

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

**Suitable for Modified  
Language Candidates**

**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	
Number	Mark
1.	
2.	
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10.	
<b>Total</b>	



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. 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 think about 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) When cooking food name the **three** methods of heat transfer used. [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 before grilling. [4]

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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) .....















