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General Certificate of Secondary Education 2022

Home Economics: Food and Nutrition

Written Paper



[G9521] *G9521*

MONDAY 20 JUNE, AFTERNOON

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.



			ultiple choice section. You	are advised to spend no more than 5 minu	tes		
Re	Read the following statements and tick the box beside each correct answer. Tick [] only one box for each statement.						
1			Which one of the following nutrients is a macronutrient?				
	` ,	A	carbohydrate				
		В	vitamin A				
		С	calcium				
		D	sodium		[1]		
	(b)		nich one of the following food mary processing?	ls is an example of a food that has undergone			
		A	banana				
		В	egg				
		С	flour				
		D	tomato		[1]		
	(c)	Wh	nich one of the following food	ds is a good source of protein?			
		Α	cabbage				
		В	milk				
		С	oranges				
		D	courgette		[1]		
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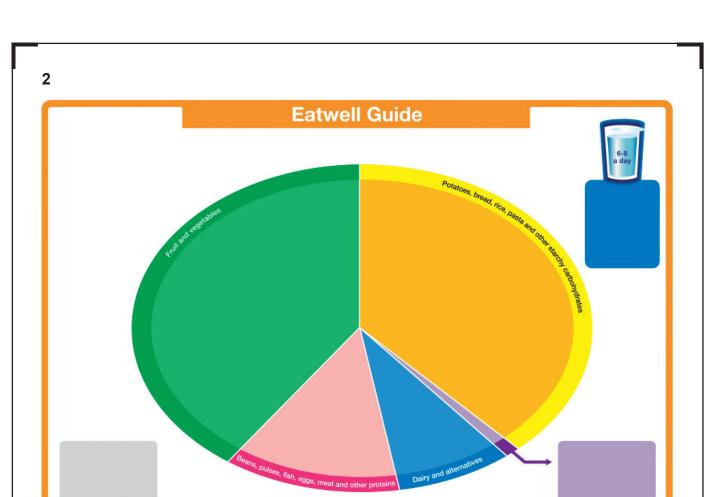
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	(d)		ich one of the following ter ch bacteria multiply rapidly	mperature ranges represents the "danger zone" a /?	at
		Α	0 – 4°C		
		В	100 – 120°C		
		С	75 – 94°C		
		D	5 – 63°C		[1]
	(e)	Wh	ich one of the following he	ealth issues is caused by a deficiency of calcium?	ı
		A	osteoporosis		
		В	anaemia		
		С	cardiovascular disease		
		D	obesity		[1]
	(f)			ods is not covered under the Northern Ireland Bedrance Scheme (NIBL FQAS)?	ef
		A	lamb chops		
		В	rump steak		
		С	cod		
		D	minced beef		[1]
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- (a) Write the following foods onto the correct section of the Eatwell Guide above.
 - broccoli
 - lentils
 - couscous
 - single cream [4]



		of the "8 tips for eating well" is to eat less salt.	
(i	i)	Write down three ways to reduce the amount of salt in the diet.	
		1	[1]
		2	[1]
		3	[1]
(i	ii)	Discuss why it is important to reduce the amount of salt in the diet.	
			[3]
		ther one of the "8 tips for eating well" is to eat lots of fruit and vegetables. lain why this is important to health.	
_			
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-			[3]

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3 (a) The food supply chain has several stages. Place the following sectors of the food supply chain in the correct order. distribution sector agricultural sector manufacturing sector [3] (b) Explain two health benefits of including fish in the diet. [2] [2] Rewards 20 1 Loaning

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(c)	Explain why sustainable fishing is important.	
		[3]
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4	(a)	Discuss the possible consequences of a deficiency of folate.
		[3]
	(b)	Explain why food manufacturers choose to fortify foods during food production.
		[4]
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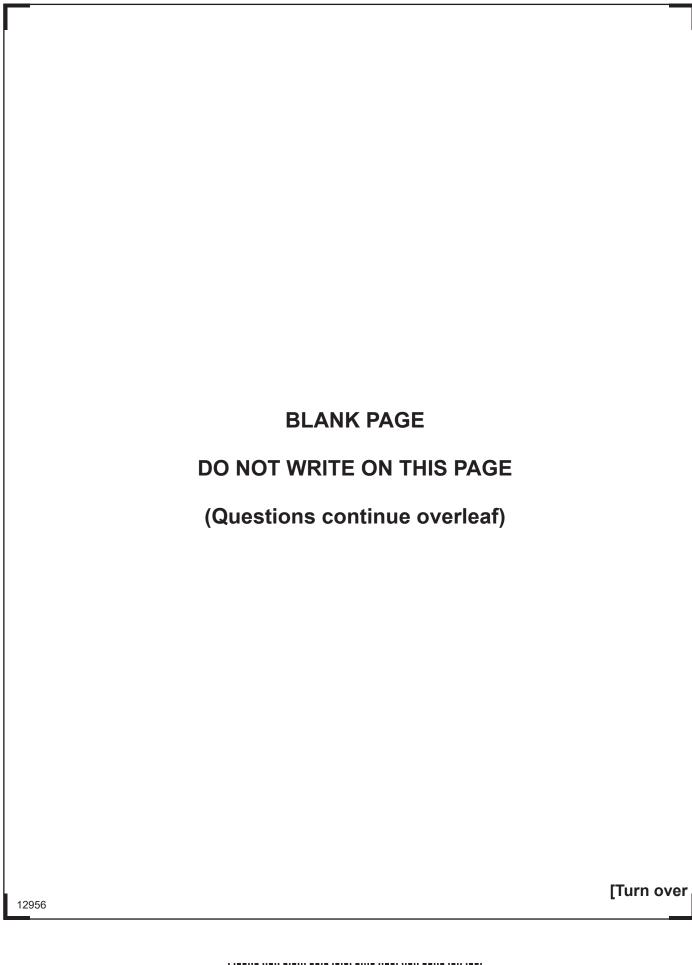
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5 (a) Explain three factors that influence individual energy requirements. 1				
1	-	(-)	Explain these factors that influence individual anarous requirements	
	5 ((a)	Explain three factors that influence individual energy requirements.	
			1	
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	(b)	Discuss the role of fat in the diet.	
			[6]
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	purchasing food.	
	1	_ [
	2	_ [
(b)	Identify three symptoms of listeria food poisoning.	
	1	[
	2	[
	3	[
(c)	Analyse how good personal hygiene can promote food safety in the home.	
		_ [

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8	(a)	Explain how the following factors can affect an individual's ability to be an effective consumer when shopping for food.	
		Access to transport	
			
			[3]
		Literacy skills	
			
			
			
			[3]
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(b)	Outline the protection offered to consumers by the following legislation.	
	The Food Safety (Northern Ireland) Order 1991	
		[3]
	The Food Hygiene Regulations (NI) 2006	
		[3]
		Turn over



9	(a)	Write down three sources of vitamin B12 in the diet of a vegetarian.	
Ū	(α)	1	[1]
			[1]
		2	
		3	[1]
	(b)	Explain why an individual may choose to adopt a vegetarian diet.	
			
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		, 	
			· · · · · · · · · · · · · · · · · · ·
			_ [3]
	(c)	Explain how the interaction between iron and vitamin C can be useful for a vegetarian.	
			[3]
			[3]
			[3]

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(d)	Below is a recipe for Spaghetti Bolognese:
	100 g spaghetti
	150 g minced beef
	1 diced onion
	2 carrots
	240 g can chopped tomatoes
	1 beef stock cube
	100 g cheese
	20 g plain flour
	Suggest and justify modifications to this recipe that would make it suitable for someone who follows a vegetarian diet.
	[6]
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Discuss how the	layout of a supern	narket can influe	nce consumer food	choice.
				
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For Examiner's use only		
Question Number	Marks	
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