

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 21 January 2011
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

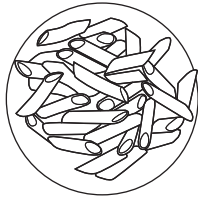
- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. Additional paper may be used if necessary but you must clearly show your candidate number, centre number and question number(s).
- Answer **all** the questions.
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

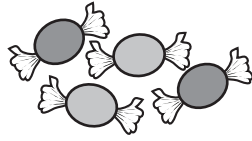
- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **80**.
- Your quality of written communication is assessed in the questions marked with an asterisk(*).
- This document consists of **16** pages. Any blank pages are indicated.

1 Sugars and starches are the two main forms of carbohydrates.

Look at the pictures below:



Wholemeal pasta



Sweets



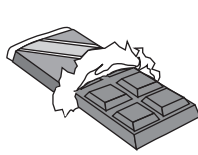
Apple



Honey



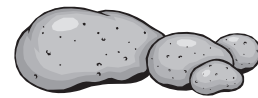
Brown Rice



Chocolate



Flour



Potatoes

(a) (i) Identify **two** examples of foods containing sugars.

- 1
- 2 [2]

(ii) Identify **two** examples of foods containing starch.

- 1
- 2 [2]

(iii) Give **two** changes that occur when bread is toasted.

- 1
-
- 2
- [2]

(iv) Name **one** alternative to sugar (sucrose) for sweetening drinks.

- [1]

(v) Give **two** reasons why athletes need sugar in their diet during training.

- 1
- 2 [2]

(b) (i) Explain what is meant by basal metabolic rate (BMR)

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

(ii) Describe **two** reasons why people have different energy requirements.

1
.....
.....
.....
2
.....
.....
..... [4]

[Total: 15]

2 There are different types of milk available.

(a) (i) Complete the table below with a different type of milk suitable for each person.

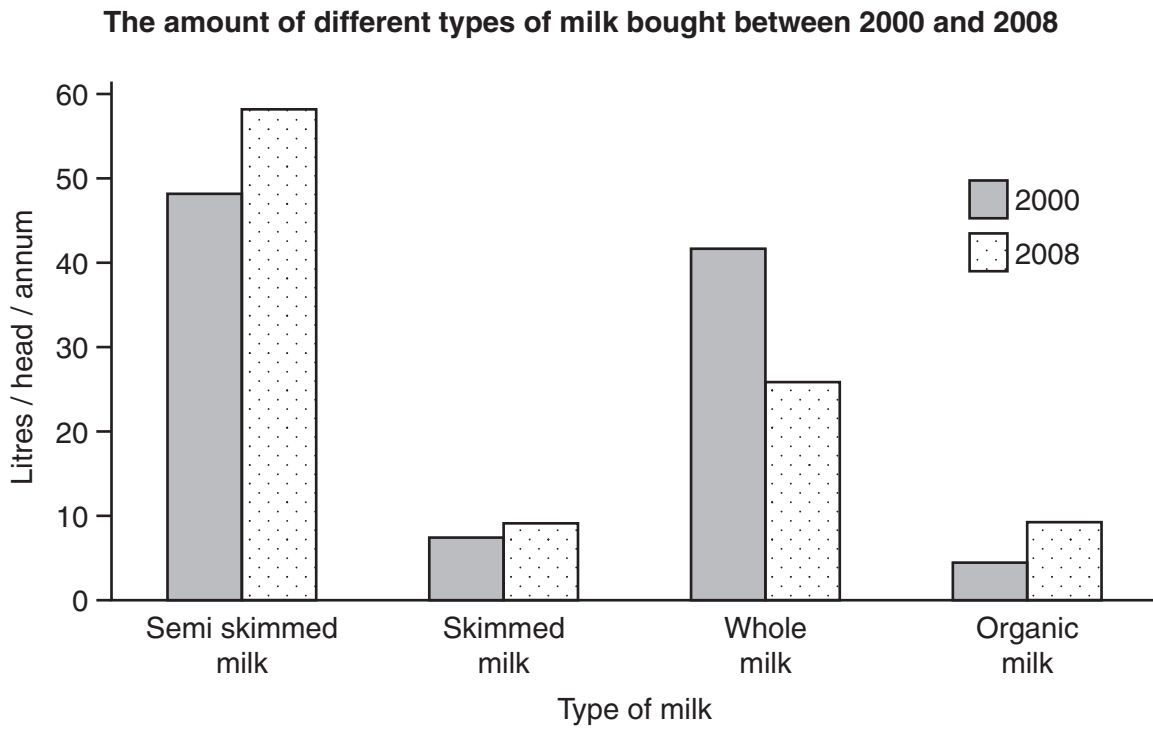
The first one has been done for you.

Person	Type of milk
Lactose intolerant	Soya Milk
A two year old child	
Someone trying to reduce their fat intake	

[2]

The type of milk people buy has changed over the last few years.

Look at the bar chart below showing the changes in the types of milk bought between 2000 and 2008.



(ii) Explain **three** changes in the types of milk bought between 2000 and 2008, using the bar chart above.

1

.....

.....

.....

.....

2

.....

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.....

.....

3

.....

.....

.....

.....

[6]

Milk contains calcium.

(b) (i) Name **one** other good source of calcium in the diet.

..... [1]

(ii) Give **one** reason why calcium is needed in the body.

..... [1]

(iii) State **three** nutrients other than calcium, found in whole milk.

1

2

3 [3]

Fresh milk has to be stored in a refrigerator.

(c) Give **two** other types of milk that could be stored in a cupboard at home.

1

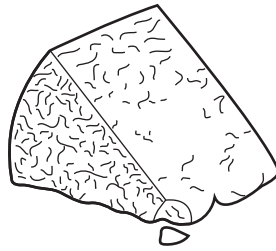
2 [2]

[Total: 15]

PLEASE DO NOT WRITE ON THIS PAGE

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.

4 Blue veined cheese is one example of a food where a micro-organism is used in food production.



(a) Name **one** other food that uses a micro-organism in food production.

..... [1]

(b) State **three** methods of preserving food at home.

1

2

3 [3]

(c) Give **three** advantages of food preservation.

1

2

3 [3]

(d) Describe **four** ways of reducing the risk of food poisoning when storing and re-heating leftover food.

1

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2

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3

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4

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..... [8]

[Total: 15]

5 Fruit and vegetables form part of a balanced diet.



(a) (i) How many servings of fruit and vegetables are we advised to eat every day?

..... [1]

(ii) Give **four** reasons why we are advised to eat more fruit and vegetables.

1

2

3

4 [4]

(iii) State **four** ways a young child could be encouraged to eat more fruit and vegetables.

1

2

3

4 [4]

(iv) Name **two** fruits that go brown during preparation.

1

2 [2]

(v) Give **one** way to prevent fruit going brown during preparation.

.....

..... [1]

(b) We are advised to eat a balanced diet.

Explain what is meant by a balanced diet.

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

Many children take a packed lunch to school.

A packed lunch contains the following:

- a peanut butter sandwich on white bread
- a packet of crisps
- a can of fizzy drink

(c)* Explain how this packed lunch could be changed to make it a balanced meal for a child and meet dietary guidelines.

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..... [6]

[Total: 20]

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