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 $\qquad$

Other Names $\qquad$

Centre Number

Candidate Number 0

| For Examiner's use only |  |  |
| :---: | :---: | :---: |
| Question | Maximum <br> Mark | Mark <br> 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]

## THE EATWELL PLATE


(i)
(ii)

## 5

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

If you think the answer to (i) is $\mathbf{A}$ write $\mathbf{A}$ 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 ( $\sqrt{ }$ ) 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 <br> good source of dietary fibre |  |  |
| (ii)Fruit and vegetable intake must <br> come from fresh produce only |  |  |
| (iii)Adults should consume no more <br> 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)

## 8

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
$\qquad$
$\qquad$
$\qquad$
(ii) Nutrient

## 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.
(i) $\qquad$
(ii) $\qquad$
(iii) $\qquad$
(b) Give TWO qualities of a successful sauce. [2]
(i) $\qquad$
(ii)

4(c) Explain how to make a white sauce using the Roux Method. [4]
$13$

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


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

(i)
(ii)
(iii)

5(c) Discuss the importance of food labelling to the consumer. [6]
$17$

6(a) Explain the importance of including fruit and vegetables in the diet. [4]

6(b) Describe ways in which teenagers can be encouraged to include more fruit and vegetables in their daily diet. [6]
$20$
7. Preservation in the home is becoming more popular.

Discuss how a family can preserve foods in the home to save money and minimise waste.
$22$

## 23

8. Recent trends suggest that the consumption of 'healthy snacks' is increasing.

Identify the range of healthy snacks available and discuss how they contribute to dietary needs. [8]
$24$
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]
$26$
$27$
$28$
$29$
$30$

31

END OF PAPER

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


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| :---: | :---: |
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