



General Certificate of Secondary Education  
2024

Centre Number

--	--	--	--	--

Candidate Number

--	--	--	--	--

# 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.**



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) Which **one** of the following conditions is caused by an intolerance to gluten?

A anaemia

B diabetes

C cardiovascular disease

D coeliac disease  [1]

(b) Which **one** of the following benefits applies to basing your meals on starchy foods?

A prevents iron deficiency anaemia

B helps to control weight by making you feel fuller for longer

C helps to form strong bones and teeth

D forms connective tissue in the body  [1]

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

A grapefruit

B white bread

C cod

D chicken  [1]



(d) Which **one** of the following steps is not involved in the secondary processing of wheat into bread?

A weighing and measuring

B slicing

C baking

D frying

[1]

(e) Which **one** of the following food additives is used to extend shelf life?

A preservatives

B colourings

C emulsifiers

D flavourings

[1]

(f) Which **one** of the following foods is not a novel source of protein?

A tofu

B soya

C lentils

D Quorn

[1]

[Turn over



2 (a) Circle **three** foods from the list below which belong to the 'Dairy and Alternatives' section of the Eatwell Guide.

Stilton cheese      pork      oat milk      breadsticks  
single cream      tuna      pumpkin      cauliflower

[3]

(b) Explain the function of vitamin D in the diet.

---

---

---

---

[2]

(c) Discuss the effects of calcium deficiency on the body.

---

---

---

---

---

---

---

---

[4]



3 (a) Identify **two** food sources of salmonella food poisoning bacteria.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(b) Explain how food poisoning can affect the body.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

(c) Discuss ways to prevent salmonella food poisoning when preparing meals at home.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [4]

[Turn over



4 Explain the following barriers to being an effective consumer when shopping for food:

(i) Knowledge

---

---

---

---

[2]

(ii) Resources

---

---

---

---

[2]





5 (a) Name **two** 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 food labels.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [3]

(c) Evaluate the use of shopping apps as a food shopping option for older adults.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_ [6]

[Turn over



(d) Assess the use of financial incentives in supermarkets to influence consumer food choice.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

[6]





6 (a) Identify **three** 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]

[Turn over





7 (a) Write down **three** foods which are sources of free sugars.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

3. \_\_\_\_\_ [1]

(b) Explain **three** ways to control portion size.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

[Turn over



(c) Discuss the importance of planning meals and snacks in advance before shopping for food.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

[6]





8 (a) Explain how an individual could increase their fluid intake.

---

---

---

---

---

---

---

[3]



(b) Examine the importance of adequate fluid intake for an adolescent.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

[6]





9 (a) Identify the **two** types of fibre present in food.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(b) Discuss the role of fibre in the diet.

---

---

---

---

---

---

---

---

---

---

[4]









Handwriting practice area with ten horizontal lines.

[9]

[Turn over

14251



\*24G952117\*





**The quality of your written communication will be assessed in this question.**

**12** Discuss the work of the Environmental Health Practitioner in protecting consumers in relation to food safety.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





---

**THIS IS THE END OF THE QUESTION PAPER**

---

**BLANK PAGE**

**DO NOT WRITE ON THIS PAGE**

14251



\*24G952122\*



**BLANK PAGE**  
**DO NOT WRITE ON THIS PAGE**

14251



\*24G952123\*

**DO NOT WRITE ON THIS PAGE**

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

<b>Total Marks</b>	
--------------------	--

Examiner Number

Permission to reproduce all copyright material has been applied for.  
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA will be happy to rectify any omissions of acknowledgement in future if notified.

