GCSE

4301/01

HOME ECONOMICS: FOOD AND NUTRITION

UNIT 1: Principles of Food and Nutrition

A.M. THURSDAY, 16 June 2016

1 hour 30 minutes plus your additional time allowance

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

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For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	2	
2.	3	
3.	5	
4.	6	
5.	11	
6.	11	
7.	10	
8.	7	
9.	13	
10.	12	
Total	80	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen or your usual method. Do not use pencil or gel pen. Do not use correction fluid.

Write your name, centre number and candidate number in the spaces provided on the front cover.

Answer ALL questions.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the continuation pages at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The maximum mark for this paper is 80.

The number of marks is given in brackets at the end of each question or part-question.

You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing.

Answer ALL questions.

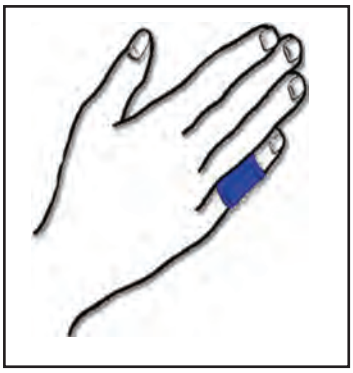
1. Study the following pictures.

TICK (✓) TWO boxes that show correct personal hygiene procedures. [2]

(i)

☐

(ii)



☐

(iii)

☐

2. TICK (✓) the box next to each statement to show if it is TRUE or FALSE. [3]

STATEMENT	TRUE	FALSE
(a) Milk is a good source of calcium		
(b) Salmonella is a type of bacteria which causes food poisoning		
(c) Vegans can eat fish		

3. A variety of electrical equipment is used in the kitchen.

(a) Complete the sentences below using words from the box. [3]

contact grill	electric whisk	electric steamer	blender

(i) A _____ is used to prepare baby food.

(ii) A _____ is used to prepare a meringue mixture.

(iii) A _____ is used to cook burgers.

(b) State the correct temperature range for storing food in each of the following. [2]

(i) A freezer _____

(ii) A fridge _____

4(a) Explain the difference between a FAT and an OIL.

[2]

4(b) Identify TWO types of fat or oil and suggest a different use for each one in food preparation.

[4]

(i) Fat/oil _____

Use _____

_____

_____

(ii) Fat/oil _____

Use _____

_____

_____

5. Potatoes are a popular food ingredient.

(a) State the MAIN nutrient provided by potatoes. [1]

_____

5(b) Identify TWO methods of cooking potatoes and give ONE advantage and ONE disadvantage for using each method.

(i) Method _____

_____

Advantage _____

_____

_____

_____

Disadvantage _____

_____

_____

_____

[3]

5(b) (ii) **Method** _____

_____

Advantage _____

_____

_____

_____

Disadvantage _____

_____

_____

_____

[3]

5(c) Discuss the nutritional benefits of including potatoes in the diet. [4]

6(a) State ONE function for EACH of the ingredients used in making a sponge cake. [4]

INGREDIENT	FUNCTION
(i) Sugar	
(ii) Margarine/ butter	
(iii) Flour	
(iv) Eggs	

(b) Identify ONE raising agent often added to help make cakes rise. [1]

_____

_____

6(c) Explain how to make a successful batch of small cakes using the creaming method. [6]

7. The sale of organic food has risen in recent years.

(a) Give reasons why people choose to buy organic food. [4]

7(b) Discuss the different ways that people can now shop for food. [6]

8. A healthy breakfast is an important part of a balanced diet.

(a) Give THREE reasons why breakfast is said to be the most important meal of the day. [3]

(i) _____

_____

_____

_____

_____

_____

(ii) _____

_____

_____

_____

_____

_____

8(a) (iii) _____

_____

_____

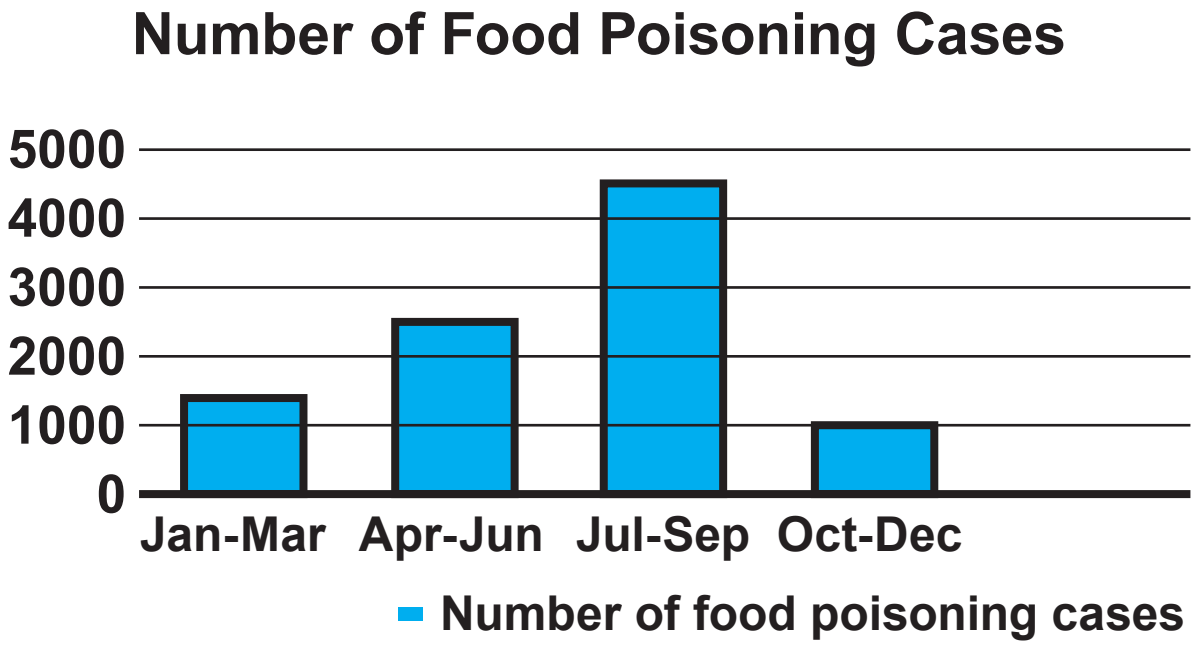
_____

_____

_____

8(b) Discuss the range of breakfast products now available to encourage more people to eat breakfast. [4]

9(a) Study the following chart and answer the questions below.



(i) Name the months that have the highest number of food poisoning cases. [1]

(ii) Give ONE reason for this increase. [1]

9(b) Identify TWO groups of people that are most at risk of food poisoning. [2]

(i) _____

_____

_____

_____

_____

_____

(ii) _____

_____

_____

_____

_____

_____

9(c) The following foods are to be served at a buffet.

Sausage rolls
Egg sandwiches
Chicken drumsticks

Discuss how to keep these foods safe to eat when preparing, cooking and serving the buffet. [9]

10. EITHER

(a) Experts predict that by the year 2020 one in three people in the UK will be obese.

(i) Explain the health concerns related to obesity. [6]

(ii) Discuss ways in which people can manage their food intake to reduce obesity. [6]

OR

(b) For many years people in the UK have enjoyed eating a range of foods from other countries.

(i) Explain why multicultural foods have become a popular food choice. [6]

(ii) Discuss the range of multicultural foods/ ingredients available in supermarkets and suggest ways in which they can be used in the preparation of meals. [6]

_____

_____

_____

END OF PAPER

Question number	Additional page, if required. Write the question numbers in the left-hand margin.

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