

CAPE Food and Nutrition

UNIT 1 PAPER 02

SECTION II – MODULE 1

Answer ONE question from this section.

3. (a) Joan and her classmate did some warm-up exercises in the gym and then they played a game of volleyball. After two hours they went to the cafeteria to have dinner. When they had eaten, they passed by the ice-cream parlour and selected their favourite flavours of ice-cream. They felt full to satisfaction after this and could not eat their prepared dinners at home. Use this scenario to explain the terms satiety, hunger and appetite. [9 marks]
- (b) List FIVE ways in which the movement of a Caribbean family to Europe may affect their eating behaviour and food choices. [5 marks]
- (c) (i) Describe THREE methods that can be used by medical staff to determine the ideal weight of adults. [9 marks]
- (ii) Name TWO instruments that are used to take anthropometric measurements. [2 marks]

Total 25 marks

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Question 3

Comments

For Part (a), the candidate used the stimulus material provided to adequately explain the items.

For Part (b), the candidate earned full marks for the response because the candidate listed the correct ways by which the food choices and eating behavior would have been affected.

For Part (c) (i), the candidate had some knowledge of the methods, however the candidate was not able to fully describe the methods and was awarded six of the nine marks allocated for this question, while for Part (c) (ii), the candidate was awarded the full two marks for correctly naming the two instruments.

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3(a) Hunger can be defined as physiological need for food by the body. In the scenario Joan and her classmates had done a great amount of vigorous activity for a long period of time, at this point the body would use up a valid amount of energy from the food eaten prior to Joan and her classmate commencing on their warm-up exercise ^{and} their game of volleyball. After filling their need for food, their senses were stimulated, sight and smell in particular, as they passed the ice cream parlour and selected their favourite flavours. This psychological need for food (desserts mostly) is called an appetite. With ~~the~~ their dinner eaten and ~~ice~~ ice-cream included, the feeling of being full and satisfied presented itself and caused satiety as Joan and her classmate could not eat their prepared dinner at home due to this feeling.

(b) → The different types of food presented to them or available as Europe is of a different culture from the Caribbean as well as their climate does not bear the provisions of crops that the Caribbean islands produce.

- Europeans ~~don't~~ tend not to eat as much food as Caribbean do, hence this would perhaps change the eating behaviour of the Caribbean family.

- Another way the movement would affect food choices would be the various degrees to which the food is cooked. This would certainly influence the decision of specified foods within their new environment.

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Question 3 Candidate Number .
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- In addition to that the climate would be a lot different again causing eating behaviours to change as well as food choices. ✓
- Finally, the cost of the foods needed would be different, what use to be available in the family back-yard in the Caribbean would: (i) not be able to be cultivated in Europe, therefore buying it in a store would be the result, and (ii) the cost would be of a drastic difference.
- (ii) Clinical assessment - this assessment is done within the doctor's care, her various tools used on a daily basis would aid in assessing an adult. A medical is what would be done.
- (ii) Dietary assessment - this comes through the investigation of the individual's diet. Based on their eating habits, their daily activity and the frequency of the different type of food eaten would enable the dietician to come to a result of the assessment.
- (iii) Anthropometry - this assessment is achieved by the weighing of the individual as well as the current height of the person as well to determine the desired result.
- (iv) A scale for weighing. ✓
- Vertical measuring tool that stands with a wide base to accommodate the person being measured.