

Answer tutorial 1: Food and Textiles

1. Vitamins are micronutrients that the body requires in relatively small quantities.
 - (a) Give 2 examples of fat soluble vitamins and water soluble vitamins each. [2]
Fat soluble vitamins: Vitamin A-Vitamin D-Vitamin E- Vitamin K (any 2 of these vitamins)
Water soluble vitamins: Vitamin B- Vitamin C
 - (b) Name 2 animal sources of vitamin A. [1]
Egg- Liver-Meat
 - (c) Describe what happens when the body has an excess of vitamin A. [1]
Toxicity
 - (d) State 1 deficiency of the following vitamins:
 - (i) B
Poor appetite-Fatigue- Poor functioning of the nervous system- Beri Beri
 - (ii) C
Lowered resistance to infections- Poor wound healing- Scurvy- Anemia
 - (iii) D
Poor growth in children- weak bones and teeth- Rickets
(any 1 of these answers) [3]
 - (e) State 2 functions of the following vitamins:
 - (i) D
Helps to build strong bones and teeth- Helps in the absorption of mineral calcium in the body
 - (ii) E
Protect body cells- Prevents fat and vitamin from oxidation [4]
2. (a) Define 'Sustainable food production'. [3]
Sustainable food production is when food is produced, processed, distributed and disposed off in a way that contribute to the community's environmental, economical and ecological well-being.

- (b) Give 1 example of sustainable food production and consumption practices. [1]
Grown own crops- Use of local ingredients- reduce the use of artificial colorings, chemicals, additives in food production- Make use of recycled materials for packaging (any one of these answers)

3. (a) Define 'convenience food' [3]
A convenience food is a food that has been prepared partly or wholly by the manufacturer to facilitate the ease of cooking, preparation and consumption.

- (b) Name two types of convenience foods and give one example of each. [4]
Ready to cook food: Frozen pizza- Frozen mixed vegetables
Ready to use food: Grated cheese- Canned 'Rougaille'
Ready to eat food: Canned beans- Canned tuna

- (c) Give 2 advantages and 2 disadvantages of convenience foods. [4]
Advantages: Save time- Can be kept for emergencies- A wide variety available- Save energy- May have extra nutrients added
Disadvantages: Nutrients lost during processing- Low in dietary fibre- High in salt, sugar and fat content- Expensive
(Any 2 of these answers)

4. Define the following terms:

- (a) Weaving

Weft yarns are interlaced over and under the warp yarns alternately, creating a structure known as weaving.

- (b) Knitting

Knitted fabrics are manufactured (knitting process) by using a single continuous yarn to make loops which are interlocked together in horizontal rows, thus creating a knitted structure.

- (c) Felting

Felt fabrics are produced by adding moisture, pressure, and heat to a web of fibres causing them to interlock together. No yarns are used to make felt fabrics. Felts can be made from short, recycled waste fibres.

[6]

5. Complete the table below.

Fabric construction technique	Performance characteristics	End uses
Weaving (woven fabric)	Woven fabrics are strong- stable- easy to care	Curtains- bedcovers- tablecloths- dresses- jeans
Knitting (knitted fabric)	Knitted fabrics- stretchable- comfortable to wear- do not fay- provide warmth when worn- easily distort out of shape	T-shirt- dresses- tops- leggings- pullovers- cardigans-socks
Felting (felt fabric)	Felt fabrics- excellent insulator for both temperature and sound- felt can shrink- not elastic	Tablet cases- puppets- hats- boots

[12]

6. State whether the following are true or false.

(a) Maintaining positive connections during difficult times is important for strengthening family relationships. TRUE

(b) Family members should be aware of their roles and responsibilities and able to remain flexible. TRUE

(c) Eating meals together does not contribute to family cohesion. FALSE

(d) Managing family relationship is the responsibility of every family member. TRUE

(e) Family members should be honest with one another. TRUE

(f) Strong families are not able to cope with everyday challenges. FALSE

[6]