....
..... [1]

(b) Using examples, discuss the use of garnishes and decorations in food preparation.

.....
.....
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..... [4]

[Total: 5]

6 Write an informative paragraph on each of the following:

(a) microwave cookery;

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..... [5]

(b) consumer rights;

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..... [5]

(b) Describe, with reasons, methods for each of the following processes:

(i) lining a pastry case and baking it 'blind'.

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..... [5]

(ii) rolling and folding flaky pastry.

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..... [5]

[Total: 15]

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