



GCSE

4301/01

**HOME ECONOMICS: FOOD
AND NUTRITION**

**UNIT 1: Principles of Food
and Nutrition**

A.M. THURSDAY, 16 June 2016

**1 hour 30 minutes plus your
additional time allowance**

2

Surname

Other Names

Centre Number

Candidate Number

0

3

For Examiner's use only

Question	Maximum Mark	Mark Awarded
1.	2	
2.	3	
3.	5	
4.	6	
5.	11	
6.	11	
7.	10	
8.	7	
9.	13	
10.	12	
Total	80	

4

INSTRUCTIONS
TO CANDIDATES

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

5

**Write your name,
centre number
and candidate
number in the
spaces provided
on page 2.**

**Answer ALL
questions.**

6

**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.

8

INFORMATION

FOR

CANDIDATES

**The maximum
mark for this
paper is 80.**

9

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.

11

**Answer ALL
questions.**

**1. Study the
following
pictures.**

12

**1. TICK (✓) TWO
boxes that
show correct
personal
hygiene
procedures.**

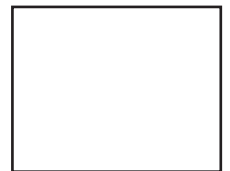
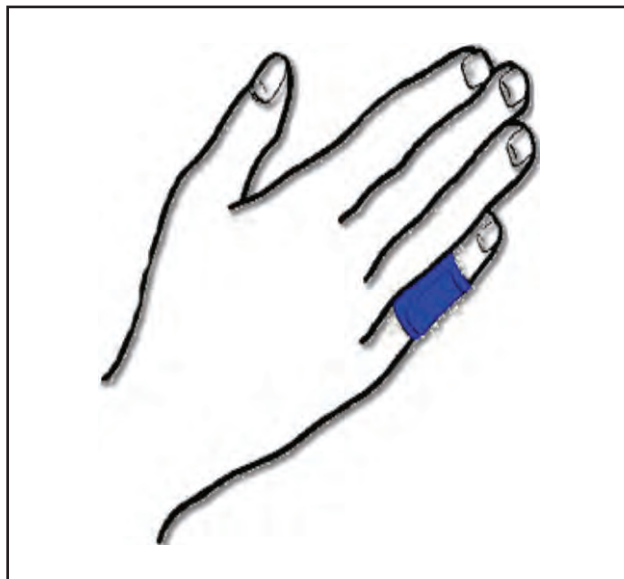
[2]

13

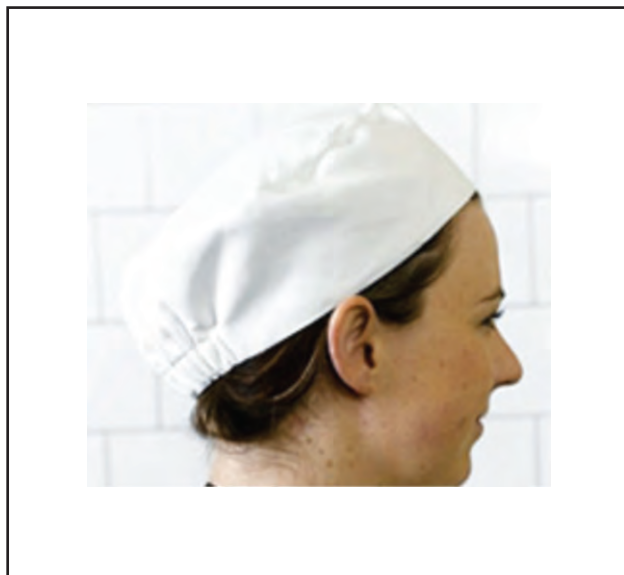
1(i)



(ii)



(iii)



14

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

15

STATEMENT

**(a) Milk is a
good source
of calcium**

TRUE

FALSE

16

STATEMENT

**(b) Salmonella
is a type
of bacteria
which
causes food
poisoning**

TRUE

FALSE

17

STATEMENT

**(c) Vegans can
eat fish**

TRUE

FALSE

18

3. A variety of electrical equipment is used in the kitchen.

19

**3(a) Complete
the
sentences
that follow
using words
from the box
opposite. [3]**

20

contact grill

electric whisk

electric steamer

blender

21

3(a) (i)

**A _____
is used to
prepare baby
food.**

22

3(a) (ii)

**A _____
is used to prepare
a meringue
mixture.**

23

3(a) (iii)

A _____

**is used to cook
burgers.**

24

3(b) State the correct temperature range for storing food in each of the following.

[2]

25

3(b)

(i) A freezer

(ii) A fridge

26

4(a) Explain the difference between a FAT and an OIL. [2]

27

28

**4(b) Identify
TWO types
of fat or oil
and suggest
a different
use for each
one in food
preparation.**

[4]

4(b)

(i) Fat/oil

Use

30

4(b)

(ii) Fat/oil

Use

31

**5. Potatoes
are a
popular food
ingredient.**

32

**5(a) State the
MAIN
nutrient
provided by
potatoes. [1]**

**5(b) Identify
TWO
methods
of cooking
potatoes
and give
ONE
advantage
and ONE**

34

**disadvantage
for using each
method.**

35

5(b)(i) Method

Advantage

36

Disadvantage

[3]

37

5(b)(ii) Method

Advantage

38

Disadvantage

[3]

5(c) Discuss the nutritional benefits of including potatoes in the diet. [4]

40

41

42

43

44

45

**6(a) State ONE
function for
EACH of the
ingredients
used in
making a
sponge
cake. [4]**

INGREDIENT

(i) Sugar

FUNCTION

INGREDIENT

**(ii) Margarine/
butter**

FUNCTION

INGREDIENT

(iii) Flour

FUNCTION

--

INGREDIENT

(iv) Eggs

FUNCTION

50

**6(b) Identify
ONE raising
agent often
added to
help make
cakes rise.**

[1]

51

6(c) Explain how to make a successful batch of small cakes using the creaming method. [6]

53

54

55

56

57

7. The sale of organic food has risen in recent years.

58

**7(a) Give
reasons
why people
choose to
buy organic
food. [4]**

59

60

61

62

7(b) Discuss the different ways that people can now shop for food. [6]

64

65

66

67

68

**8. A healthy
breakfast is
an important
part of a
balanced diet.**

69

8(a) Give THREE reasons why breakfast is said to be the most important meal of the day. [3]

70

8(a)

(i)

8(a)

(ii)

72

8(a)

(iii)

73

8(b)

Discuss the range of breakfast products now available to encourage more people to eat breakfast. [4]

74

75

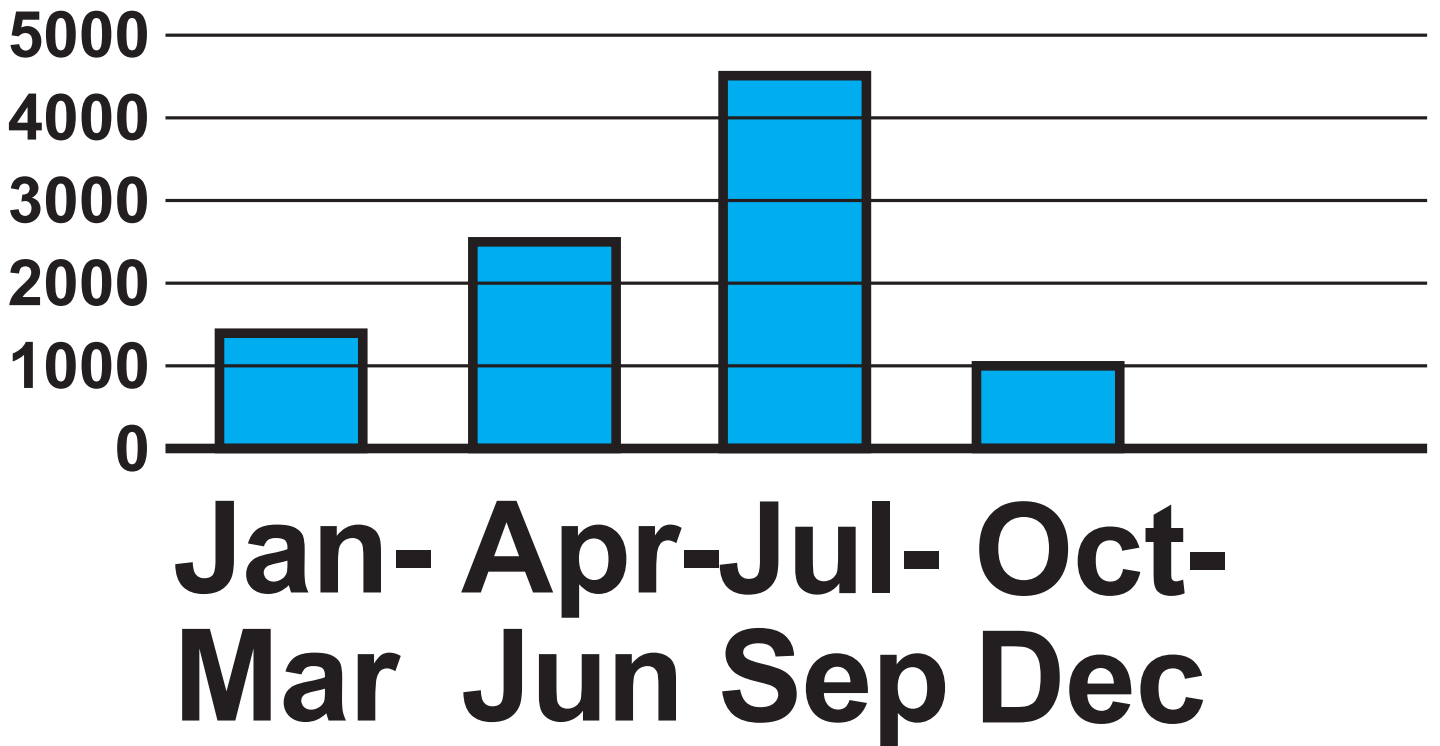
76

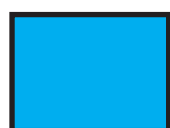
78

9(a) Study the following chart and answer the questions that follow.

79

Number of Food Poisoning Cases



 Number of food poisoning cases

80

9(a)

(i) Name the months that have the highest number of food poisoning cases. [1]

81

9(a)

**(ii) Give ONE
reason for
this increase.**

[1]

83

**9(b) Identify
TWO groups
of people
that are
most at
risk of food
poisoning.**

[2]

9(b)

(i)

9(b)

(ii)

9(c) The following foods are to be served at a buffet.

- Sausage rolls**
- Egg sandwiches**
- Chicken drumsticks**

**9(c) Discuss
how to
keep these
foods safe
to eat when
preparing,
cooking and
serving the
buffet. [9]**

89

90

92

10. EITHER

(a) Experts predict that by the year 2020 one in three people in the UK will be obese.

10(a)

**(i) Explain
the health
concerns
related to
obesity. [6]**

10(a)

(ii) Discuss ways in which people can manage their food intake to reduce obesity. [6]

96

OR

**10(b) For many
years people
in the UK
have enjoyed
eating
a range
of foods
from other
countries.**

10(b)

- (i) Explain why multicultural foods have become a popular food choice. [6]**

10(b)

(ii) Discuss the range of multicultural foods/ ingredients available in supermarkets and suggest

99

**ways in
which they
can be
used in the
preparation
of meals.**

[6]

102

104

105

106

108

109

END OF PAPER

110

**Question
number**

**Additional page, if
required.**

**Write the question
numbers in the
box provided.**

111

112

**Question
number**

**Additional page, if
required.**

**Write the question
numbers in the
box provided.**

113

**Question
number**

**Additional page, if
required.**

**Write the question
numbers in the
box provided.**

115

116

**Question
number**

**Additional page, if
required.**

**Write the question
numbers in the
box provided.**

117
