

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

General Certificate of Secondary Education
June 2004



**HOME ECONOMICS (FOOD AND NUTRITION)
FOUNDATION TIER**

3562/F

Tuesday 29 June 2004 1.30 p.m. to 3.00 pm

F

No additional materials are required.
You may use a calculator.

Time allowed: 1 hour 30 minutes

Instructions

- Use a blue or black ink (or ball-point) pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions in the spaces provided.
- Continue your answers on additional sheets if necessary.
- Fasten any additional sheets you use to this paper before handing it to the invigilator at the end of the examination.

Information

- The maximum mark for this paper is 117.
- Mark allocations are shown in brackets.

For Examiner's Use	
Number	Mark
1	
2	
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9	
TOTAL	
Examiner's Initials	

Answer **all** questions in the spaces provided.

- 1 The following table shows the nutritional content of a popular takeaway meal. All figures given are shown per portion.

Food Product	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugar (g)	Total fat (g)	Fibre (g)	Sodium (mg)
Fried Battered Cod	358.2	35.2	13.5	0.18	18.54	0.54	180
French Fries	280	3.3	34.0	1.3	15.5	3.1	310
Cola Drink	39	0	10.5	10.5	0	0	8

Adapted from 'Food Tables and Labelling' by A.E. Bender and D.A. Bender

- (a) Using the table shown above complete the following statements

- (i) The food item with the highest fat content is
- (ii) The food item with the highest amount of fibre is
- (iii) The total amount of energy provided by the meal is

(3 marks)

- (b) Describe **five** pieces of information found on a food label.

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(5 marks)

(c) Which **three** nutrients provide the body with energy?

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(3 marks)

(d) Different groups of people need different amounts of energy.
Give **three** reasons why.

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(3 marks)

14

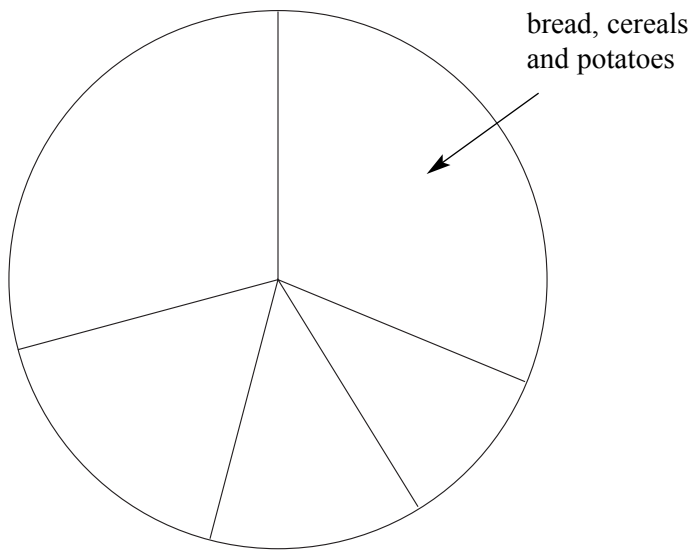
TURN OVER FOR THE NEXT QUESTION

Turn over ▶

2 A well-balanced and healthy diet should include the following food groups in the correct proportions:

- fruit and vegetables;
- bread, cereals and potatoes;
- meat, fish and alternatives;
- foods containing fats, foods containing sugar;
- milk and dairy foods.

(a) Match the food group to the proportion shown in the diagram. One group has been done for you.



Adapted from 'Balance of Good Health' - Health Education Authority

(4 marks)

(b) Some of the foods found in the milk and dairy foods section are high in fat. Give **three** different examples of lower fat versions of dairy foods.

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(3 marks)

(c) Name **three** nutrients found in dairy foods, other than fat.

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(3 marks)

(d) What are the advantages of eating bread, cereals and potatoes?

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(4 marks)

14

TURN OVER FOR THE NEXT QUESTION

Turn over ▶

3 (a) What is a vegetarian diet?

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(2 marks)

(b) Give **three** reasons why a person may be a vegetarian.

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(3 marks)

(c) A vegetarian diet may be lacking in iron.
Name **one** long-term effect of this on a young person's health.

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(1 mark)

(d) Name **three** foods that are rich in iron and suitable for a vegetarian.

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(3 marks)

4 We all need to eat some salt in our diet but many people eat too much.

(a) Explain the dangers associated with eating too much salt.

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(2 marks)

(b) What are the main sources of salt in the UK diet?

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(3 marks)

(c) Suggest **three** ways to cut down on salt in the diet.

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(3 marks)



TURN OVER FOR THE NEXT QUESTION

Turn over ▶

5 Give **three** uses of a food processor and **three** uses of a microwave oven in the home.

(a) (i) Food Processor

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(3 marks)

(ii) Microwave Oven

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(3 marks)

(b) Your new food processor breaks down.
What are your consumer rights in this situation?

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(3 marks)

(c) You have a complaint about the unfit condition of food you have bought.
What is the name of the local authority department to which you would report this?

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(1 mark)

6 Below is an example of the daily diet of a pregnant teenager.

The information is not reproduced in this question due to third-party copyright constraints.

The full copy of this paper can be obtained by ordering (3562/F) from AQA publications.

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E-mail: publications@aqa.org.uk

This will not provide all the essential nutrients for a mother and her growing baby. Suggest **five** ways in which this diet could be improved.

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(5 marks)

5

Turn over ▶

7 (a) List **three** types of micro-organisms responsible for food contamination.

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(3 marks)

(b) Give examples of **three** foods that carry a high risk of causing food poisoning.

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(3 marks)

(c) What are the conditions needed for micro-organisms to grow?

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(3 marks)

(d) What are **three** of the most common symptoms of food poisoning?

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(3 marks)

(e) Food preparation equipment can harbour bacteria.
What advice would you give on the choice and use of a chopping board?

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(3 marks)

(f) The best way to control or destroy bacteria is by temperature.
Complete the following sentences to show you understand temperature control.

- (i) The temperature of a home freezer should be°C.
- (ii) Food in a refrigerator should be stored at below°C.
- (iii) Bacteria multiply most rapidly at°C.

(3 marks)

(g) You have cooked a large chicken.
Explain how you would deal with the left-over chicken to ensure it is safe to eat at a later date.

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(4 marks)

(h) How would you prevent raw meat from contaminating cooked meat when storing these foods?

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(2 marks)

TURN OVER FOR THE NEXT QUESTION

Turn over ▶

8 Nutritional advice is to eat at least five portions of fruit and vegetables each day.

(a) Give **four** reasons why.

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(4 marks)

(b) Describe how fruit and vegetables should be prepared and cooked to prevent loss of vitamin C.

(i) Preparation.....

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(3 marks)

(ii) Cooking.....

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(3 marks)

- (c) Fruit and vegetables are available in many different forms.
One of these forms is fresh.
List **three** others.

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(3 marks)

13

- 9 Four different methods of shopping are given below:

supermarkets;
specialist shops;
markets;
internet shopping.

Discuss the advantages **and** disadvantages of each method.

Supermarkets.....

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QUESTION 9 CONTINUES ON THE NEXT PAGE

Turn over ▶

Specialist shops

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Markets

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Internet shopping

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(20 marks)

20

END OF QUESTIONS

THERE ARE NO QUESTIONS ON THIS PAGE