

# 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

**Tuesday 18 May 2010**  
**Morning**

**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. Additional paper may be used if necessary but you must clearly show your Candidate Number, Centre Number and question number(s).

#### 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 Water intake is important for good health.



- (a) How much water are we advised to drink per day?

..... [1]

- (b) (i) Give **three** functions of water in the body.

1 .....

2 .....

3 ..... [3]

- (ii) Give **three** occasions when we need to drink more water.

1 .....

2 .....

3 ..... [3]

- (iii) Name **two** foods which have a high water content.

1 .....

2 ..... [2]

- (c) People are advised to eat less salt.

Identify **three** ways of reducing our salt intake.

1 .....

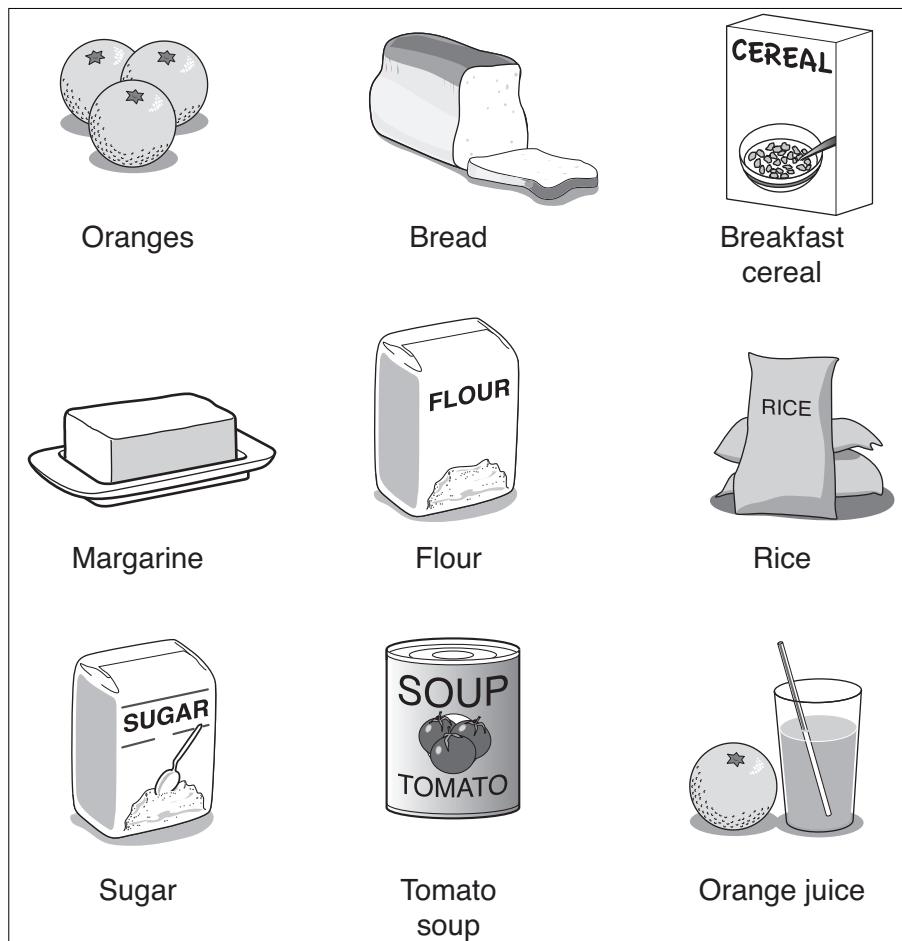
2 .....

3 ..... [3]

(d) Many foods are fortified.

(i) What is meant by the term “fortified food”?

[1]



Look at the pictures above.

(ii) Identify **three** foods which are fortified.

1 .....

2 .....

3 ..... [3]

(iii) Describe **two** reasons why food could be fortified.

1 .....

..... [2]

2 .....

..... [2]

[Total: 20]

Turn over

- 2 Look at the recipe below for spaghetti bolognese.

*Spaghetti bolognese recipe*

100 g spaghetti  
150 g minced beef  
1 x diced onion  
2 x carrots peeled  
240 g tinned tomatoes  
100 g mild cheddar cheese  
20 g plain white flour

- (a) (i) State **one** way in which the spaghetti bolognese recipe could be adapted to reduce fat.

..... [1]

- (ii) State **one** way the spaghetti bolognese recipe could be adapted to increase fibre (NSP).

..... [1]

- (iii) Give **one** reason why fibre (NSP) is needed in the body.

..... [1]

- (b) (i) State how the spaghetti bolognese recipe could be adapted to make it suitable for vegetarians.

..... [1]

- (ii) Explain why the spaghetti bolognese recipe is not suitable for coeliacs.

..... [2]

*Sponge cake ingredients**Cake mixture:*

100g Self-raising flour  
100g Sugar  
100g Margarine  
2 Eggs

- (c) (i) Give **one** function of each of the following ingredients in the sponge cake mixture.

Margarine: .....  
..... [1]

Eggs: .....  
..... [1]

Flour: .....  
..... [1]

- (ii) Explain the qualities of a successfully cooked sponge cake.

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..... [6]

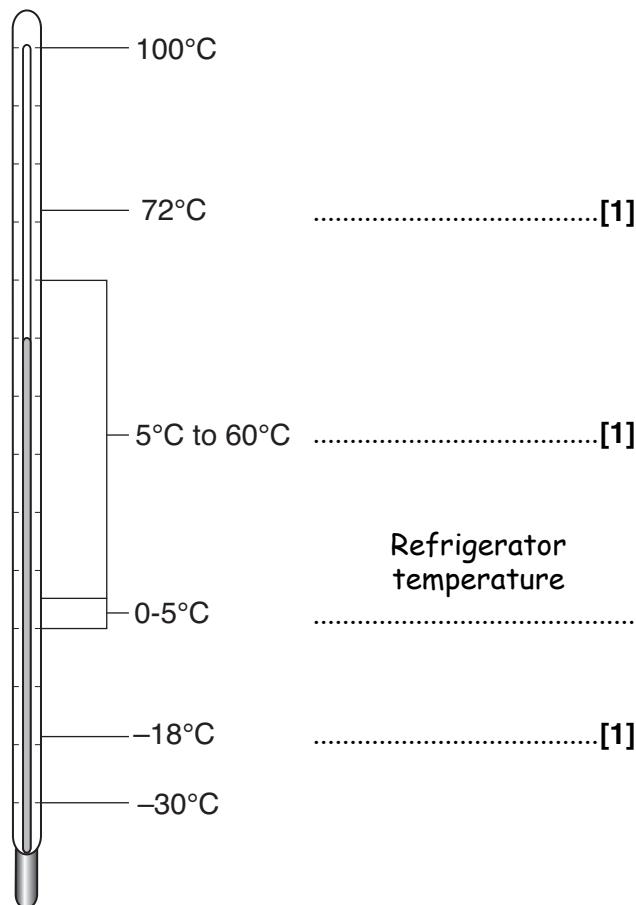
[Total: 15]

(3) The correct temperature is important when storing food.

(a) On the thermometer below identify the temperature at which the following occurs

0–5 °C; Refrigerator temperature has been completed for you.

- Bacteria destroyed
- Freezer temperature
- Danger zone for bacterial growth



(b) Identify **two** bacteria that cause food poisoning.

- 1 .....  
2 ..... [2]

- (c) (i) Food spoilage is reduced by methods of commercial preservation.

Name **two** commercial preservation methods with an example of a food preserved by this method.

Commercial preservation method	Food preserved by this method

[4]

- (ii) Explain good hygiene practice in the kitchen.

[6]

[Total: 15]

- 4** Food labels provide consumers with a range of information.

(a) Name **four** pieces of information that could be found on a food label.

1 .....

2 .....

3 .....

4 ..... [4]

**(b)** Explain how the role of marketing and advertising could influence consumers' food choices.

- (c) Many foods that we eat contain additives.  
Give **three** uses of food additives in foods.

1 .....

2 .....

3 ..... [3]

[Total: 15]

10

The Quality of Written Communication will be assessed in your answer to this question.

- 5** • Describe the major dietary health issues facing people today.  
• Explain the current dietary guidelines.



. [15]

[Total: 15]

[Paper total: 80 marks]



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