

Centre Number				
	Can	didat	e Nu	mber
	Can	didat	e Nu	mber

General Certificate of Secondary Education 2024

## Home Economics: Food and Nutrition

Written Paper



[G9521]

\*G9521\*

### **THURSDAY 23 MAY, 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.

14251



			ultiple choice section. You are advised to spend no more tha	n 5 minu	tes
			ollowing statements and tick the box beside each correct answer.  y <b>one</b> box for each statement.		
1	(a)	Wł	nich <b>one</b> of the following conditions is caused by an intolerance to	gluten?	
		A	anaemia		
		В	diabetes		
		С	cardiovascular disease		
		D	coeliac disease		[1]
	(b)		nich <b>one</b> of the following benefits applies to basing your meals on ods?	starchy	
		A	prevents iron deficiency anaemia		
		В	helps to control weight by making you feel fuller for longer		
		С	helps to form strong bones and teeth		
		D	forms connective tissue in the body		[1]
	(c)	Wł	nich <b>one</b> of the following foods is a good source of vitamin C?		
		A	grapefruit		
		В	white bread		
		С	cod		
		D	chicken		[1]

Do Loaning

Loaning

Reaserable

Postarity

Constitution

Const

Rewarding 200

Remarking Junearing

Flowarding
Flowarding
The Rowarding
Flowarding
Flowarding

Rewarding 20

Research

Participation

The control

The co

D y Learning
Research

Paraming
Research
Research
Research
Research
Research
Research

GC.

Donas Control of Paras Control of Paras

20 7 Levarritry

Rewarding Powersing



14251

	(d)		nich <b>one</b> of the following steps is not involved in the secondary pro eat into bread?	cessing	of
		A	weighing and measuring		
		В	slicing		
		С	baking		
		D	frying		[1]
	(e)	Wh	nich <b>one</b> of the following food additives is used to extend shelf life?	•	
		Α	preservatives		
		В	colourings		
		С	emulsifiers		
		D	flavourings		[1]
	(f)	Wh	nich <b>one</b> of the following foods is not a novel source of protein?		
		Α	tofu		
		В	soya		
		С	lentils		
		D	Quorn		[1]
14251				[Tur	n over

Tarany
Ta



2	(a)	Circle <b>three</b> foods section of the Eat		t below which belo	ong to the 'Dairy and Alt	ternatives'
		Stilton cheese	pork	oat milk	breadsticks	
		single cream	tuna	pumpkin	cauliflower	[3]
	(b)	Explain the function	on of vitamin	D in the diet.		
						[2]
	(c)	Discuss the effect	s of calcium	deficiency on the	body.	
						[4]
						[7]

Rewarding 2 Locating Rewarding

Describing

Constitution

Researcher

Learning

Rowarding 20 1

Powerthy

J. Leaving

Remarkly

Powerthy

J. Leaving

Rewarding Learning

Remarking Junearing

Rowarding

Research 7 Learning

Rewarding 20

Research

Participation

Towards

Reverting J. Learning Researcing

20 7 Learning

Roserting

To Learning

Rowardin

D y Learning
Reversion

Donasting
Leaving
Research



_			
3	(a)	Identify <b>two</b> food sources of salmonella food poisoning bacteria.	
		1	[1]
		2	
	(b)	Explain how food poisoning can affect the body.	
			<del></del>
			[2]
	(c)	Discuss ways to prevent salmonella food poisoning when preparing meals at home.	:
			<del></del>
			<del></del>
			<del></del>
			[4]
14251		[Tu	rn over



<b>4</b> Expla	in the following barriers to being an effective consumer when shopping	
for foc		
(i	) Knowledge	
		[2]
(i	i) Resources	
		[2]
14251		

Day Learning

Annual Control of the Control of the

Described Forwarding

Roserving

Roserving

20

y Learning

Powerthy

Theorythy

Theorythy

Theorythy

Theorythy

Theorythy

Rewarding Learning

Remarking Junearing

Rowarding

Roserving

Participation

Rewarding 20

Research

Participation

Towards

Reverting J. Learning Researcing

20 7 Learning

Roserting

To Learning

GG.

D y Learning
Reversion

Donasting
Leaving
Research

Parametring
Towarding
Rowarding
Towarding



5	(a)	Name <b>two</b> items of information that must be provided on a food label by law.	
		1	[1]
		2	[1]
			[.]
(	(b)	Explain why food manufacturers choose to include voluntary information on foliabels.	ood
			[3]
(	(c)	Evaluate the use of shopping apps as a food shopping option for older adults.	
		,	
			[6]
14251		[Tur	n over



_	
_	
_	
_	
_	
_	
_	
_	
_	
_	
_	
_	

Do Loaning

Loaning

Reaserable

Describing

Constitution

Researcher

Learning

Rowarding 20 1

Powersting
Theoretical
Theoretical
Theoretical
Theoretical
Theoretical
Theoretical
Theoretical

Roserding J. Learning

Remarking Junearing

Flowerston

Flowerston

Flowerston

Flowerston

Flowerston

Flowerston

Flowerston

Rewarding 20

Research

Porting

Control

Roserch

Porting

Control

Roserch

Ro

D y Learning
Research

Paraming
Research
Research
Research
Research
Research
Research

GC.

Donas Control of Paras Control of Paras

20 7 Levarritry

Rewarding Powersing



6	(a)	Identify <b>three</b> foods that are grown.	
		1 [1]	]
		2 [1]	]
		3 [1]	]
	(b)	Outline the difference between intensive farming and organic farming.	_
			-
		[3	]
	(c)	The Eatwell Guide advises us to 'eat less red and processed meat'. Explain how this advice benefits health.	,
			-
			-
			-
			-
			-
		[4	]
14251		[Turn o	ver



 <del></del>	 	 	
 <del> </del>	 	 <del> </del>	
 <del> </del>	 	 	
 · · · · · · · · · · · · · · · · · · ·	 	 	

Rewards

Describing

Constitution

Researcher

Learning

Roserving

Roserving

20

y Learning

Powerthy

Theorythy

Theorythy

Theorythy

Theorythy

Theorythy

Rewarding Learning

Remarking Junearing

Rowarding

Roserving

Participation

Rewarding 20

Research

Participation

Towards

Reverting J. Learning Researcing

20 7 Learning

Roserting

To Learning

Rowardin

p Leaving
Reserving
Leaving
Reserving
Reserving



_			
7	(a)	Write down <b>three</b> foods which are sources of free sugars.	
		1	[1]
		2	[1]
		3	[1]
	(b)	Explain <b>three</b> ways to control portion size.	
		1	
			[4]
		2	
			<del> </del>
			[2]
		3	
			· · · · · · · · · · · · · · · · · · ·
			[2]
			<b>FT</b>
			[Turn over

14251



	 	<b>.</b>

Rewards

Describing

Constitution

Researcher

Learning

Rowarding 20 1

Powerthy

Theorythy

Theorythy

Theorythy

Theorythy

Theorythy

Rewarding Learning

Remarking Junearing

Rowarding

Research 7 Learning

Rewarding 20

Research

Participation

Towards

Reverting J. Learning Researcing

20 7 Learning

Roserting

To Learning

Rowardin

p Leaving
Reserving
Leaving
Reserving
Reserving



8	(a)	Explain how an individual could increase their fluid intake.	
			[3]
251			[Turn o



 	<del> </del>
	[(

Day Learning

Annual Control of the Control of the

Described Forwarding

Rowarding 2 Learning

Powerthy

J. Leaving

Remarkly

Powerthy

J. Leaving

Rewarding Learning

Remarking Junearing

G.

Posserdor J. seming G. S. Reserdor Posserdor J. Learning

Reasoning 2 Learning

Russich Die Junity J. Lewring Fowardin

Rowarding 7 Learning Rowarding

DED 1 Learning

Theoreting
Theoreting
Theoreting
Theoreting
Theoreting

D y Learning

Rowardin

Reversion 7 Learning

Reversion

20 7 Learning

Powersing

Rowersing

January

Rowardin

p Leaving
Reserving
Leaving
Reserving
Reserving

Parametring
Towarding
Rowarding
Towarding



)	(a)	Identify the <b>two</b> types of fibre present in food.	
		1	[
		2	[
	(h)	Discuss the role of fibre in the diet.	
	(3)		
			[



Analyse the influ	uence of ethical and environmental factors on consumers w	hen
shopping for foo	od.	

Rewards

Plearing

Care
Roserding

Learning

Rowarding 20 1

Powerthy

Theorythy

Theorythy

Theorythy

Theorythy

Theorythy

Rewarding Learning

Remarking Junearing

Rowarding

Research 7 Learning

Rewarding 20

Research

Porting

Control

Roserch

Porting

Control

Roserch

Ro

Daning Learning Roserdin

20 7 Learning

Roserting

To Learning

Rowardin

D y Learning
Reversion

Donasting
Leaving
Research



	-
	-
	-
	_
	-
	-
	-
	_
<del></del>	-
	-
[9	1
L	,
[Turn c	ver,
14251	

Tarany
Ta



Suggest and justi	fy dietary advice to	reduce the risk	of iron deficiency ana	aemia.

Rewards

Plearing

Care
Roserding

Learning

Rowarding 20 1

Powerthy

Theorythy

Theorythy

Theorythy

Theorythy

Theorythy

Rewarding Learning

Remarking Junearing

Rowarding

Research 7 Learning

Rewarding 20

Research

Porting

Control

Roserch

Porting

Control

Roserch

Ro

Daning Learning Roserdin

20 7 Learning

Roserting

To Learning

Rowardin

D y Learning
Reversion

Donasting
Leaving
Research



_	
l	
	 <del></del>
	[9]
	[○]
	[Turn over
14251	

Tarany
Ta



	iscuss the work of the Environmental Health Practitioner in protecting consumers in a lation to food safety.
_	
-	
-	
-	
_	
_	
_	
-	
-	
-	
_	
_	
_	
-	
-	
 -	
 _	
 _	
_	

Do Loaning

Loaning

Reaserable

Postarity

Constitution

Const

Roserding J. Learning

Remarking Junearing

Flowarding
Flowarding
The Rowarding
Flowarding
Flowarding

Rewarding 20

Research

Participation

The control

The co

Day Learning
Researcing

Paraming
Research
Research
Research
Research
Research
Research

GC.

Donas Control of Paras Control of Paras

20 7 Levarritry

Rewarding Powersing



	 <del></del>
	[40]
	 [12]
14054	
14251	





Research
Research
Research
Research
Research
Research
Research
Research

Rewarding Parameter Services

G.

Romanding

20

1 Learning

Rosseraling

Learning

DED , Lourning

20

DE J. Learning

20

20

20

D Learning

20

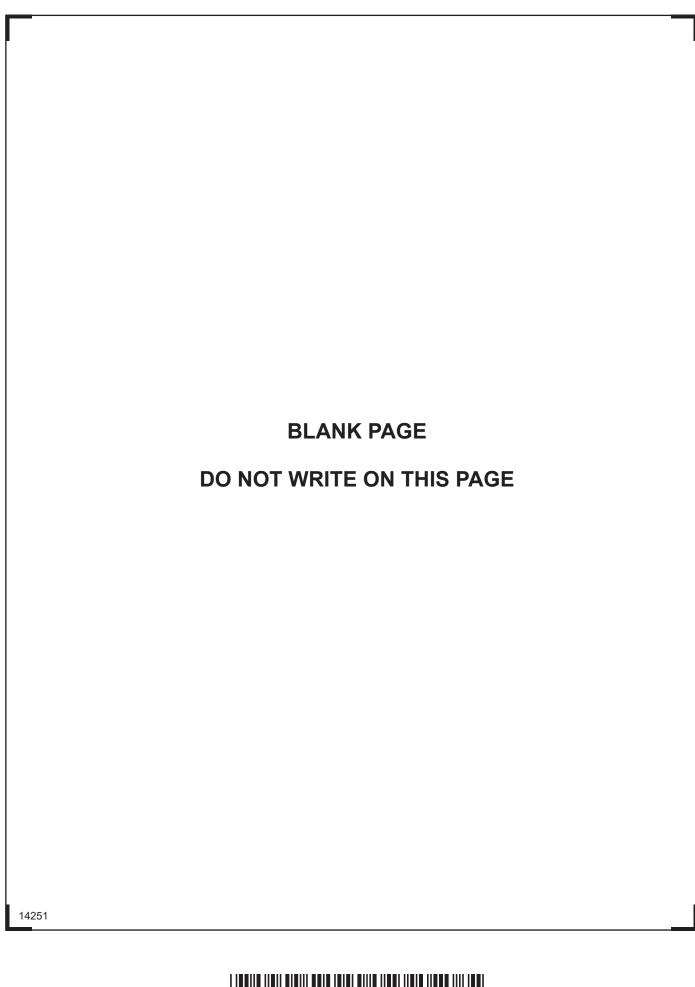
Romanding

20

# BLANK PAGE DO NOT WRITE ON THIS PAGE

14251







DO NOT WRITE ON THIS PAGE		For Exa	
		Question Number	Mark
		1	
		2	
		3	
		4	
		5	
		6	
		7	
		8	
		9	
		10	
		11	
		12	
		Total Marks	
	Examiner Number		
ermission to reproduce all copyright material has been applied for.			
some cases, efforts to contact copyright holders may have been unsuccessful and CCEA ll be happy to rectify any omissions of acknowledgement in future if notified.			

