



GENERAL CERTIFICATE OF SECONDARY EDUCATION

HOME ECONOMICS

Food and Nutrition

Principles of Food and Nutrition

B003

Candidates answer on the Question Paper

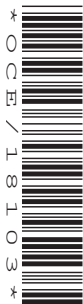
OCR Supplied Materials:
None

Other Materials Required:
None

Friday 22 January 2010

Afternoon

Duration: 1 hour 30 minutes



Candidate Forename		Candidate Surname	
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Centre Number						Candidate Number				
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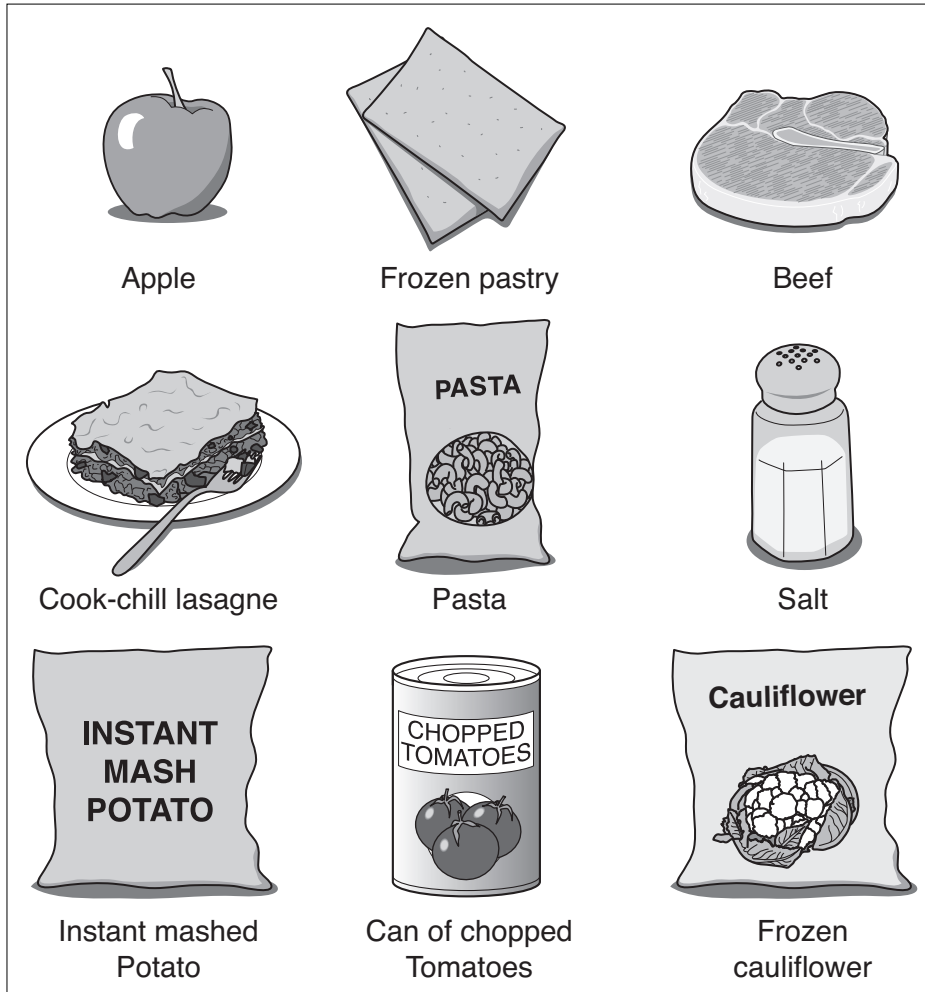
INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided.

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 Question 5.
- This document consists of **12** pages. Any blank pages are indicated.

1 Many families use some convenience foods.
Look at the diagram below:



(a) (i) Identify **four** convenience foods from the diagram above.

- 1
- 2
- 3
- 4 [4]

(ii) Give **two** reasons why convenience foods are popular.

- 1
- 2 [2]

2 It is important to read food labels carefully to understand what we are eating.

Look at the label shown below:

	Mighty Stores Supermarket Wholewheat pasta spirals		
1 kg e	Nutritional information		
Store in a cool dry place	Energy	75g when cooked: 1030 kJ 245 kcal	100g (dry) contains 1370 kJ 325 kcal
Cooking instructions: Hob (10 mins) * Allow 75 g per person * Add pasta to a large pan of boiling water, stir and return to the boil * Cook for 10 minutes, drain well and serve immediately	Protein	9.4g	12.5g
	Carbohydrate <i>sugars</i>	49.9g <i>1.5g</i>	62.5 <i>2.0g</i>
	Fat <i>saturates</i>	1.9g <i>0.4g</i>	2.5g <i>0.5g</i>
Ingredients – Durum wholewheat semolina			
BBE 04/2015	Fibre	6.8g	9.0g
1 kg e	Sodium	Trace	Trace
(V)	Produce of Italy		

(a) (i) Where are the wholewheat pasta spirals produced?

..... [1]

(ii) How much fibre is found in 75g wholewheat pasta spirals when cooked?

..... [1]

(iii) How much protein is found in 100g of dry wholewheat pasta spirals?

..... [1]

(iv) How should the wholewheat pasta spirals be stored?

..... [1]

(v) What does the (V) symbol mean on the packaging?

..... [1]

(b) Describe **two** changes to pasta when cooked, giving reasons for the changes.

Change 1

Reason [2]

Change 2

Reason [2]

(c) Give **three** reasons why pasta has become popular.

1

2

3 [3]

(d) Most staple foods are carbohydrates.

Name **three** carbohydrate staple foods other than pasta.

1

2

3 [3]

[Total: 15]

3 Food can be cooked in different ways

(a) (i) Give **three** reasons why food is cooked.

- 1
-
- 2
-
- 3
- [3]

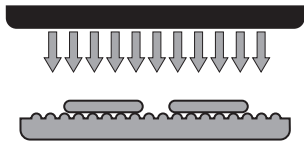
Micro-waving is one method of cooking vegetables.

(ii) Give **two** advantages of micro-waving vegetables.

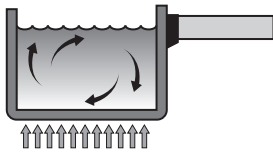
- 1
-
- 2
- [2]

(b) Radiation is one way heat is transferred when cooking food.

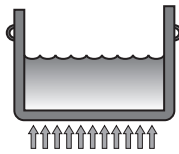
(i) Label the diagrams below showing the different types of heat transfer. Radiation has been labelled for you.



Radiation



[1]



[1]

(ii) Explain **two** of the methods of heat transfer used when cooking food.

1

.....

..... [2]

2

.....

..... [2]

(c) Jam making is one method of home preservation. Complete the table below with **two** other methods of home preservation. Give **one** different example of a food suitable for each method.

Preservation method	Food to be preserved
Jam making	Strawberries

[4]

[Total: 15]

4 Vitamins and minerals are essential for good health.

(a) (i) Complete the table below

Nutrient	Good food source	Deficiency disease
Calcium	Milk	
Iron		Anaemia
B Vitamins		Beriberi
Vitamin A		

[5]

(ii) Explain why a pregnant woman needs an increased intake of folic acid.

.....
..... [2]

