

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. THURSDAY, 5 June 2014

1 hour 30 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	4	
2.	3	
3.	5	
4.	9	
5.	8	
6.	12	
7.	15	
8.	12	
9.	12	
Total	80	

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 page 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 in the spaces provided.

1. (a) Tick (✓) the box to show **two** foods that are high in sugar. [2]



(b) Give **one** reason why sugar should be reduced in the diet. [1]

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(c) Suggest an alternative to sugar to sweeten foods. [1]

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2. Tick (✓) the box next to **each** statement to show if it is **True** or **False**.

[3]

	True	False
(i) Meat is a good source of fibre.		
(ii) We should eat more starchy carbohydrates and less fat and salt.		
(iii) Jam can be used for a glaze.		

3. (a) Complete the chart using the words from the box.

[3]

To fight infection Pasta Strong teeth and bones Liver

Micro-nutrient	Function	Rich Food Source
(i) Vitamin B1 (Thiamin)	To help the body use energy.
(ii) Vitamin C	Kiwi fruit
(iii) Iron	To help make red blood cells.

(b) State **two** functions of protein in the body.

[2]

- (i)
-
- (ii)
-

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4. Look at the recipe below.

Milkshake

150g strawberries
250g vanilla dairy ice cream
100ml whole milk
25g caster sugar

(a) Describe **two** changes that could be made to the recipe to lower the fat content. [2]

(i)

.....

(ii)

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(b) State **one** change to the recipe to make it suitable for a child who is lactose intolerant. [1]

(c) Discuss the value of milkshakes/smoothies in children's diets. [6]

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5. Different types of packaging are used in the food industry.



(a) Explain what is meant by the following: [4]

(i) MAP

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(ii) Vacuum Packaging

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Food labelling gives information about the product.

(b) Explain what is meant by the following: [4]

(i) RDA/RDI

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(ii) GI

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6. Bread is a staple food in the diet of many families.



(a) Name the **type of flour** used when making bread rolls. [1]

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(b) By law commercial white bread is **fortified**. Explain the meaning of this term. [2]

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(c) Explain the action of **yeast** in bread making. [3]

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7. (a) Give **three** reasons why food is cooked. [3]

(i)

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(ii)

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(iii)

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(b) Stir frying is a popular method of cooking.

(i) Give **two** rules to be followed to avoid accidents when stir frying. [2]

(I)

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(II)

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(ii) Describe the benefits of stir frying. [4]

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(iii) Discuss how food poisoning can be prevented when **preparing** and **cooking** a chicken stir fry. [6]

A series of horizontal dotted lines for writing the answer.



8. Siân's mum often shops for food during her lunch break.



(a) Describe how she can ensure her food shopping remains at a safe temperature and in good condition until home time. [6]

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(b) What advice would you give to ensure good value for money when food shopping for a family? [6]

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9. Either,

- (a) Effective choice of ingredients and equipment can make meal preparation quicker and easier.
 - (i) Evaluate the use of **two** items of food preparation equipment that could save time or energy when preparing meals at home. [6]
 - (ii) Discuss the types of **convenience foods** that can be used to save time when preparing meals. [6]

Or,

(b)

Food waste is a major issue.
‘The average UK family with children throws away £680 worth of food every year.’

Discuss the ways families could

- (i) avoid food waste in the home. [6]
- (ii) re-use or reheat left over food in the home. [6]

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

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