



General Certificate of Secondary Education

Centre Number

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Candidate Number

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Home Economics: Food and Nutrition

Written Paper



[G9521]

G9521

Assessment

TIME

2 hours.

Assessment Level of Control:

Tick the relevant box (✓)

Controlled Conditions	
Other	

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.**



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?

A 3–4

B 6–8

C 9–10

D 1–2

[1]

(b) Which **one** of the following statements describes the function of sodium?

A growth and repair

B forms connective tissue in the body

C helps to keep body fluids balanced

D maintains body temperature

[1]

(c) Which **one** of the following vitamins helps the body to absorb calcium?

A vitamin A

B vitamin D

C vitamin E

D vitamin C

[1]



(d) Which **one** of the following fish is an example of white fish?

A mackerel

B haddock

C mussels

D tuna

[1]

(e) Which **one** of the following sectors involves food being transported and supplied to food businesses?

A agricultural sector

B distribution sector

C manufacturing sector

D retail sector

[1]

(f) Which **one** of the following foods would have a best before date?

A carton of milk

B cooked ham

C yoghurt

D packet of biscuits

[1]

[Turn over

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2 (a) Write down **two** reasons why food provenance is important.

1. _____ [1]

2. _____ [1]

(b) Identify **two** foods that are grown, other than fruits and vegetables.

1. _____ [1]

2. _____ [1]

(c) State **two** reasons why food is processed.

1. _____ [1]

2. _____ [1]

(d) Identify **one** of the secondary processing steps involved in producing bread.

_____ [1]

(e) Explain the term pasteurisation.

_____ [2]



3 (a) Define the term effective consumer.

[2]

(b) Describe how the following factors affect individual food choice.

Economic factors

[3]

Health issues

[3]

[Turn over



(c) Explain **one** reason why food is fortified.

[2]

(d) Outline the advantages of buying minced beef displaying this label.



Source: LMCNI © 2022

[3]





4 (a) Identify **two** laws that protect consumers in relation to food safety.

1. _____ [1]

2. _____ [1]

(b) Explain how the risk of food poisoning from *Staphylococcus aureus* could be reduced when preparing food.

[4]



5 (a) Explain the following terms:

Sedentary lifestyle

[2]

Basal metabolic rate

[2]

(b) Discuss the use of sports drinks for an individual with an active lifestyle.

[2]

[Turn over



(c) Analyse the role of starchy carbohydrates in the diet of an adult running a marathon.

[4]



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 females (age 12–18 years).

_____ [2]

(c) Discuss dietary advice to reduce the risk of iron deficiency anaemia.

_____ [4]



7 (a) Low fibre intake is a dietary risk factor for cardiovascular disease (CVD).

(i) Identify **two** other dietary risk factors for CVD.

1. _____ [1]

2. _____ [1]

(ii) Identify **two** lifestyle risk factors for CVD.

1. _____ [1]

2. _____ [1]

(b) Complete the table to identify **one** source of fibre under each heading.

Soluble fibre	Insoluble fibre

[2]

(c) Explain the function of insoluble fibre.

[4]





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 poisoning.

Storing

_____ [3]

Cooking

_____ [3]

[Turn over



9 Describe a range of ways to adapt this recipe to reduce the risk of obesity.

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

[6]

[Turn over









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For Examiner's use only	
Question Number	Marks
1	
2	
3	
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7	
8	
9	
10	
11	
12	

Total Marks	
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Examiner Number

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