

Surname						Other Names					
Centre Number						Candidate Number					
Candidate Signature											

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General Certificate of Secondary Education
June 2005



HOME ECONOMICS (FOOD AND NUTRITION) 3562/F
Foundation Tier

Tuesday 28 June 2005 9.00 am to 10.30 am

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 104.
- Mark allocations are shown in brackets.

For Examiner's Use			
Number	Mark	Number	Mark
1			
2			
3			
4			
5			
6			
7			
8			
Total (Column 1)	→		
Total (Column 2)	→		
TOTAL			
Examiner's Initials			

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

1 The following table shows the nutritional value of meat and meat alternatives.

Per 100 g	Quorn	Skinless Chicken	Minced Beef	Tofu
Energy (kcal)	92	108	229	73
Protein (g)	14.1	22.3	23.1	8.1
Fat (g)	3.2	2.1	15.2	4.2
Carbohydrates (g)	1.9	0	0	0.7
Dietary Fibre (g)	4.8	0	0	0
Cholesterol (mg)	0	90	83	0

(a) Which food has the highest amount of protein?

.....
(1 mark)

(b) Name the food with the lowest fat content.

.....
(1 mark)

(c) Why is there no dietary fibre in chicken or minced beef?

.....
(1 mark)

(d) What is tofu?

.....
(1 mark)

(e) Why is protein needed by the body?

.....
.....
(2 marks)

(f) Give **three** examples of protein foods with a high biological value.

.....
.....
.....

(3 marks)

(g) Give **one** example of how protein foods can be combined to complement one another.

.....

(1 mark)

10

2 (a) How much water should a person drink each day?

.....

(1 mark)

(b) List **three** foods which have a high water content.

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.....
.....

(3 marks)

(c) Give **two** functions of water in the body.

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.....

(4 marks)

8

Turn over ▶

3 The following information is taken from the label on a breakfast food.

Ingredients: Wheat flour, sugar, dextrose, hydrogenated vegetable oil, glucose syrup, wholewheat flour, invert sugar syrup, whey powder, honey, molasses, fat reduced cocoa powder, milk chocolate, flavourings, raising agent (sodium hydrogen carbonate, diphosphates), salt, starch, lactose, modified starch, emulsifier (soy lecithin), dried egg white, colour (titanium dioxide), beef gelatin, stabiliser (xanthan gum)

(a) Using the information above answer the following questions.

(i) Name **five** sugars found in this food.

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(5 marks)

(ii) List **four** types of additives which are found in this food.

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.....

(4 marks)

(iii) Why is this food **not** suitable for vegetarians?

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.....

(1 mark)

(b) (i) What is the difference between **Use-by** and **Best-before** date codes?

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.....
.....
.....

(2 marks)

(ii) Which one of these date codes would you expect to see on the breakfast food label shown?

.....

(1 mark)

13

TURN OVER FOR THE NEXT QUESTION

Turn over ▶

4 Vitamins are grouped according to whether they are fat-soluble or water-soluble.

(a) Name **two** fat-soluble vitamins.

.....

.....
(2 marks)

(b) Name **two** water-soluble vitamins.

.....

.....
(2 marks)

(c) Complete the table below.

Vitamin	Functions in the body	Good sources
A	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
C	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

(8 marks)

(d) Which vitamins are added to margarine?

.....

.....
(2 marks)

(e) Why are pregnant women advised **not** to eat liver?

.....
.....
.....
.....

(2 marks)

16

5 (a) Give **four** advantages of convenience foods.

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.....
.....
.....

(4 marks)

(b) Give **four** disadvantages of convenience foods.

.....
.....
.....
.....

(4 marks)

QUESTION 5 CONTINUES ON THE NEXT PAGE

Turn over ▶

6 (a) Give **two** reasons why we need to eat fat.

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.....

(2 marks)

(b) How much energy is supplied by 1g of fat?

.....

(1 mark)

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

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(3 marks)

QUESTION 6 CONTINUES ON THE NEXT PAGE

Turn over ▶

(d) (i) Explain the difference between saturated fatty acids and polyunsaturated fatty acids.

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(6 marks)

(ii) List **two** foods which contain saturated fatty acids.

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(2 marks)

(iii) List **two** foods which contain polyunsaturated fatty acids.

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(2 marks)

(e) Describe how fat is digested in the body.

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(4 marks)

7 (a) Explain how the ingredients on a food label should be listed.

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(1 mark)

(b) The symbol below is found on a food label. What does it mean?



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.....
(1 mark)

(c) Explain how each of the following Acts protect consumers:

(i) Sale of Goods Act 1979;

.....
.....
.....
(2 marks)

(ii) Food Safety Act 1990;

.....
.....
.....
(2 marks)

(iii) Weights and Measures Act 1985.

.....
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.....
(2 marks)

(d) You see a misleading advert on television.
Name the organisation you should report this to.

.....
(1 mark)

