

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4301/01

**HOME ECONOMICS: FOOD AND NUTRITION
UNIT 1: PRINCIPLES OF FOOD AND NUTRITION**

A.M. MONDAY, 14 May 2012

1½ hours

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.

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

INFORMATION FOR CANDIDATES

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.

For Examiner's use only	
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Answer **all** questions in the spaces provided.

1. Tick (✓) the box next to each statement to show if it is **True** or **False**. [3]

	True	False
(i) Lettuce should be stored at the top of a refrigerator.		
(ii) Hot foods should be placed in a refrigerator.		
(iii) Raw meat should be stored at the bottom of a refrigerator.		

2. (a) Identify **three** staple foods from the list below.

The first one has been completed for you. [2]

pasta	cheese	bread	potatoes	rice	carrots
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- (i) rice.....
 (ii)
 (iii)

- (b) Name **two different** types of rice and suggest a suitable dish using each type of rice. [4]

(i) Type of rice:

Name of dish:

(ii) Type of rice:

Name of dish:



3. (a) Name **two** nutrients found in cheese. [2]

(i)

(ii)

(b) State **two** points to consider when choosing a suitable cheese for: [4]

(i) a cheese and tomato pizza;

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(ii) a lemon cheesecake.

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4. (a) List **three** rules for making Short Crust Pastry. [3]

(i)

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(ii)

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(iii)

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(b) Suggest **four** ways of saving time when making pastry dishes in the home. [4]

(i)

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(ii)

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(iii)

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(iv)

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5. (a) Name the **three** methods of heat transfer used when cooking food. [3]

(i)

(ii)

(iii)

(b) Explain how heat is transferred when grilling a lamb chop. [4]

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(c) Explain the benefits of marinading foods prior to grilling. [4]

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6. (a) Name **two** functions of protein in the diet. [2]

(i)

(ii)

(b) Different protein foods 'complement' each other.

Explain why it can be beneficial to include a mixture of protein foods in the diet. [6]

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7. (a) Name **one** water soluble vitamin. [1]

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(b) Name **one** fat soluble vitamin. [1]

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(c) Explain how the loss of water soluble vitamins can be reduced when **preparing** and **cooking** fresh broccoli. [4]

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8. Bacteria is a micro-organism which causes food spoilage.

(a) Name **two** *other* micro-organisms that cause food spoilage. [2]

(i)

(ii)

(b) State **three** conditions needed for micro-organisms to grow. [3]

(i)

(ii)

(iii)



10. **Either,**

(a) (i) Discuss the different packaging materials and their suitability for purpose. [6]

(ii) Evaluate the importance of information given on food labelling. [6]

Or,

(b) Food choice has been increased by current developments such as ethical, organic, functional and GM foods.

(i) Discuss the range of foods available as a result of current developments. [6]

(ii) Assess the factors that could influence the inclusion of these foods in family meals. [6]

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