

CAPE Food and Nutrition

UNIT 2 PAPER 02

3. (a) (i) Define the term 'food security'. [3 marks]
- (ii) Explain EACH of the following terms as they relate to food security:
- Food availability
Food accessibility
Food utilization [6 marks]
- (b) Discuss FOUR measures that governments can take to improve household food security. [8 marks]
- (c) Write an original recipe for a snack that would appeal to children in the Caribbean. Your snack must be prepared using flour, cornmeal, nuts, eggs and dried fruits. [8 marks]

Total 25 marks

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Unit 2 Paper 02

Question 3

Comments

The response provided is an excellent response because it contains all of the elements of a model answer as outlined in the mark scheme.

Part (a) (i): The response given provided all of the key words which adequately defined the term 'food security'.

Part (a) (ii): The response given provided all of the key words and phrases required to adequately explain the terms.

Part (b): The candidate was able to provide a detailed discussion on the four measures to earn full marks.

Part (c): The candidate was awarded full marks for this question because this recipe was original and contained all of the components of a recipe as required in the mark scheme.

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Question 3 Candidate Number
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(ai) Section II

Food Security is the household's or country's food availability and accessibility that must be ~~not~~ achieved ~~at~~ all times to feed the population. Food security is not achieved if food availability, accessibility, consumption utilization and adequate food to feed the population are not achieved.

ii) Food Availability - this is having food present and available at all times in the country, locally produced also those that are imported.

Persons will eat what is available to them.

Food Accessibility - this is determined by the price of the food and an individual's or household's income; one purchases what they can afford. However, if these determinants do not meet with the individual then the food is not accessible.

Food Utilization - food utilization or consumption utilization describes the quantity and quality of adequate food needed to maintain healthy living of individuals. However this can be influenced by factors such as the activities done by individuals, ill persons or nursing mothers, invalids etc, Their consumption of food varies.

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- b) Four measures to improve household food security:
- Improve health & welfare programmes to maintain the health of those not being able to fully access food.
 - Request a wide variety of food when trading or importing food, as this gives way to a larger availability of food.
 - Work with the CAC to help maintain food prices as to help households acquire food, this can be done by not putting GCT on most food or some food.
 - Make sure that the foods that are available, their quantity and quality are used to optimize consumption ~~with~~ utilization, to maintain healthy living.

c) Nutri - Pancake

1 cup water	oil	
1 egg	1/2 cup cornmeal	1 tsp dried fruits
2 cup flour	1 tsp nuts	2 tsp sugar.

Sift flour and ~~cornmeal~~ and add in a mixing bowl.
Mix until both ingredients are well blended together, as well as the sugar.
Add ~~corn~~ nuts and dried fruits, mix to distribute throughout mixture.
~~While moderately~~ Add ~~eg~~ beaten egg to the dry mixture.
While moderately adding the ~~water~~ water, mix

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thoroughly, the mixture. ~~we~~ keep adding and mixing until a moderately thick batter has been made.

Add oil to skillet to lightly coat the pan, and then place over low heat.

When heated, use a large wooden ~~s~~-serving spoon to place batter in the middle of hot skillet.

When the bottom of the batter has slightly risen off the pan and a crust can be seen forming, flip the pancake with a spatula or egg lifer and to the same for that side.

Cook until both sides are brown.

Repeat until batter is finished, and add oil when needed.

Serving size: 3 pancakes