

GCSE 2004
June Series



Mark Scheme

Home Economics: Food and Nutrition

3562 Foundation Tier

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Dr Michael Cresswell Director General

GCSE Home Economics: Food and Nutrition

Foundation Tier

Ques.	Responses to be credited	Marks
1 a)	Fried battered cod French Fries 677 kcal or 677.2 kcal	3
b)	Name of product List of ingredients Weight Instructions for storage, cooking or use How long food will keep Name and address of manufacturer/packer Country of origin Nutritional information Allergy Information – nuts, gluten etc. Any 5	5
c)	Fats Carbohydrates Protein	3
d)	Age, Gender (sex), Occupation and physical activity, State of health e.g. pregnant or breastfeeding or illness Weight reducing diet Any 3	3
		Total: 14
2 a)	In order of proportion: fruit and vegetables 30% milk and dairy foods 15% meat, fish and alternatives 15% foods containing fats, foods containing sugar 10%	4
b)	Semi- skimmed milk / skimmed milk. Lower fat yoghurts/0.1% fromage frais Lower fat cheeses such as Edam, cottage or reduced fat cheddar Any 3	3
c)	Calcium Protein Vitamin A Vitamin D Any 3	3

d)	Healthier way to get energy Filling foods Cheap Contain fibre Keeps blood sugar constant Slow releasing carbohydrate More nutrients e.g. vitamin B group Less likely to snack on fatty foods Any 4 valid responses	4 Total: 14
3 a)	One where meat is not eaten Includes no food for which an animal has to be slaughtered or has suffered in any way Simple response one mark only	2
b)	Religious belief Objections to slaughter of animals/cruelty Dietary reasons Belief that a vegetarian diet is more healthy Economically wasteful Don't like the taste of meat Any 3 valid response	3
c)	Anaemia or a description of symptoms	1
d)	Pulses, fortified cereals, green vegetables, cocoa/dark chocolate, egg yolk, bread, dried fruit Any 3	3
		Total: 9
4 a)	Higher than average blood pressure/hypertension Increased risk of heart disease or stroke	2
b)	Processed foods Salt added during cooking and at the table Naturally occurring salt in foods Ham/bacon Salami Crisps/salty snacks Any 3 valid responses	3
c)	Check labels for sodium and flavour enhancers such as monosodium glutamate Cut down on salty snacks - crisps & nuts and salty foods e.g. bacon & cheese Choose canned vegetables with no added salt Choose lower salt stock cubes Cut down on sauces such as soy sauce	

	<p>Add less salt in cooking Do not put salt on at the table Any 3 valid responses</p>	<p>3</p> <p>Total: 8</p>
5 a)	<p><u>Food Processor</u> Chopping Grating Slicing Rubbing in Blending soup Any 3 valid responses</p>	3
b)	<p><u>Microwave</u> Defrosting Heating up Cooking Any 3 valid responses</p>	3
c)	<p>You can return it You are entitled to a refund Or a replacement Sale of Goods Act Goods must be fit for their purpose Any 3 valid responses</p> <p>Environmental Health Department</p>	<p>3</p> <p>1</p> <p>Total: 10</p>
6	<p>Cut down on fatty foods Cut down on saturated fats Cut down salt/eat fewer snacks Eat less sugar rich foods and drinks Eat more fruit and vegetables and wholemeal cereals, pulses Eat red meat/green vegetables for iron (not liver) Include fish (particularly oily fish) Add yoghurt and cheese to supplement milk. Any 5 relevant suggestions Avoid repetition</p>	Total: 5
7 a)	<p>Bacteria Mould Yeast</p>	3
b)	<p>Cooked meats e.g. ham, cooked chicken Milk, cream, custard, milky desserts</p>	

	<p>Uncooked or lightly cooked eggs, accept eggs</p> <p>Shellfish</p> <p>Cooked rice</p> <p>Any 3</p>	3
c)	<p>Temperature; moisture; food; time; pH; oxygen</p> <p>Any 3</p>	3
d)	<p>Abdominal /stomach pain</p> <p>Diarrhoea</p> <p>Vomiting</p> <p>Nausea</p> <p>Fever</p> <p>Headache</p> <p>Any 3 responses</p>	3
e)	<p>Avoid wooden boards as they are absorbent and not easily cleaned or disinfected</p> <p>Choose polypropylene/plastic</p> <p>Use different boards for different uses/colour coded</p> <p>Use anti-bacterial solutions/clean thoroughly between use</p> <p>Any 3 valid points</p>	3
f)	<p>-18</p> <p>5 (accept 4)</p> <p>37 (accept anything in danger zone (5-63))</p>	3
g)	<p>Cool quickly but not in refrigerator</p> <p>Cut into smaller amounts/ remove from carcass</p> <p>Cover and put into the refrigerator within 1-2 hours</p> <p>Could be covered appropriately and then frozen</p>	4
h)	<p>Always wash hands thoroughly after touching raw foods</p> <p>Keep raw meat at the bottom of the ‘fridge/ in sealed containers and ready to eat foods on a higher shelf</p> <p>Use different chopping boards/work surfaces for raw meat and cooked meat</p> <p>Clean knives and other utensils thoroughly after use with raw food</p> <p>Any 2 valid responses</p>	2
		Total: 24
8 a)	<p>Good source of many vitamins and minerals e.g. vitamin C, vitamin A and folic acid</p> <p>Low in fat</p> <p>High in fibre</p> <p>Helps prevent C.H.D. and some cancers</p> <p>Gives variety in the diet</p>	4

b)	<p><u>Preparation</u></p> <p>Peel very thinly</p> <p>Prepare at the last moment</p> <p>Avoid leaving cut fruit and vegetables open to air, light or heat</p> <p>Cover and chill them</p> <p>Do not soak</p> <p>Any 3 valid responses</p>	3
c)	<p><u>Cooking</u></p> <p>Don't overcook</p> <p>Start with boiling water</p> <p>Cover tightly</p> <p>Use a steamer or microwave</p> <p>Use as little water as possible</p> <p>Use water for sauces/gravies</p> <p>Don't keep food hot for too long</p> <p>Any 3 valid responses</p>	3
d)	<p>Frozen</p> <p>Tinned</p> <p>Dried</p> <p>Juices</p> <p>Ready prepared and chilled</p> <p>Any 3</p>	3
Total:		13
9	<p>Responses to be credited</p> <p><u>Supermarkets</u></p> <p><u>Advantages</u></p> <ul style="list-style-type: none"> Broad range of a large number of goods Everything under one roof Cafeteria Usually good parking facilities Some good offers May be family friendly/mother and children parking Wide aisles Battery operated chairs/disabled parking <p><u>Disadvantages</u></p> <ul style="list-style-type: none"> May be tempted to spend more money May be queues at cash desk May need transport 	

	<p><u>Specialist shops</u></p> <p><u>Advantages</u></p> <ul style="list-style-type: none"> Wide range of a few types of goods Knowledgeable staff for advice and assistance Good customer care <p><u>Disadvantages</u></p> <ul style="list-style-type: none"> May be more expensive Fewer shops available, may have to travel to get there <p><u>Market</u></p> <p><u>Advantages</u></p> <ul style="list-style-type: none"> Good choice and plentiful Often very cheap <p><u>Disadvantages</u></p> <ul style="list-style-type: none"> Cannot handle goods No store guarantees Quality may be doubtful Range of goods varies with availability Usually need to pay with cash <p><u>Internet</u></p> <p><u>Advantages</u></p> <ul style="list-style-type: none"> Don't have to leave home Saves time, petrol etc. Goods are delivered to your door <p><u>Disadvantages</u></p> <ul style="list-style-type: none"> Need to have a credit or debit card Need to have a computer Cannot inspect goods before purchase More difficult to return unsuitable goods Some customers worry about security of using credit card <p>Criteria for award of marks</p> <p>0-6 marks</p> <ul style="list-style-type: none"> Answers may be muddled and information superficial A limited number of points made Answer may concentrate on one area e.g. advantages Little use of specialist terminology and only basic communication skills <p>7-14 marks</p> <ul style="list-style-type: none"> Answers will be fairly well organised but may lack precision A range of points will be given which show some awareness of both advantages and disadvantages Some use of specialist terminology and satisfactory communication skills 	
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	<p>15-20 marks</p> <p>Answers will be well-organised and clearly presented A good range of points will be given which show a good understanding of both advantages and disadvantages of all the shopping methods Good use of terminology and good communication skills</p> <p>Total marks for paper: 117</p>	<p>Total: 20</p>
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