Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4301/01



HOME ECONOMICS: FOOD AND NUTRITION UNIT 1: Principles of Food and Nutrition

P.M. WEDNESDAY, 10 June 2015

1 hour 30 minutes

For Examiner's use only				
Question	Maximum Mark	Mark 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 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 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.

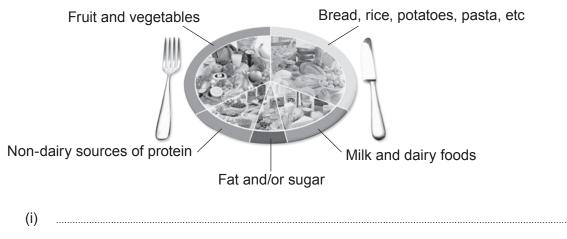
You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing.



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.

The eatwell plate



(ii)	

(b) Match the correct nutrient to the food item.

[3]

[3]

If you think the answer to (i) is A write A in the box. *An example has been completed for you.*

	milk	А
(i)	oranges	
(ii)	wholemeal bread	
(iii)	margarine	

А	calcium
В	carbohydrate
С	fat
D	vitamin C

(c) Tick (/) the box next to each statement to show whether it is true or false.

	STATEMENT	True	False
(i)	Pulses, beans and lentils are a good source of dietary fibre		
(ii)	Fruit and vegetable intake must come from fresh produce only		
(iii)	Adults should consume no more than 6g of salt a day		



2.	Studi	ies show that many kitchens contain the most germs in the home.	
	For e	each of the following, list two rules to help prevent the spread of germs.	
	(a)	Personal hygiene	[2]
		(i)	
		(ii)	
	(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	
		(ii) Nutrient	[2]
		Reason	
	(b)	Name two foods that should be avoided during pregnancy	/. [2]
		(i)	
		(ii)	

(a)	Sauces accompany many dishes.	
	Identify three reasons why a sauce may be used.	[3]
	(i)	
	(ii)	
	(iii)	
(b)	Give two qualities of a successful sauce.	[2]
	(i)	
	(ii)	
(c)	Explain how to make a white sauce using the Roux Method.	[4]
•••••		
•••••		
•••••		
•••••		



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(i)	Name	
STANDA	Meaning	
(ii)	Name	
British Cion Quality	Meaning	
		[2]
(b) State three item	ns of information that must be included on a food label.	
(iii)		



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



(a)	Explain the importance of including fruit and vegetables in the diet.	[4]
•••••		
•••••		
•••••		
•••••		
(b)	Describe ways in which teenagers can be encouraged to include more fruit and in their daily diet.	vegetables [6]
		[0]
• • • • • • • • • • • • • • • • • • • •		
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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. [8]



dentify eeds.	the	rang	e of	healt	hy sr	acks	avail	able	and	discus	ss ho	w the	еу со	ntribu	te to	dietary [8]	/
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Either,			
<i>(a)</i> S	upe	ermarkets 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) C	ons	sumers are influenced by many factors when shopping.	
D	iscı	uss how consumers, when buying food, may be influenced by:	
((i)	Advertising	[6]
(ii)	Lifestyle	[6]
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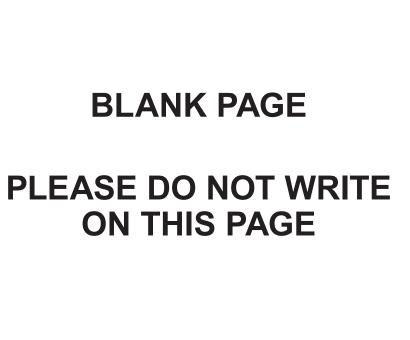


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