



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Tuesday 20 June 2023

Morning

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:

- a black pen
- a pencil.

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.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- 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 total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

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



J U N 2 3 8 5 8 5 W 0 1

Section A consists of multiple choice questions.

Answer **all** questions in this section.

There are 20 marks available.

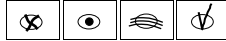
Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



For each question you should shade in **one** box.

An example is shown below.

Which food is high in protein?

A Cabbage

B Cheese

C Cucumber

D Oranges

0 1 . 1

Cooked meat should be prepared on a chopping board of which colour?

[1 mark]

A Brown

B Red

C White

D Yellow



0 1 . 2 An example of a dry cooking method is

[1 mark]

- A** baking.
- B** braising.
- C** poaching.
- D** steaming.

0 1 . 3 Citrus fruits are a good source of

[1 mark]

- A** vitamin B12.
- B** vitamin C.
- C** vitamin D.
- D** vitamin E.

0 1 . 4 Fluoride is needed by the body to

[1 mark]

- A** help the nervous system.
- B** maintain the metabolic rate.
- C** make red blood cells.
- D** strengthen teeth and bones.

0 1 . 5 High blood pressure is linked to

[1 mark]

- A** cardiovascular disease.
- B** iron deficiency.
- C** skeletal disease.
- D** tooth decay.

Turn over ►



0 1 . 6 Chicken should be reheated to a **minimum** core temperature of

[1 mark]

- A 58 °C.
- B 63 °C.
- C 75 °C.
- D 80 °C.

0 1 . 7 Scrambled eggs will set when heated due to

[1 mark]

- A coagulation.
- B dextrinisation.
- C gelatinisation.
- D plasticity.

0 1 . 8 Which four conditions are needed for yeast fermentation?

[1 mark]

- A Food, light, moisture and time
- B Food, light, salt and time
- C Food, moisture, time and warmth
- D Food, salt, time and warmth

0 1 . 9 Which food can be affected by enzymic browning?

[1 mark]

- A Bread
- B Cheese
- C Potato
- D Tomato



0 1 . 1 0 Which of the following foods is most likely to cause listeria?

[1 mark]

A Canned beans

B Dried pasta

C Soft cheese

D Tomato ketchup

0 1 . 1 1 Ambient storage is most suitable for

[1 mark]

A canned soup.

B chilled pizza.

C frozen peas.

D raw chicken.

0 1 . 1 2 The recommended **maximum** percentage of energy from fat per day is

[1 mark]

A 15%.

B 25%.

C 35%.

D 50%.

0 1 . 1 3 Basal metabolic rate (BMR) is

[1 mark]

A the amount of energy used for physical activity.

B the amount of energy food and drink contains.

C the amount of energy the body needs to stay alive.

D the amount of energy used compared to food eaten.

Turn over ►



0 1 . 1 4 Conduction is the transfer of heat through

[1 mark]

- A a gas.
- B a liquid.
- C a solid.
- D infra-red rays.

0 1 . 1 5 High risk foods are **defined** as ready-to-eat and usually

[1 mark]

- A high in protein and low in moisture.
- B high in protein and high in moisture.
- C low in protein and high in moisture.
- D low in protein and low in moisture.

0 1 . 1 6 Rough puff pastry is made using which mechanical raising agent?

[1 mark]

- A Beating
- B Creaming
- C Folding
- D Whisking

0 1 . 1 7 A diet lacking in dietary fibre can cause

[1 mark]

- A constipation.
- B osteomalacia.
- C pellagra.
- D rickets.



0 1 . 1 8 The function of vitamin K in the body is to

[1 mark]

- A help release energy.
- B maintain nerve cells.
- C make blood clot.
- D prevent spina bifida.

0 1 . 1 9 Fairtrade is best described as

[1 mark]

- A growing sufficient food to be eaten without waste.
- B a foundation to support producers in developing countries.
- C producing food whilst protecting the environment.
- D providing sufficient nutritious and affordable food.

0 1 . 2 0 Which food is an example of a polysaccharide?

[1 mark]

- A Bread
- B Cheese
- C Fish
- D Sugar

20

Turn over for the next question

Turn over ►



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ANSWER IN THE SPACES PROVIDED**



Section B

Answer **all** questions in this section.

There are 80 marks available.

0 2 . 1

Give **four** reasons why someone might follow a vegetarian or vegan diet.

[4 marks]

1 _____

2 _____

3 _____

4 _____

Question 2 continues on the next page

Turn over ►



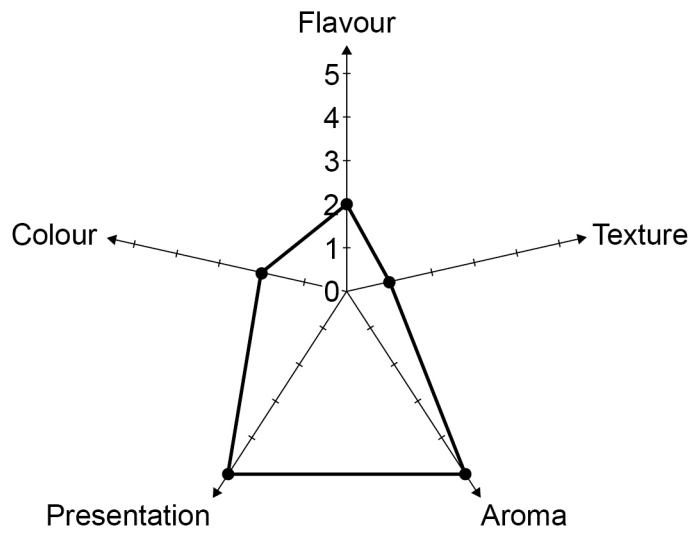
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Question 2 continues on the next page

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0 2 . 3 The sensory profile below is for a vegetable stir fry.



Explain how to improve the **three** sensory qualities of the **vegetable stir fry**.

Do not repeat your answers.

[6 marks]

Colour _____

Flavour _____

Texture _____



0 2 . 4

Give **four** controlled conditions for carrying out sensory testing.

An example has been done for you.

[4 marks]

Example Samples should be served on the same coloured plate.

1 _____

2 _____

3 _____

4 _____

20

Turn over for the next question

Turn over ►



0 3 . 1 Explain what happens at each stage of the cheesemaking process.

One stage has been completed.

[6 marks]

Stage	Explain what happens
Milk is pasteurised.	
Bacteria culture is added to the milk.	
An enzyme called rennet is added to the milk.	
Curds are cut up. The curd is dried and stacked.	
Curds are heated and cut into smaller pieces.	This helps form the final texture of the cheese.
Salt is added and curds are pressed into cheese moulds.	
The cheese is left in controlled conditions.	



0 4 . 1

Explain the term seasonal foods.

You should support your answer with examples from different seasons.

[3 marks]

0 4 . 2

Identify **three** advantages of buying seasonal foods.

Do not repeat your answers.

[3 marks]

Advantage 1 _____

Advantage 2 _____

Advantage 3 _____



0 5 . 2 A bread recipe is being used to make dough balls.

A number of problems have occurred.

Complete the table to identify **two** reasons for each problem.

Do not repeat your answers.

[6 marks]

Problem	Reasons for problem
Dough balls are too sticky.	1 2
Dough balls have not risen.	1 2
Dough balls have a dense texture.	1 2

Question 5 continues on the next page

Turn over ►



Turn over for the next question

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Turn over ►



0 6

The following ingredient list is for a chicken wrap.

- Cooked chicken
- Red pepper
- Onion
- Grated cheese
- Sour cream
- Chilli powder
- Tortilla wrap

0 6 . 1Identify **two** ingredients that would display a use-by date.**[2 marks]**

1 _____

2 _____

0 6 . 2Give **four** personal hygiene rules that should be followed when preparing a chicken wrap.**[4 marks]**

1 _____

2 _____

3 _____

4 _____



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