

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
TOTAL	



General Certificate of Secondary Education  
June 2013

# Home Economics: Food and Nutrition

**45851**

**Unit 1 Written Paper**

**Thursday 16 May 2013 9.00 am to 10.30 am**

You will need no other materials.

**Time allowed**

- 1 hour 30 minutes

**Instructions**

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

**Information**

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 100.
- 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.



J U N 1 3 4 5 8 5 1 0 1

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

**1 (a)** Give **two** reasons why water is an important part of a healthy diet.

1.....  
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2.....  
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(2 marks)

**1 (b)** Name **three** different foods with a high water content.

1.....  
2.....  
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(3 marks)

**1 (c)** Explain why fluoride is added to drinking water.

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(2 marks)

**1 (d)** Name **one** other mineral which may be found in drinking water.

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(1 mark)

8



2 (a) This table shows the nutritional value of some popular biscuits.

**Table 1**

Nutrients	Nutrients per 100 g	
	Cheese biscuit	Oat biscuit
Protein	1.1 g	0.7 g
Sugar	0.05g	2.0g
Fat	2.3g	1.4g
Fibre	0.6g	0.8g
Salt	0.1g	0.04g

Using information from the table, compare the nutritional value of the two biscuits.

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(5 marks)

2 (b) When choosing snack foods for young children, what points would you consider?

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(3 marks)

Turn over ▶



**2 (c)** Why is starchy food a better source of energy for children than sugary food?

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(3 marks)

**2 (d)** List **three** different health problems which may be linked to a high intake of energy foods.

1.....  
2.....  
3.....

(3 marks)

**2 (e)** Suggest **two** different ways the diet could be changed to reduce the risk of constipation.

1.....  
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2.....  
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(2 marks)

<b>16</b>



**3 (a)** Give **two** examples of how living in a multicultural society can affect our choice of food.

1.....  
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2.....  
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*(2 marks)*

**3 (b)** What is meant by the term 'carbon footprint' ?

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*(1 mark)*

**3 (c)** Suggest **three** ways families can reduce their 'carbon footprint' when buying food and equipment for their home.

1.....  
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2.....  
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*(3 marks)*

**3 (d)** Explain how the Weights and Measures Act protects consumers.

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*(2 marks)*

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Turn over ▶



**4 (a)** Explain the following terms:

**4 (a) (i)** RNI

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*(2 marks)*

**4 (a) (ii)** DRV

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*(2 marks)*

**4 (a) (iii)** EAR

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*(2 marks)*

**4 (b)** What is the recommended DRV for fibre for adults?

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*(1 mark)*

**4 (c)** Complete this table to show the recommended daily percentage of energy which should be obtained from different nutrients.

**Table 2**

<b>Nutrient</b>	<b>Recommended daily percentage of energy</b>
Protein	
Fat	
Carbohydrate	

*(3 marks)*

10
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**Turn over for the next question**

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ANSWER IN THE SPACES PROVIDED**

**Turn over ▶**



5 This is an example of the daily diet of a teenage girl who is a vegetarian.

**Table 3**

<b>Breakfast</b>	Sugar coated cereal bar Black coffee
<b>Lunch</b>	Pizza slice Chips Fizzy drink
<b>Supper</b>	Vegetarian sausages Mashed potato Carrots Doughnut
<b>Snacks</b>	Salted crisps Fizzy drink

5 (a) Name **two** nutrients which may be low in this diet.

1 .....

2 .....

(2 marks)

5 (b) Explain **four** ways in which this diet could be improved to meet current dietary guidelines.

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(8 marks)

**5 (c)** Give **three** reasons why some teenage girls might decide to follow a vegetarian diet.

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(3 marks)

**5 (d)** Suggest **two** food products vegetarians could choose as meat alternatives.

1.....

2.....

(2 marks)

<b>15</b>

**Turn over for the next question**

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**6 (a)** How do supermarkets encourage customers to spend more money?

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*(4 marks)*

**6 (b)** You buy a cook-chill lasagne in a supermarket.  
Describe the correct procedures to follow for storing and cooking the lasagne.

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*(4 marks)*

**6 (c)** Explain why a salad is suitable to serve with this lasagne.

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*(2 marks)*



**6 (d)** Describe how you would carry out a sensory analysis to compare a cook-chill lasagne with a home-made one.

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(6 marks)

<b>16</b>

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**7 (a)** State **three** conditions which are necessary for bacteria to reproduce.

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(3 marks)

**7 (b)** Complete this table relating to food poisoning bacteria.

**Table 4**

Name of bacteria	One food source	How to prevent food poisoning
Salmonella		
Listeria		
Bacillus cereus		

(6 marks)



7 (c) Explain how hygienic practices when handling food can prevent contamination.

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(6 marks)

15

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[Dotted lines for writing]

**END OF QUESTIONS**

*(12 marks)*

12

