

#### 4301/01

### HOME ECONOMICS: FOOD AND NUTRITION

#### UNIT 1: PRINCIPLES OF FOOD AND NUTRITION

#### A.M. MONDAY, 14 May 2012

#### 1<sup>1</sup>/<sub>2</sub> hours plus your additional time allowance

Surname		
Other Names		
Centre Number		
Candidate Number 0		

FOR EXAMINER'S USE ONLY		
NUMBER	MARK	
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL		

#### **INSTRUCTIONS FOR CANDIDATES**

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

Write your name, centre number and candidate number in the spaces on the front cover.

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.

4

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]

ра	asta	cheese	bread
рс	otatoes	rice	carrots
(i) <u>ri</u>	се		
(ii) _			
(iii) _			
		FERENT types using each type	of rice and suggest oe of rice. [4]
(i)	Type of	rice:	
	Name of	dish:	
(ii)	Type of	rice:	
	Name of	dish:	

**(b)** 

6

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



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

(i) a cheese and tomato pizza;

(ii) a lemon cheesecake.

## 4.(a) List THREE rules for making Short Crust Pastry.[3]

(i)	 		 
(ii)	 	 	 
ii)			

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

(i)			
(ii)			

4.(b)			
	(iii)		
-			
	(iv)	 	 

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

(i) \_\_\_\_\_ (ii) (iii)

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



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



# 6.(a) Name TWO functions of protein in the diet. [2]

(i) \_\_\_\_\_\_(ii) 6.(b) Different protein foods 'complement' each other.

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



15

### 7.(a) Name ONE water soluble vitamin. [1]

(b) Name ONE fat soluble vitamin. [1]

7.(c) Explain how the loss of water soluble vitamins can be reduced when PREPARING and COOKING fresh broccoli. [4]

- 8. Bacteria is a micro-organism which causes food spoilage.
- (a) Name TWO OTHER micro-organisms that cause food spoilage. [2]

(11)	
	HREE conditions needed for micro- sms to grow. [3]
(i)	

8.(c) Kris is preparing the following family meal:-

Thai Chicken Curry with rice

**Chocolate Mousse** 

Give advice to Kris on how the high risk foods should be PREPARED and COOKED to avoid food poisoning. [8]

20	

9. You have been asked to write a leaflet giving advice on how to promote and maintain a healthy lifestyle. Discuss the information you would include in the leaflet. [8]



22

- 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]

24

25

26

27

28

29