



Rewarding Learning

General Certificate of Secondary Education
2022

Centre Number

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Candidate Number

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Home Economics: Food and Nutrition

Written Paper

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| MV18 |
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[G9521]

MONDAY 20 JUNE, AFTERNOON

Time

2 hours, plus your additional time allowance.

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 on blank pages.

Complete in black ink only.

Answer **all twelve** questions.

Information for Candidates

The total mark for this paper is 120.

Figures in brackets printed at the end of each question 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. [1 mark for each]

Tick [✓] only **one** box for each statement.

1 (a) Which **one** of the following nutrients is a macronutrient?

- A** carbohydrate
- B** vitamin A
- C** calcium
- D** sodium

(b) Which **one** of the following foods is an example of a food that has undergone primary processing?

- A** banana
- B** egg
- C** flour
- D** tomato

(c) Which **one** of the following foods is a good source of protein?

A cabbage

B milk

C oranges

D courgette

(d) Which **one** of the following temperature ranges represents the “danger zone” at which bacteria multiply rapidly?

A 0–4°C

B 100–120°C

C 75–94°C

D 5–63°C

(e) Which **one** of the following health issues is caused by a deficiency of calcium?

A osteoporosis

B anaemia

C cardiovascular disease

D obesity

(f) Which **one** of the following foods is not covered under the Northern Ireland Beef and Lamb Farm Quality Assurance Scheme (NIBL FQAS)?

A lamb chops

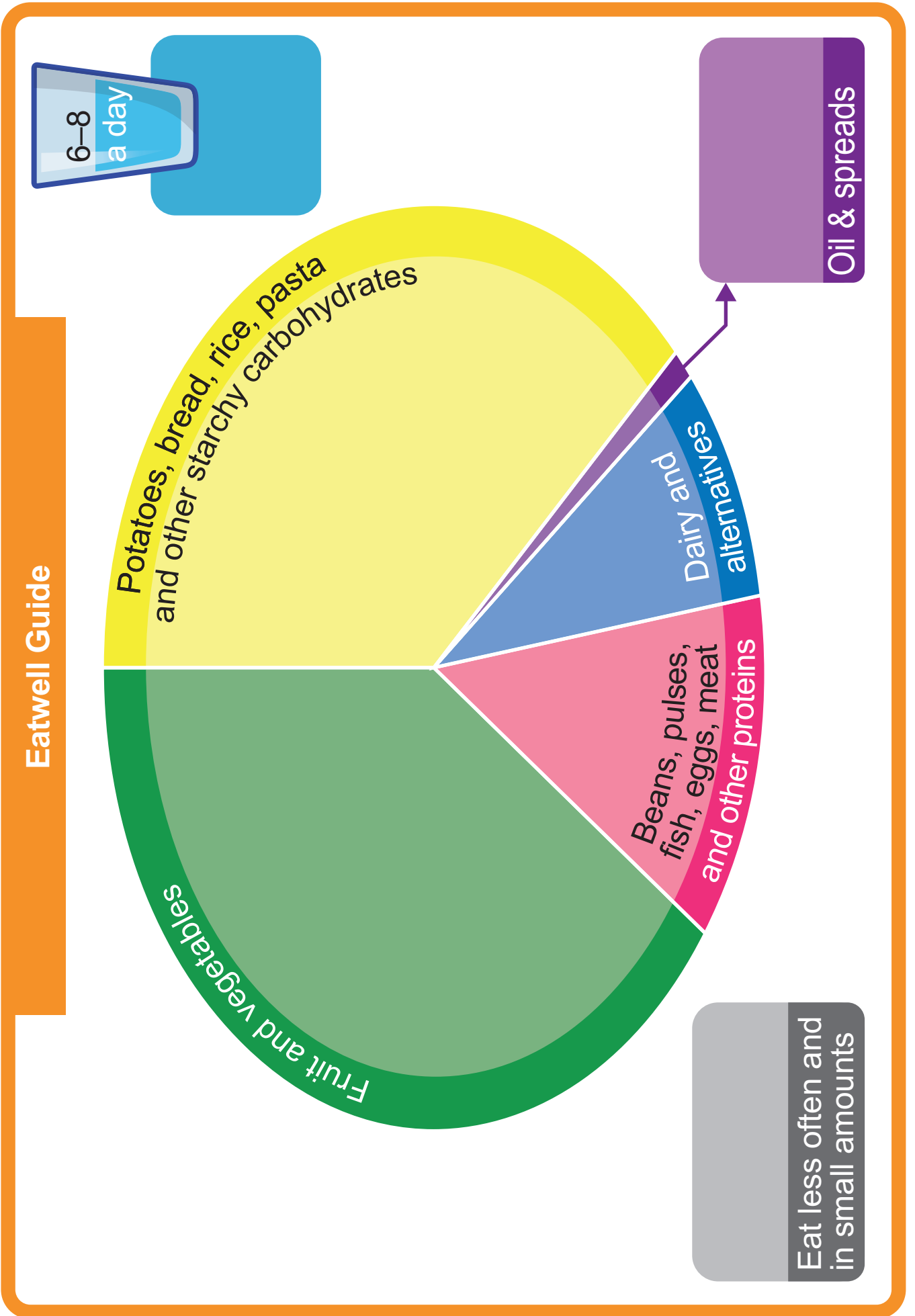
B rump steak

C cod

D minced beef

Blank Page

(Questions continue overleaf)



(a) Write the following foods onto the correct section of the Eatwell Guide opposite. [4 marks]

- broccoli
- lentils
- couscous
- single cream

(b) One of the “8 tips for eating well” is to eat less salt.

(i) Write down **three** ways to reduce the amount of salt in the diet. [1 mark for each]

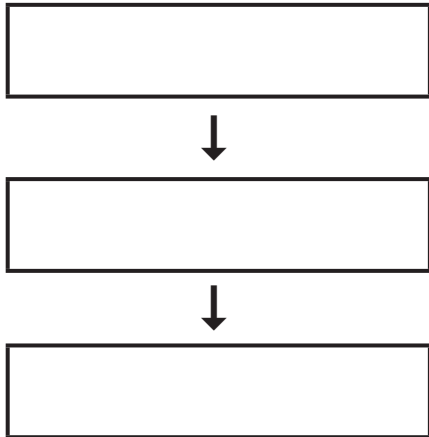
1. _____
2. _____
3. _____

(ii) Discuss why it is important to reduce the amount of salt in the diet. [3 marks]

(c) Another one of the “8 tips for eating well” is to eat lots of fruit and vegetables. Explain why this is important to health. [3 marks]

- 3 (a) The food supply chain has several stages. Place the following sectors of the food supply chain in the correct order. [3 marks]

distribution sector
agricultural sector
manufacturing sector



- (b) Explain **two** health benefits of including fish in the diet. [2 marks for each]

1. _____

2. _____

(c) Explain why sustainable fishing is important.
[3 marks]

4 (a) Discuss the possible consequences of a deficiency of folate. [3 marks]

(b) Explain why food manufacturers choose to fortify foods during food production. [4 marks]

5 (a) Explain **three** factors that influence individual energy requirements. [2 marks for each]

1. _____

2. _____

3. _____

7 Evaluate the use of a debit card when paying for a meal in a restaurant. [4 marks]

- 8 (a) Explain how the following factors can affect an individual's ability to be an effective consumer when shopping for food. [3 marks for each]

Access to transport

Literacy skills

(b) Outline the protection offered to consumers by the following legislation. [3 marks for each]

The Food Safety (Northern Ireland) Order 1991

The Food Hygiene Regulations (NI) 2006

9 (a) Write down **three** sources of vitamin B12 in the diet of a vegetarian. [1 mark for each]

1. _____

2. _____

3. _____

(b) Explain why an individual may choose to adopt a vegetarian diet. [3 marks]

(c) Explain how the interaction between iron and vitamin C can be useful for a vegetarian. [3 marks]

SOURCES

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| Question Number | Marks |
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |
| 11 | |
| 12 | |

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| Total Marks | |
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Examiner Number

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