

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 2014

# Home Economics: Food and Nutrition

**45851**

## Unit 1 Written Paper

Friday 13 June 2014 1.30 pm to 3.00 pm

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 Question 8(b).



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

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

**1 (a)** Give **three** functions of protein in the body.

**[3 marks]**

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

**1 (b)** Give **three** examples of protein foods that have a high biological value (HBV).

**[3 marks]**

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

**1 (c)** Explain the meaning of the term 'protein complementation'.

**[2 marks]**

- .....
- .....
- .....
- .....

**1 (d)** Suggest **one** example of how protein foods can be combined to complement each other.

**[1 mark]**

- .....
- .....



**1 (e)** Why do some people need more protein than others?

**[3 marks]**

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<b>12</b>

**Turn over for the next question**

**Turn over ▶**



2 (a) What are the risks to health associated with eating too much salt?

[2 marks]

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2 (b) What is the maximum daily recommended amount of salt?

Tick the correct box.

[1 mark]

4g

6g

8g

10g

2 (c) Eating less salt and fat are two of the current healthy eating guidelines.

List **three** other healthy eating guidelines.

[3 marks]

1 .....

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2 .....

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**3 (a)** Give **three** reasons why foods containing fat are important in the diet.

**[3 marks]**

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**3 (b)** What are the health risks of a high fat diet?

**[3 marks]**

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**3 (c)** Suggest **four** ways to reduce the amount of fat in the diet.

**[4 marks]**

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**Question 3 continues on the next page**

**Turn over ▶**



**3 (d)** Name **two** foods which contain saturated fatty acids.

**[2 marks]**

1 .....

2 .....

**3 (e)** Explain the difference between saturated and polyunsaturated fatty acids.

**[6 marks]**

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**4 (a)** Suggest **three** points to consider when buying a food processor.

**[3 marks]**

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**4 (b)** Name **three** attachments for a food processor.

Give a use for each attachment.

**[3 x 2 marks]**

Attachment 1

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Use

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Attachment 2

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Use

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Attachment 3

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Use

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**Question 4 continues on the next page**

**Turn over ▶**



**4 (c)** Give **two** advantages and **two** disadvantages of using a food processor.

**[4 marks]**

Advantages

1 .....

2 .....

Disadvantages

1 .....

2 .....

**4 (d)** Name the law which protects consumers if they buy a faulty food processor.

**[1 mark]**

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<b>14</b>





**5 (a)** Give **two** reasons why antioxidant vitamins are important to health.

**[2 marks]**

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**5 (b)** Name **two** vitamins which are natural antioxidants.

**[2 marks]**

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**5 (c)** Suggest ways to prepare and cook vegetables to reduce the loss of water soluble vitamins.

**[6 marks]**

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Turn over ▶



**6** What dietary advice would you give to prevent each of the following health problems? **[9 marks]**

<b>Health problem</b>	<b>Dietary advice</b>
Anaemia	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Obesity	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
Dental caries	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

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**7 (a)** State **five** pieces of information which must be on a food label.

**[5 marks]**

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**7 (b)** Suggest **two** foods which may cause allergies.

**[2 marks]**

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**7 (c)** Explain the difference between 'best before' and 'use by' dates.

**[4 marks]**

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**Question 7 continues on the next page**

**Turn over ▶**



**7 (d)** Describe **two** different ways that nutritional information can be displayed on a food label.

**[4 marks]**

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<b>15</b>



**8 (a)** Suggest ways a family on a low income can save money when buying food.

**[6 marks]**

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**Question 8 continues on the next page**

**Turn over ▶**



8 (b)

Discuss the nutritional needs of the elderly.  
Give examples of how you could make sure the elderly receive the right nutrients.

Quality of Written Communication will be assessed in this question.

**[10 marks]**

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Extra space to be used if required for Question 8(b)

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END OF QUESTIONS

