



GCSE

4301/01

HOME ECONOMICS: FOOD AND NUTRITION

UNIT 1: Principles of Food and Nutrition

P.M. WEDNESDAY, 10 June 2015

1 hour 30 minutes plus your additional time allowance

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

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

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

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

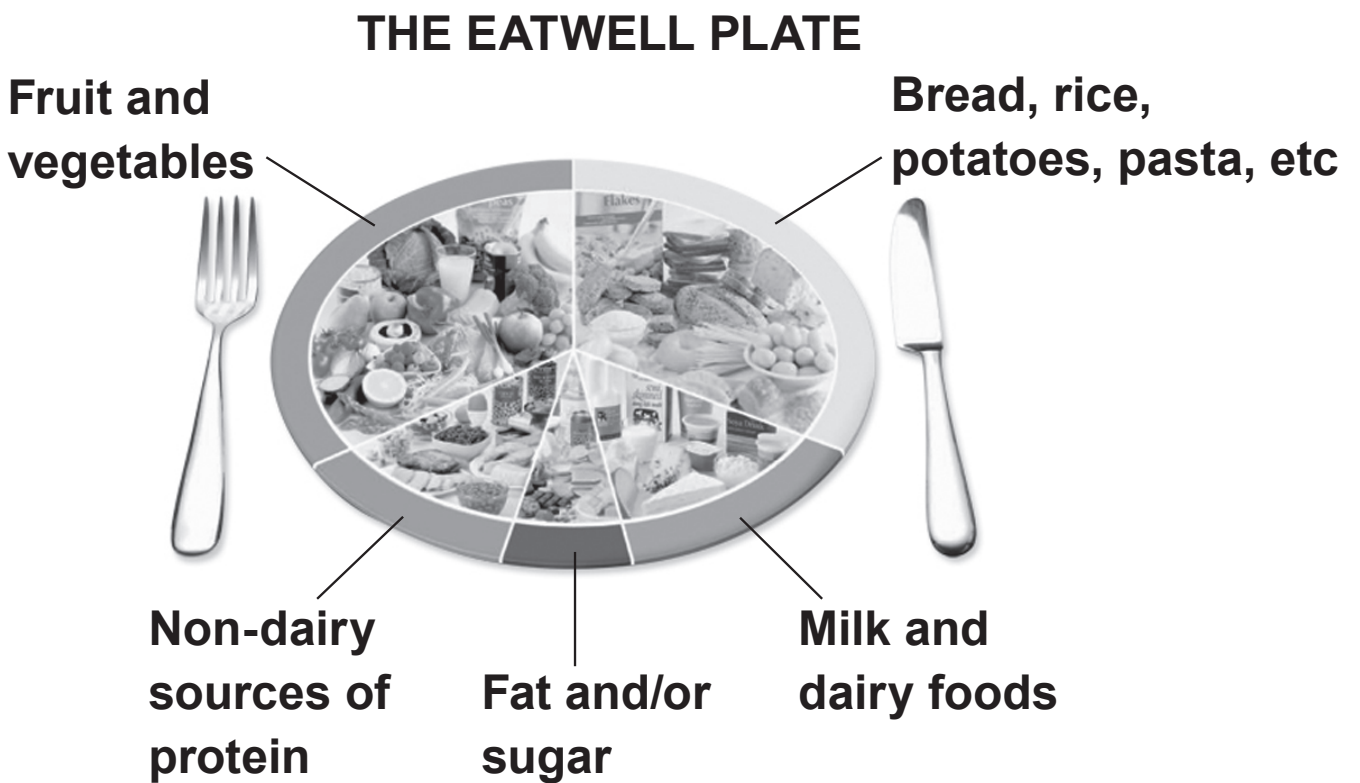
The maximum mark for this paper is 80.

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 in the spaces provided.

1(a) Identify TWO food groups from the eatwell plate that should be eaten in the largest amount. [2]



(i) _____

(ii) _____

1(b) Match the correct nutrient to the food item. [3]

If you think the answer to (i) is **A** write **A** in the box.

An example has been completed for you.

milk	A
(i) oranges	
(ii) wholemeal bread	
(iii) margarine	

A	calcium
B	carbohydrate
C	fat
D	vitamin C

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

STATEMENT	TRUE	FALSE
(i) Pulses, beans and lentils are a good source of dietary fibre		
(ii) Fruit and vegetable intake must come from fresh produce only		
(iii) Adults should consume no more than 6g of salt a day		

2. Studies show that many kitchens contain the most germs in the home.

For each of the following, list TWO rules to help prevent the spread of germs.

(a) Personal hygiene [2]

(i) _____

(ii) _____

2(b) Kitchen hygiene [2]

(i) _____

(ii) _____

(c) Storage of foods [2]

(i) _____

(ii) _____

3(a) Name TWO nutrients that are important during pregnancy.

Give reasons for your answers.

(i) Nutrient _____ [2]

Reason _____

(ii) Nutrient _____ [2]

Reason _____

3(b) Name TWO foods that should be avoided during pregnancy. [2]

(i) _____

(ii) _____

4(a) Sauces accompany many dishes.

Identify THREE reasons why a sauce may be used. [3]

(i) _____

(ii) _____


(iii) _____

(b) Give TWO qualities of a successful sauce. [2]

(i) _____

(ii) _____

5(a) Identify the following labels and explain what they mean.

<p>(i)</p> 	<p>Name</p> <hr/> <p>Meaning</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>[2]</p>
<p>(ii)</p> 	<p>Name</p> <hr/> <p>Meaning</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p>[2]</p>

5(b) State THREE items of information that MUST be included on a food label. [3]

(i) _____

(ii) _____

(iii) _____

9. EITHER,

(a) Supermarkets sell a wide range of dairy foods.

(i) Discuss the reasons why such a wide range of dairy foods is now available. [6]

(ii) Assess the nutritional value of dairy foods in the diet. [6]

OR,

(b) Consumers are influenced by many factors when shopping.

Discuss how consumers, when buying food, may be influenced by:

(i) Advertising [6]

(ii) Lifestyle [6]
