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General Certificate of Secondary Education

Home Economics: Food and Nutrition

Written Paper



[G9521]

G9521

Assessment

Assessment Level of Control:

Tick the relevant box (✓)

Controlled Conditions	
Other	

TIME 2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. Do not write with a gel pen.

Answer all twelve questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 120.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions 10, 11, and 12.



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	This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.						
	Read the following statements and tick the box beside each correct answer. Tick [/] only one box for each statement.						
1 (a		According to the Eatwell Guide, how many glasses of water should we drink a day?					
	Α	3–4					
	В	6–8					
	С	9–10					
	D	1–2		[1]			
(b	(b) Which one of the following statements describes the function of sodium?						
	Α	growth and repair					
	В	forms connective tissue in the body					
	С	helps to keep body fluids balanced					
	D	maintains body temperature		[1]			
(c) WI	hich one of the following vitamins helps	the body to absorb calcium?				
	A	vitamin A					
	В	vitamin D					
	С	vitamin E					
	D	vitamin C		[1]			
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	D	packet of biscuits		[1]
	С	yoghurt		
	В	cooked ham		
	Α	carton of milk		
(f)	Wh	nich one of the following foods would hav	e a best before date?	
	D	retail sector		[1]
	С	manufacturing sector		
	В	distribution sector		
	Α	agricultural sector		
(e)		nich one of the following sectors involves food businesses?	food being transported and sup	plied
	D	tuna		[1]
	С	mussels		
	В	haddock		
	A	mackerel		
(d)	Wh	nich one of the following fish is an examp	le of white fish?	



(a)	Write down two reasons why food provenance is important.
	1
	2
(b)	Identify two foods that are grown, other than fruits and vegetables.
	1
	2
(c)	State two reasons why food is processed.
	1
	2
(d)	Identify one of the secondary processing steps involved in producing bread.
(e)	Explain the term pasteurisation.

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3	(a)	Define the term effective consumer.	
			[2]
	(b)	Describe how the following factors affect individual food choice. Economic factors	
			
			[3]
		Health issues	
			[3]
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(d)	Outline the advantages of buying minced beef displaying this label.
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4	(a)	Identify two laws that protect consumers in relation to food safety.	
		1	[1]
		2	
			_ [,]
	(b)	Explain how the risk of food poisoning from Staphylococcus aureus could be reduced when preparing food.	
			[4]
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5	(a)	Explain the following terms:	
	()	Sedentary lifestyle	
		Sederitary mestyle	
			· · · · · · · · · · · · · · · · · · ·
			
			[2]
		Basal metabolic rate	
		Dasai metabolic rate	
			· · · · · · · · · · · · · · · · · · ·
			
			[2]
	(b)	Discuss the use of sports drinks for an individual with an active lifestyle.	
	(13)	Discuss the use of sports uninks for all individual with all active inestyle.	
			· · · · · · · · · · · · · · · · · · ·
			
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6	(a)	Identify three symptoms of iron deficiency anaemia.	
		1	[1]
		2	[1]
		3	[1]
	(b)	Explain why iron deficiency anaemia is more common in adolescent female (age 12–18 years).	S
			_ [2]
	(c)	Discuss dietary advice to reduce the risk of iron deficiency anaemia.	
			
			
			
			_ [4]
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7	(a)	Low fibre intake is a dietary risk factor for cardiovascular disease (CVD).				
		(i) Identify two other dietary ris	sk factors for CVD.			
		1		[1]		
		2		[1]		
		(ii) Identify two lifestyle risk fac				
		1		[1]		
		2		[1]		
	(h)	Complete the table to identify a	ne source of fibre under each heading.			
	(D)	Complete the table to identify of	The source of libre under each fleading.			
		Soluble fibre	Insoluble fibre			
				[2]		
	(0)	Explain the function of insoluble	fibro			
	(0)	Explain the function of insoluble	ilbie.			
						
						
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				[4]		

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8	(a)	State three reasons why a lasagne ready meal may be suitable for an older adult (65 years and over).	
		1	[1]
		2	[1]
		3	[1]
	(b)	Describe how to store and cook a lasagne ready meal to prevent food poisonir	ng.
		Storing	
			
			[3]
		Cooking	
			[3]
			[၁]
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9 Describe a range of ways to adapt this recipe to reduce the risk of obesity.

Mozzarella Meatballs				
Meatballs Sauce				
750 g minced beef	1 onion			
120g mozzarella cheese	1 garlic clove			
2 cloves garlic	100g streaky bacon			
2 tbsp tomato puree 1 vegetable stock cube				
1 egg	400g chopped tomatoes			
$\frac{1}{2}$ tbsp Worcestershire sauce	30 g Cheddar cheese			

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Expla	ain how the Fairtrade Foundation and the Soil Association labelling scheme
Intori	m consumers when shopping for food.

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shopping for fo	od.		
			
			
		 	
			
		 	
			

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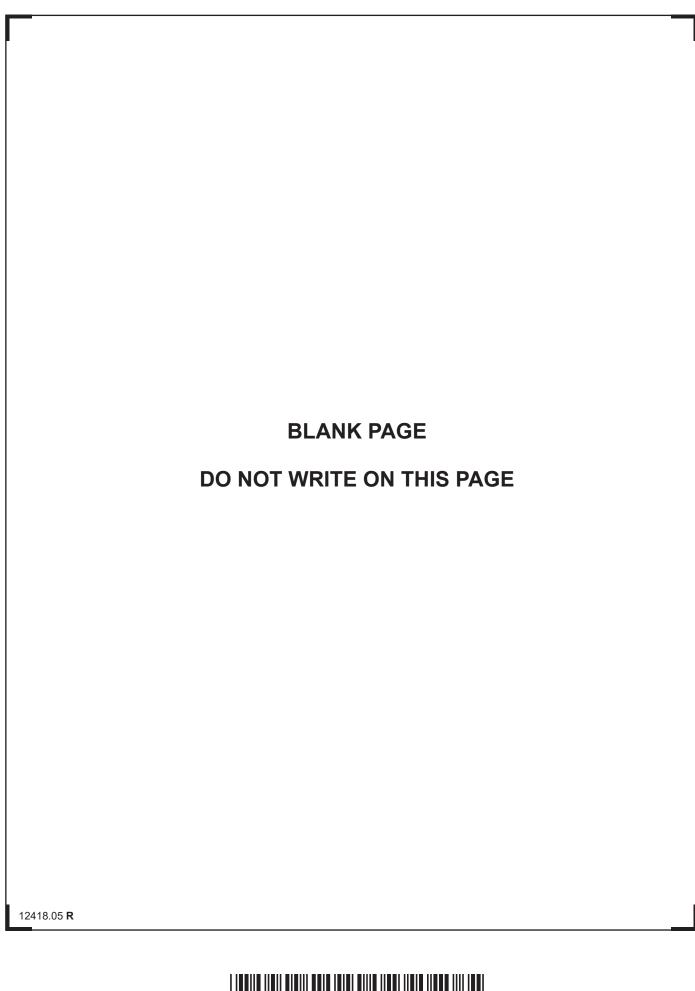
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Question Number	Marks	
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