

Surname						Other Names					
Centre Number						Candidate Number					
Candidate Signature											

Leave blank

General Certificate of Secondary Education
June 2005



HOME ECONOMICS (FOOD AND NUTRITION) 3562/H
Higher Tier

Tuesday 28 June 2005 9.00 am to 11.00 am

H

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

Time allowed: 2 hours

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 131.
- 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			

(c) Why is protein needed by the body?

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

(d) Explain the following terms:

(i) High biological value;

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

(ii) Low biological value;

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

(iii) Complementation of protein.

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

15

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

.....
(1 mark)

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

.....
.....
.....
(3 marks)

QUESTION 2 CONTINUES ON THE NEXT PAGE

Turn over ▶

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(4 marks)

8

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) Identify **five** sugars contained in this food.

.....

.....

.....

.....

.....

(5 marks)

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

.....

.....

.....

.....

(4 marks)

(b) Why are additives put into foods?

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

(4 marks)

(c) Why do some food manufacturers use flavour enhancers in their products?

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

(1 mark)

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

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

(2 marks)

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

.....

(1 mark)

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 - Retinol
B1 - Thiamine
C - Ascorbic Acid

(9 marks)

(d) Margarine is fortified with **two** vitamins.
Which vitamins are these?

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

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

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

(f) Which group of people are most at risk of a deficiency of vitamin B12?

.....
(1 mark)

18

TURN OVER FOR THE NEXT QUESTION

Turn over ▶

5 (a) Explain why convenience foods are so popular.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(4 marks)

(b) Discuss the possible disadvantages of using convenience foods.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(6 marks)

- (c) (i) Plan a colourful and nutritious main meal to show how fresh foods and convenience foods can be combined.

Identify clearly which are the convenience foods.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(6 marks)

- (ii) Explain how the meal you have planned is nutritionally well balanced.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(6 marks)

QUESTION 5 CONTINUES ON THE NEXT PAGE

Turn over ▶

- (d) Income is an important factor to consider when buying foods.
What advice would you give to a low-income family on their choice of foods?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

(4 marks)

26

- 6 (a) Give **three** functions of fat in the diet.

.....

.....

.....

(3 marks)

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

.....

(1 mark)

- (c) Why does current nutritional advice suggest people should eat more oily fish?

.....

.....

.....

.....

.....

(2 marks)

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

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

(6 marks)

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

.....
.....

(2 marks)

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

.....
.....

(2 marks)

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

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

(6 marks)

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

.....
.....
(1 mark)

(b) Explain how each of the following Acts protect customers:

(i) Sale of Goods Act 1979;

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

(ii) Food Safety Act 1990;

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

(iii) Weights and Measures Act 1985.

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

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

.....
(1 mark)

(d) What are the functions of the 'Office of Fair Trading'?

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

Dotted lines for writing.

(15 marks)

END OF QUESTIONS

THERE ARE NO QUESTIONS PRINTED ON THIS PAGE

Turn over ▶

THERE ARE NO QUESTIONS PRINTED ON THIS PAGE