



4301/01

HOME ECONOMICS: FOOD AND NUTRITION

UNIT 1: Principles of Food and Nutrition

A.M. THURSDAY, 5 June 2014

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.	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, 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 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.

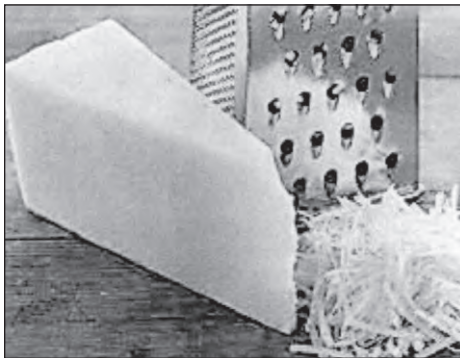
1(a) TICK (✓) the box to show TWO foods that are high in sugar. [2]

(i)



decorated cup cakes

(ii)



block of cheese

(iii)



breakfast cereals with milk

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

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

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 listed below.

[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.	_____

3(b) State TWO functions of protein in the body. [2]

(i) _____

(ii) _____

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) _____

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



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

(i) MAP

(ii) Vacuum Packaging

Food labelling gives information about the product.

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

(i) RDA/RDI

(ii) GI

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



(a) Name the **TYPE OF FLOUR** used when making bread rolls. [1]

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

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

(i) _____

(ii) _____

(iii) _____

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

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

(I) _____

(II) _____

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]

