

Surname	Centre Number	Candidate Number
Other Names		0



**GCSE**

4301/01



S16-4301-01

**HOME ECONOMICS: FOOD AND NUTRITION**

**UNIT 1: Principles of Food and Nutrition**

A.M. THURSDAY, 16 June 2016

1 hour 30 minutes

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	
<b>Total</b>	<b>80</b>	

**INSTRUCTIONS TO CANDIDATES**

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

Write your name, centre number and candidate number in the spaces at the top of this page.

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.



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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	<input type="checkbox"/>	<input type="checkbox"/>
(b) Salmonella is a type of bacteria which causes food poisoning	<input type="checkbox"/>	<input type="checkbox"/>
(c) Vegans can eat fish	<input type="checkbox"/>	<input type="checkbox"/>



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
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- (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]

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(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]

.....

(b) Identify **two** methods of cooking potatoes and give **one** advantage and **one** disadvantage for using each method.

(i) Method .....

Advantage .....

.....

.....

Disadvantage .....

.....

.....

[3]

(ii) Method .....

Advantage .....

.....

.....

Disadvantage .....

.....

.....

[3]





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]

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

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

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

[4]

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(b) Discuss the different ways that people can now shop for food.

[6]

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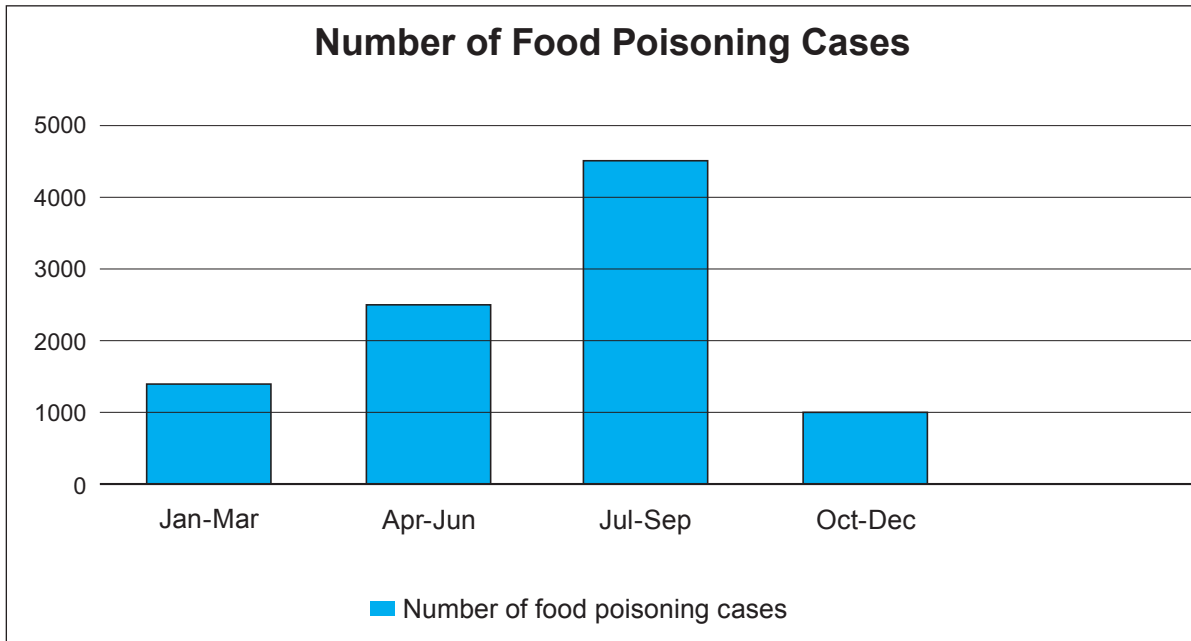
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9. (a) Study the following chart and answer the questions below.



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

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

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

(i) .....

.....

.....

(ii) .....

.....

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A large rectangular area containing 25 horizontal dotted lines for writing.





Examiner  
only

A large rectangular area with a solid top and bottom border and a dotted line for a baseline, intended for writing.



Area with horizontal dotted lines for writing.

**END OF PAPER**



Question number	<b>Additional page, if required.</b> <b>Write the question number(s) in the left-hand margin.</b>

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