GCSE

4301/01

HOME ECONOMICS: FOOD AND NUTRITION

UNIT 1: Principles of Food and Nutrition

A.M. THURSDAY, 16 May 2013

1½ hours plus your additional time allowance

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

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VP*(S13-4031-01) MLP

For Examiner's use only	
Question	Mark Awarded
1.	
2.	
3.	
4.	
5.	
6.	
7.	
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10.	
Total	

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.

If you run out of space, use the continuation pages at the back of the booklet, taking care to number the question(s) correctly.

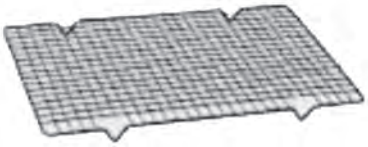
INFORMATION FOR CANDIDATES

The 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 NAME and suggest a USE for EACH piece of equipment shown below. [4]

EQUIPMENT	NAME	USE
(i)		
(ii) 		

2 **TICK (✓) the box next to EACH statement to show if it is TRUE or FALSE. [3]**

	TRUE	FALSE
(i) Cod is a type of oily fish.		
(ii) Mayonnaise is an emulsion.		
(iii) Carrots contain vitamin A.		

3 **The safe preparation, storage, and cooking of food is essential in any kitchen.**

(a) **Name TWO methods of HOME PRESERVATION. [2]**

(i) _____

_____

(ii) _____

_____

3(b) Complete the following sentences using the correct temperatures below. [4]

5 °C 63 °C 72 °C 18 °C

(i) Foods should be stored in the refrigerator below _____ .

(ii) The core temperature of cooked food should reach _____ .

(iii) Cooked foods should be kept out of the danger zone which is between _____ and _____ .

4 **Modern appliances are found in most kitchens.**

Microwave

Food Processor

(a) **Give TWO reasons for using a microwave oven when cooking vegetables. [2]**

(i) _____

_____

_____

_____

(ii) _____

_____

_____

_____

4(b) Explain how using a food processor may help a working parent when preparing family meals. [3]

5 **It is important to reduce salt in the diet.**

(a) **State ONE reason for reducing salt in the diet.** **[1]**

_____

_____

_____

_____

(b) **Suggest THREE ways of reducing salt in the diet.** **[3]**

(i) _____

_____

_____

_____

(ii) _____

_____

_____

_____

5(b) (iii) _____

_____

_____

_____

(c) Explain what is meant by 'HIDDEN SALT' in food.

[2]

_____

_____

_____

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_____

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_____

_____

PASTRY CASE	FILLING
200 g plain flour pinch of salt 50 g butter 50 g lard	150 g cheddar cheese 1 onion fried 100 g streaky bacon, chopped and fried 2 eggs 100 ml whole milk 100 ml double cream

6 **Study the recipe opposite for a Savoury Flan.**

(a) **Suggest THREE ways in which the recipe could be adapted to reduce the FAT content. [3]**

(i) _____

_____

_____

_____

(ii) _____

_____

_____

_____

(ii) _____

_____

_____

_____

6(b) State why this recipe is unsuitable for a COELIAC. [1]

(c) Explain the FUNCTION OF EGGS in the filling. [3]

6(d) Explain why the pastry case is 'BAKED-BLIND' to give a successful result. [3]

7 Bacteria in food can cause food poisoning.

(a) Name two 'HIGH RISK' foods. [2]

(i) _____

_____

(ii) _____

_____

(b) Explain the importance of using COLOUR CODED EQUIPMENT when handling and preparing food. [3]

_____

_____

_____

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_____

7(c) Describe the role of the ENVIRONMENTAL HEALTH DEPARTMENT in the monitoring of food hygiene standards. [4]

8 UK TOPS READY MEALS CONSUMPTION

ACCORDING TO A RECENT REPORT Consumers in the UK buy more ready-meals than any other major European country.

(a) Give THREE reasons why ready meals are popular in the UK. [3]

(i) _____

_____

_____

_____

(ii) _____

_____

_____

_____

(iii) _____

_____

_____

_____

8(b) Discuss the RANGE of convenience foods available for students. [8]

9 **Jessie has recently become a LACTO-OVO VEGETARIAN.**

(a) **State THREE reasons why a person may be a vegetarian. [3]**

(i) _____

_____

_____

_____

(ii) _____

_____

_____

_____

(iii) _____

_____

_____

_____

9(b) Explain the difference between a LACTO-OVO VEGETARIAN and a VEGAN. [3]

9(c) Discuss how Jessie's NUTRITIONAL needs can be met when following a lacto-ovo vegetarian diet. [8]

10 EITHER,

(a) Obesity is a major health concern in society today.

(i) Discuss the health risks associated with obesity. [6]

(ii) Explain the importance of establishing healthy eating patterns in the prevention of obesity. [6]

OR,

(b) Food packaging is changing in order to reduce the effects on the environment.

(i) Discuss why food packaging is required by the food industry. [6]

(ii) Evaluate how food packaging has been developed in order to reduce the impact on the environment. [6]

END OF PAPER

Question number	Additional page, if required. Write the question numbers in the left-hand margin.

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