

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

For Examiner's Use

General Certificate of Secondary Education
June 2007



**HOME ECONOMICS (FOOD AND NUTRITION)
Foundation Tier**

3562/F
F

Thursday 21 June 2007 1.30 pm to 3.00 pm

<p>You will need no other materials. You may use a calculator.</p>

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

Time allowed: 1 hour 30 minutes

Instructions

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- If there is not enough space for your answer(s), use the extra page(s) at the end of this book. If you do this, make sure that you show the number(s) of the question(s) you are answering.

Information

- The maximum mark for this paper is 106.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in answers written in continuous prose.

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

- 1 (a) Give **three** reasons why we need to eat food.

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(3 marks)

- (b) The table below shows energy needs for different people.

Age	Male (Kcal per day)	Female (Kcal per day)
0–3 months	545	515
1–3 years	1230	1165
4–6 years	1715	1545
7–10 years	1970	1740
11–14 years	2220	1845
15–18 years	2755	2110
19–50 years	2550	1940
51–59 years	2550	1900
60–64 years	2380	1900
65–74 years	2330	1900
75+	2100	1810

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- (i) What are the energy needs of males and females aged 15–18 years?

Male Kcal

Female Kcal

(2 marks)

- (ii) Why do males have different energy needs to females?

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(1 mark)

- (iii) Why do older people (aged 60+ years) need less energy than teenagers (15–18 years)?

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(1 mark)

- (c) Name **two** nutrients that give the body energy.

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(2 marks)

- (d) What happens to the body if we eat more food than we need?

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(1 mark)

10

Turn over for the next question

Turn over ▶

2 (a) Study the table below.

Amount eaten per person per week		
Food	Amount in 1995	Amount in 2004
Potatoes (g)	1077	864
Fresh green vegetables (g)	233	228
Processed vegetables (g)	431	346
Fresh fruit (g)	693	789
Processed fruit (g)	375	401
Fruit juices (ml)	272	322

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Using the information in the table explain how the amount of fruit and vegetables we eat has changed.

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(4 marks)

(b) Select **three** foods from the list below and complete the table.

- Oranges
- Chickpeas
- Olive oil
- Oats
- Spinach
- Low fat yoghurt

Chosen food	Main nutrient found in the food	One benefit to health
	
	
	

(6 marks)

(c) Fruit can be bought in various forms.

Give **one** advantage and **one** disadvantage of the different forms of fruit in the table below.

Types of fruit	Advantage	Disadvantage
Fresh fruit
Frozen fruit
Canned fruit
Dried fruit

(8 marks)

Turn over ▶

3 Look at the two school lunch menus below.

Menu 1

Cheese and tomato pizza
Baked jacket potato
Green salad
Fresh fruit

Menu 2

Beef burgers
Chips
Spaghetti hoops
Chocolate cake

- (a) Which menu is the healthy option?
Give reasons for your choice.

Chosen menu *(1 mark)*

Reasons for choice.....

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(6 marks)

- (b) Many children eat snacks between meals.
Give **two** examples of healthy snack foods.

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(2 marks)

- (c) List **five** points to consider before planning an evening meal for a family.

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(5 marks)

14

Turn over for the next question

Turn over ▶

4 The table below shows the nutrients found in different cheeses.

Nutrient (per 100 g)	Cheddar	Low fat cheddar	Edam	Feta	Cottage cheese
Energy (kcal)	412	261	333	250	98
Protein (g)	25.5	31.5	26	15.6	13.8
Fat (g)	34.4	15	25.4	20.2	3.9
Calcium (mg)	720	840	770	360	73
Sodium (salt) (mg)	670	670	1020	1440	380

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(a) (i) Which cheese has the highest salt content?

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(1 mark)

(ii) Which cheese has the lowest fat content?

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(1 mark)

(iii) Which cheese has the highest calcium content?

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(1 mark)

(b) Using the table above suggest **one** cheese suitable for the following:

(i) someone on a weight-reducing diet;

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(1 mark)

(ii) someone with high blood pressure;

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(1 mark)

(iii) children.

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(1 mark)

(c) How would you store a packet of cheese after it has been opened?

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(2 marks)

(d) What happens to cheese when it is cooked?

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(2 marks)

(e) Why do we need calcium?

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(1 mark)

(f) Name the vitamin needed for the proper absorption of calcium.

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(1 mark)

Turn over for the next question

Turn over ▶

- 5 (a) Complete the table below by naming **one** food product that can be made from each type of cereal.

Type of cereal	Food product
Oats	
Wheat	
Rye	
Rice	

(4 marks)

- (b) Explain the differences between white and wholemeal flour.

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(2 marks)

- (c) What is added to plain flour to make self-raising flour?

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(1 mark)

- (d) Name **one** type of flour you could use to make each of the following mixtures.

(i) Shortcrust pastry

(1 mark)

(ii) Victoria sandwich cake

(1 mark)

(iii) Bread

(1 mark)

- (e) How can air be added to a mixture?

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(2 marks)

(f) Describe the changes that take place during the cooking of a white sauce.

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(6 marks)

18

Turn over for the next question

Turn over ▶

- 6 (a) List **five** pieces of electrical equipment you could buy to save time and effort when preparing and cooking food.

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(5 marks)

- (b) Give **three** points you would need to think about before you buy a new refrigerator.

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(3 marks)

- (c) What advice would you give for the safe storage of food in a refrigerator?

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(4 marks)

7 (a) What are the **advantages** of shopping for food in a supermarket?

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(4 marks)

(b) What are the **advantages** of shopping for food on the Internet?

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(4 marks)

(c) Suggest **two** possible **disadvantages** of shopping for food on the Internet.

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(2 marks)

