

Candidate forename						Candidate surname					
Centre number						Candidate number					

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE

B003/01

HOME ECONOMICS

FOOD AND NUTRITION
Principles of Food and Nutrition

MONDAY 14 MAY 2012: Morning

DURATION: 1 hour 30 minutes
plus your additional time allowance

MODIFIED ENLARGED

Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

- **Write your name, centre number and candidate number in the boxes on the first page. Please write clearly and in capital letters.**
- **Use black ink. HB pencil may be used for graphs and diagrams only.**
- **Answer ALL the questions.**
- **Read each question carefully. Make sure you know what you have to do before starting your answer.**
- **Write your answer to each question in the space provided. If additional space is required, you should use the lined pages at the end of this booklet. The question number(s) must be clearly shown.**

INFORMATION FOR CANDIDATES

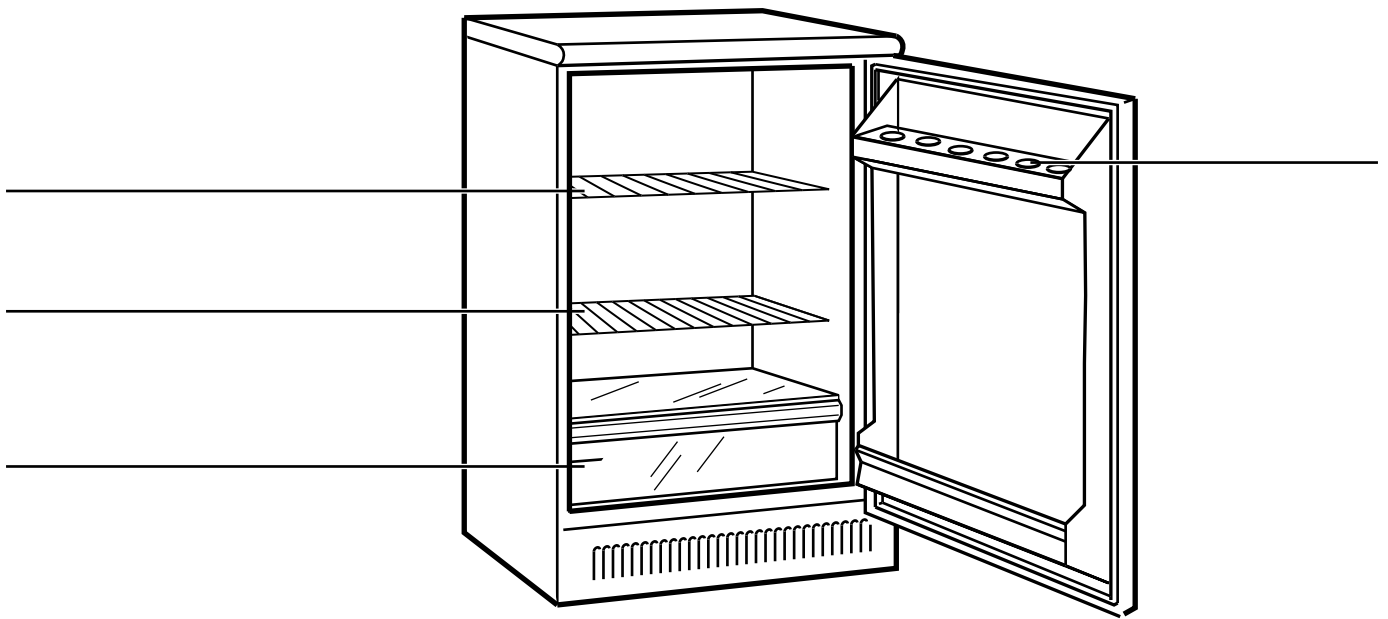
- **The number of marks is given in brackets [] at the end of each question or part question.**
- **The total number of marks for this paper is 80.**
- **Your quality of written communication is assessed in the question marked with an asterisk (*).**

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1 It is important to store food correctly.

(a) Look at the refrigerator below and label where the following foods should be stored:

- Eggs
- Mango
- Raw fish
- Chocolate éclairs



[4]

(b) Fish is an important source of nutrients.

(i) Name THREE examples of oily fish.

1 _____

2 _____

3 _____ **[3]**

(ii) State THREE nutrients, other than omega-3, found in fish.

1 _____

2 _____

3 _____ [3]

(iii) Give TWO reasons, other than nutrients, why people are recommended to increase their oily fish intake.

1 _____

2 _____ [2]

(c) (i) Name ONE way fish could be preserved at home.

_____ [1]

(ii) State THREE methods of cooking fish.

1 _____

2 _____

3 _____ [3]

(d) Some people have an allergic reaction to shellfish.

Name TWO other foods that could cause an allergic reaction in people.

1 _____

2 _____ **[2]**

(e) Give TWO other reasons why people may not eat fish.

1 _____

2 _____

_____ **[2]**

[Total: 20]

2* People have different lifestyles and religions that may affect their food choices and eating patterns.

- **Describe how people's food choices can be influenced by different religions.**
- **Explain how lifestyle could affect eating patterns.**

- **Explain how lifestyle could affect eating patterns.**

[illegible]

[illegible]

[illegible]

[Total: 15]

**TURN OVER FOR EXTRA WRITING SPACE OR GO TO
PAGE 13 FOR QUESTION 3**

[illegible]

[illegible]

[illegible]

3 (a) (i) What is meant by the term “use by date”?

_____ [1]

(ii) State TWO signs of food spoilage.

1 _____

2 _____

_____ [2]

(iii) Give TWO conditions bacteria need to grow.

1 _____

2 _____

_____ [2]

(iv) Some foods carry a high risk of causing food poisoning if not stored or cooked correctly.

Name TWO high risk foods.

1 _____

2 _____ [2]

(b) Describe how each of the following preservation methods work to preserve food.

Using high temperature _____

_____ **[2]**

Drying food _____

_____ **[2]**

(c) Explain TWO ways to reduce the risk of food poisoning when cooking on a barbeque (BBQ).

1 _____

2 _____

_____ **[4]**

[Total: 15]

- 4 Scones are a popular snack that can be made at home.

Ingredients for scones

225 g self raising flour

Pinch of salt

55 g butter

25 g caster sugar

150 ml milk

- (a) (i) Explain why the scone recipe is **NOT** suitable for someone who is lactose intolerant.

[2]

- (ii) Give **ONE** way this recipe could be adapted to make the scones suitable for someone who is lactose intolerant.

[1]

(b) State TWO ways the above recipe could be adapted to make it higher in fibre.

1 _____

2 _____
_____ [2]

(c) Give TWO raising agents that help scones to rise.

1 _____

2 _____ [2]

(d) Describe TWO changes that take place when a scone is cooked.

1 _____

2 _____

_____ [4]

(e) Give **FOUR** ways a supermarket could promote a new scone in store.

1 _____

2 _____

3 _____

4 _____

_____ [4]

[Total: 15]

5 People have different energy requirements.

(a) Give THREE reasons why people have different energy requirements.

1 _____

2 _____

3 _____

_____ **[3]**

(b) What is meant by the term “energy dense”?

_____ **[1]**

(c) Look at the nutritional label shown opposite:

(i) How much energy is found in 100 g of the biscuits?

_____ [1]

(ii) How much protein is found in two biscuits?

_____ [1]

(iii) How much saturated fat is found in 100 g of the biscuits?

_____ [1]

(iv) How much carbohydrate is found in two biscuits?

_____ [1]

(d) What is meant by the term “basal metabolic rate (BMR)”?

_____ [1]

OATY BISCUITS		
	PER 100 g	PER TWO BISCUITS (42 g)
1 Energy	1 1858 kJ/443 kcal	1 779 kJ/185 kcal
2 Protein	2 8.0 g	2 3.4 g
3 Carbohydrate	3 65.4 g	3 27.4 g
of which are sugars	25.2 g	10.6 g
4 Fat	4 16.5 g	4 6.9 g
of which are saturates	1.9 g	0.8 g
5 Fibre	5 6.0 g	5 2.5 g
6 Sodium	6 0.29 g	6 0.12 g

(e) Describe THREE effects of an energy imbalance.

1 _____

2 _____

3 _____

_____ **[6]**

[Total: 15]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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