

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE

B003/01

HOME ECONOMICS

Food and Nutrition

Principles of Food and Nutrition

THURSDAY 5 JUNE 2014: Morning

DURATION: 1 hour 30 minutes
plus your additional time allowance

MODIFIED ENLARGED

Candidate forename		Candidate surname	
-------------------------------	--	------------------------------	--

Centre number						Candidate number				
--------------------------	--	--	--	--	--	-----------------------------	--	--	--	--

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 (*).

Any blank pages are indicated.

BLANK PAGE

1 A pack of sandwiches has the following label.

‘OCR ham, cheese and pickle on white bread’.

Ingredients
White bread, ham, cheddar cheese, pickle, butter.

Nutritional information

Typical Values	Per 100 g	Each pack contains
Energy	905 kJ (215 Kcal)	1810 kJ (430 Kcal)
Protein	12.2 g	24.4 g
Carbohydrate	24.5 g	49.0 g
Fat	7.6 g	15.2 g
Fibre	0.8 g	1.6 g

Use the nutritional information and list of ingredients above to answer the following questions.

(a) (i) Identify how much energy is in each pack of sandwiches.

_____ **[1]**

(ii) State how much protein is provided per 100 g of the sandwich.

_____ **[1]**

(iii) Identify ONE sandwich ingredient that contains protein.

_____ [1]

(iv) State ONE function of protein.

_____ [1]

(b) Give ONE reason why this sandwich is not suitable for someone who is a coeliac.

_____ [1]

**(c) State how this sandwich should be stored.
Give ONE reason for your answer.**

Storage _____ [1]

Reason _____
_____ [1]

(d) Give TWO different ways the sandwich could be changed to increase the fibre content.

1 _____

2 _____

[2]

[illegible]

[TOTAL: 15]

BLANK PAGE

2 (a) Fish can be salted to preserve it. State TWO other ways fish could be preserved.

1 _____

2 _____

[2]

(b) Identify TWO ways fish could be cooked.

1 _____

2 _____

[2]

(c) Give TWO reasons why an increased intake of oily fish is recommended.

1 _____

2 _____

[2]

- (d) (i) State the maximum recommended daily salt intake for an adult in the UK.**

_____ **[1]**

- (ii) Describe THREE ways an adult could reduce their salt intake.**

1 _____

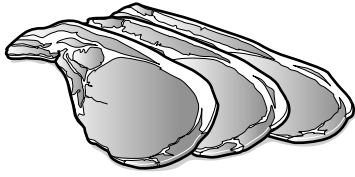
2 _____

3 _____

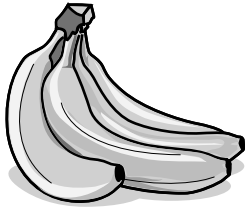
[6]

Look at the pictures of food below:

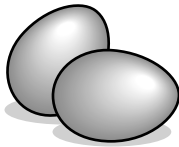
Bacon



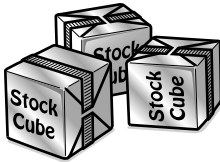
Bananas



Eggs



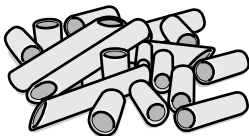
Stock cubes



Yeast extract



Pasta



(e) From the foods listed below, identify TWO foods that are high in salt.

Bacon

Bananas

Eggs

Stock cubes

Yeast extract

Pasta

1 _____

2 _____

[2]

[TOTAL: 15]

3* Many factors can influence a consumer's food choices.

Describe how a supermarket could advertise a new food product.

Explain the different factors, other than advertising that could influence a consumer's food choices. [15]

[illegible]

[illegible]

[illegible]

4 Breakfast is considered the most important meal of the day.

(a) Give THREE reasons why breakfast is an important meal.

1 _____

2 _____

3 _____

[3]

(b) A teenager's breakfast consists of the following:

Sugary cereal

Whole milk

Toast (white bread) with jam

Sugary fizzy drink

Explain FOUR ways this breakfast could be changed to meet dietary guidelines for teenagers.

1 _____

2 _____

3 _____

4 _____

[8]

(c) Identify THREE factors that influence an individual's energy requirement.

1 _____

2 _____

3 _____

[3]

Breakfast cereals can be an important source of vitamins and minerals.

**(d) Complete the chart below to identify THREE vitamins or minerals and their function.
One has been completed for you.**

Vitamin or mineral	Function
Vitamin B₁₂	Production of new cells.

[6]

[TOTAL: 20]

5 Fat is one macronutrient needed in our diet.

(a) State TWO reasons why fat is needed in our diet.

1 _____

2 _____

[2]

(b) Identity TWO problems caused by consuming too much fat.

1 _____

2 _____

[2]

- (c) Fats and oils have many functions in the preparation and cooking of food.**

Complete the chart below with the function of fat and an example of its use. The first one has been completed for you.

Function	Example
Flavour	Roasting potatoes

[4]

- (d) What is meant by the term ‘hidden fat’?**

_____ **[1]**

- (e) Give ONE example of a product containing hidden fat.**

_____ **[1]**

Convenience foods can contain high levels of fat.

(f) What is meant by the term ‘convenience food’?

_____ [1]

(g) Identify TWO groups of people who might buy convenience foods, give ONE reason why each group may find convenience foods useful.

Group 1 _____

Reason _____

_____ [2]

Group 2 _____

Reason _____

_____ [2]

[TOTAL: 15]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional answer space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

BLANK PAGE



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.

