



BOTSWANA EXAMINATIONS COUNCIL  
Botswana General Certificate of Secondary Education

CANDIDATE  
NAME

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CENTRE  
NUMBER

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CANDIDATE  
NUMBER

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**FOOD STUDIES**

**1262/01**

**Paper 1**

**Examination from November 2025  
1 hour 30 minutes**

Additional Materials: Scientific Calculator

**INSTRUCTIONS**

- Write your Centre number, candidate number and name in the spaces provided at the top of this page.
- This is a written examination paper consisting of five questions.
- Attempt all the questions using the spaces provided in this question paper.
- Do not use staples, paper clips, highlighters, glue or correction fluid.
- Do not write on any bar codes.

**INFORMATION**

- The total mark for this paper is **70**.
- The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use	
1	
2	
3	
4	
5	
Total	

00

1 (a) (i) Define the following terms as used in Food Studies:

Nutrients

.....  
 .....

dietary guidelines.

.....  
 .....

[2]

(ii) Differentiate between:

micronutrient and macronutrients

.....  
 .....

fat soluble vitamins and water-soluble vitamins.

.....  
 .....

[2]

(iii) Complete the table with **one** function and **one** good food source for each named nutrient.

nutrient	function	good food source
vitamin A		
folic acid (vitamin B9)		
calcium		
iodine		

[4]

(b) (i) Name **two** symptoms of iron deficiency.

1 .....

2 .....

[2]

(ii) Suggest what dietary advice should be given to teenage girls to prevent iron deficiency?

.....

.....

.....

[2]

(c) Consumers are encouraged to use the “Eat well guide” in relation to the food pyramid.

Suggest **two** important recommendations from the “Eat well guide”.

1 .....

.....

2 .....

.....

[2]

**[Total: 14]**

00

2 (a) (i) State **two** characteristics of a traditional kitchen in Botswana.

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

(ii) Figure 2.1 is a picture showing different kitchen hazards.



Figure 2.1

Identify **two** kitchen hazards that you can see in the picture.  
Suggest why each hazard you have identified should be avoided.  
Write your answers in the table below.

	identified hazard	why the hazard should be avoided
hazard 1		
hazard 2		

[4]

00

(b) Figure 2.2 is a picture of a kitchen appliance.



**Figure 2.2**

(i) State **two** uses of the appliance shown in Figure 2.2.

1 .....

2 .....

[2]

(ii) Discuss the importance of practising good hygiene in the kitchen.

.....

.....

.....

.....

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.....

.....

[6]

[Total: 14]

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**3 (a) (i)** Chicken is a widely used food commodity in Botswana.

State **two** moist methods used to cook chicken.

1 .....

2 .....

[2]

**(a)(ii)** Your friend is making chicken curry with rice.

They use the following ingredients:

- 2 raw chicken breasts
- 1 onion
- 400g can of chopped tomatoes
- 2 teaspoons of curry powder
- 100 ml of canned coconut milk
- 1 tablespoon oil
- 100g dried brown rice.
- 

Suggest how the ingredients used to make the chicken curry and rice should be stored.

**Do not repeat your answers.**

ingredient	storage advice	explanation
raw chicken breasts		
dried rice		
leftover canned coconut milk		

[6]

- (b) (i) Shallow frying, deep frying and grilling are all dry methods of cooking.

Identify **one** food that could be cooked by **each** of these methods.

**Do not repeat your answers.**

dry method of cooking	food that can be cooked by this method
shallow frying	
deep frying	
grilling	

[3]

- (ii) Give **one** reason why food is coated before it is deep fried.

.....

.....

[1]

- (iii) Discuss how stir frying prevents the loss of vitamins when cooking vegetables.

.....

.....

.....

.....

[2]

**[Total: 14]**

00

**4 (a)(i)** Identify **one** type of catering service.

..... [1]

**(ii)** List **two** operational activities within a catering service establishment.

1 .....

2 .....

[2]

**(iii)** Define the following types of table settings:

formal.....

.....

informal.....

.....

[2]

**iv)** Discuss **one** factor to consider when planning meals for toddlers in a catering service.

.....

..... [1]

**(b) (i)** Food waste management is important.

Discuss **two** reasons why it is important for catering services to reduce food waste

1 .....

.....

2 .....

.....

[2]

**(ii)** Discuss how a catering service can reduce food waste.

.....

.....

.....

.....

.....

.....

[6]

**[Total: 14]**



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**5 (a)** Foods can be packaged in many ways.

(i) Identify **two** modern types of packaging materials.

1 .....

2 ..... [2]

(ii) Describe **one** factor to consider when selecting packaging material in food processing.

.....

..... [1]

**(b)** Suggest **two** reasons why food labelling is important to consumers.

1 .....

.....

2 ..... [2]

**(c)** State **one** method of preserving food.

..... [1]

**(d) (i)** Identify **two** permitted additives used in food processing.

1 .....

2 ..... [2]

**(d) (ii)** Discuss why food manufacturers use different additives in food production.

.....

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.....

[6]

**[Total: 14]**

