

CAPE Food and Nutrition
UNIT 1 PAPER 02
SECTION III – MODULE 2

Answer ONE question from this section.

5. (a) State the FOUR food groups used in multi-mix meal planning and identify the chief nutrient in EACH group. [8 marks]
- (b) Explain the difference in the nutritive value of canned mixed vegetables and frozen mixed vegetables. [5 marks]
- (c) Discuss why it is important for a person who is suffering from chronic diseases to read labels on food products. [12 marks]

Total 25 marks

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Unit 1 Paper 02

Question 5

Comments

This question comprised of three parts – Parts (a), (b) and (c).

Part (a) of the question tested candidates understanding of the chief nutrients provided by the four food groups which are used in the multi-mix principle.

The candidate scored full marks in this section. The candidate correctly identified staples, food from animals, legumes and vegetables and specified the nutrients found in each.

Part (b) required the candidate to explain the difference in nutritive value in canned and frozen vegetables. The candidate clearly stated that frozen vegetables are higher in nutritive value than canned vegetables and provided the explanation that nutrients are lost during the processing of canned vegetables while in the frozen vegetables the nutrients are retained.

Part (c) tested candidates' understanding of the necessity of chronic disease sufferers to read labels on food products.

The candidate provided the following correct reasons in the response.

- the ingredients used such as the amount of sugar and salt for the diabetic or hypertensive person respectively
- the amount of calories present alerts the person so that they can make a healthy choice
- the additives used since some persons may be allergic to what has been used in preserving the product
- the amount of fat used will have implications for obese persons.

- a
- Staple → Carbohydrates
 - Food from animals → Protein
 - Legumes → Protein
 - Vegetables → Vitamins and minerals

b The difference in the nutritive value of canned mixed vegetables and frozen mixed vegetables is that the value is lower in canned vegetables because nutrients have been lost during processing and the nutrients are in the liquid inside the can which many individuals discard. The colour also is duller in canned vegetables. When the vegetables are frozen the nutrients are preserved and retained until time for use unlike canned vegetables that are most likely kept at room temperature.

c It is important that for a person living with chronic diseases to read food labels because they need to be aware of the ingredients that were used in making the product. For example if the person has diabetes, they need to look at the label and know the amount of Sugar and Carbohydrates present in the product. If the person has hypertension, they need to know the amount of sodium in the product. If the individual is obese they need to be aware of the amount of fats and calories present. It helps persons with chronic diseases in making healthy choices when they read food labels. Also some products might have preservatives certain chemicals such as preservatives and additives that can affect them, hence reading the labels is an important act. If the food is genetically modified, this too can have adverse effects on persons with chronic diseases it may worsen their condition. Reading the labels of food products is very important as it allows you

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Question Candidate Number
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to be aware of what you are consuming and if it is the
right choice for you if you have chronic diseases

