



ASSESSMENT and  
QUALIFICATIONS  
ALLIANCE

# Mark scheme

# June 2003

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## GCSE

### Home Economics: Food and Nutrition

3562

### Foundation

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**Question 1**

- (a) (i) 340g e – will accept 340g **1 Mark**
- (ii) 16 June **1 Mark**
- (iii) Oven (conventional) will accept oven 1 mark  
Microwave (oven) will accept microwave 1 mark  
**2 Marks**
- (iv) Pasta 1 mark  
Skimmed milk 1 mark  
**2 Marks**
- (v) As it does not include the flesh of any animals  
(will accept no meat) **1 Mark**
- (vi) 490 (kcal) **1 Mark**
- (vii) 25.2 (g) **1 Mark**
- (b) (i) Growth  
Repair  
Maintenance  
Energy  
Body secretions – hormones, antibodies  
2 marks, any 2 **2 Marks**
- (ii) Meat  
Fish  
Eggs  
Cheese  
Milk **5 Marks**

- (iii) Soya bean/TUP/Tofu  
Cereals  
Pulses  
Mycoprotein  
Nuts  
Potatoes  
3 marks, any 3. Will accept example rather than group name once.

**3 Marks**

- (c) Pregnant women  
Toddlers/children/babies  
Teenagers  
Lactating women  
Burns victims  
Convalescents

**3 Marks**

**Total 22 Marks**

## **Question 2**

- (a) Food cooked quickly  
Oven does not heat up, so safer for user  
Less heat destruction i.e. vitamin destruction (ascorbic acid and thiamin)  
Improves colour and flavour (some food)  
Food spills do not burn  
Frozen food can be defrosted/reheating/grill/timers can be set  
Food can be cooked and served in same dish – less washing up  
Food does not need constant attention  
Easy to clean  
Less fuel

**6 Marks, Any 6**

- (b) Easy to overcook  
Food will not become crisp  
Irregular shaped foods may affect cooking time  
Risk of food poisoning when reheating food  
Cold spots  
Foods do not brown  
Cannot put metal in

**2 Marks, Any 2**

- (c) (i) Glass  
Plastic  
China/ceramic/pot  
Special microwave dishes  
Cardboard

**2 Marks, Any 2**

- (ii) Microwaves pass through and into food  
Microwaves are not reflected off  
therefore absorb some microwaves  
Do not contain metal

**1 Mark**

**Total 11 Marks**

### **Question 3**

#### **Boiling**

##### **Advantages**

Cooks quickly  
Does not need constant observation  
No fat included

##### **Disadvantages**

Vitamin loss may be high  
Some flavour may be lost  
Food may lose texture/become soggy  
May lose colour (sprouts) if overcooked

**2 Marks, 1 for each**

#### **Roasting**

##### **Advantages**

Fuel can be saved if other items are being roasted at same time  
Enhanced flavour  
Enhanced colour  
Caramelises  
Crispy texture  
Does not need constant attention

##### **Disadvantages**

Extra fat added  
Lots of moisture lost  
Food may shrink  
High temperatures, therefore uses more fuel/potentially more dangerous  
Some may take a long time to cook therefore uses more fuel  
N.B. cost can only be credited once

**2 Marks, 1 for each**

#### **Grilling**

##### **Advantages**

Quick method of cooking  
Therefore low cost of fuel  
Healthy method of cooking as if only a small amount of fat is added  
Enhances palatability  
Enhances appearance/colour

**Disadvantages**

Needs watching, easily burns  
Requires careful timing  
Needs turning over  
Needs constant attention  
Some fat added

**2 Marks, 1 for each**

**Stirfry****Advantages**

Quick method cooking  
Retains vitamins  
Colour } Enhanced 1 mark for each  
Texture }

**Disadvantages**

Easily burned  
Needs constant attention  
Easily overcooked  
Some fat added

**2 Marks, 1 for each**

**Total 8 Marks**

**Question 4**

- (a) (i) Vomiting  
Diarrhoea  
Exhaustion/weakness  
Headache  
Fever/temperature  
Abdominal pain  
Rash  
Nausea

**3 Marks, Any 3**

- (ii) Salmonella  
Clostridium  
Listeria  
Campylobacter  
Bacillus cereus  
E – coli  
Staphylococcus (aureus)

**2 Marks, Any 2**

- (b) Wash worktops with hot soapy water  
Use anti bacterial sprays  
Leave washing up to air – dry  
Clean all equipment  
Disinfect/bleach kitchen cloths daily/disposable cloths

Prevent cross contamination (explanation re equipment)  
Empty bins regularly  
Don't have pets in the kitchen  
Bin  
Clear away waste food  
Fly screen

**6 Marks, Any 6**

- (c) Store fresh meat below cooked meats in fridge  
Use different coloured chopping boards for meat/vegetables/different utensils  
Clean all equipment after/before use  
Wash hands/surfaces/equipment in between using raw and cooked foods (meats)  
Store eggs in boxes  
Do not allow raw meat and cooked foods to touch/or foods which are not to be cooked.  
Covering cuts  
Sneezing  
Working when ill  
Pests  
Covering of foods

**3 Marks, Any 3**

- (d) Should operate between 1°C and 5°C  
Only open door when necessary  
Prevent cross contamination  
Keep food covered  
Defrost the refrigerator regularly  
Do not place hot food in the refrigerator  
Do not keep beyond date code  
Do not overload – allow air to circulate  
Clean regularly  
Store on correct shelf/place  
Salad/vegetables in box  
Store eggs in boxes

**5 Marks, Any 5**

- (e) So that food is eaten before it is out of date  
To avoid waste of food/money  
So food is safe to eat  
So food is palatable i.e. crisp and not soggy biscuits  
Oldest used before new

**2 Marks, Any 2**

**Total 21 Marks**

### Question 5

- (a) Compare different types  
Read information booklets  
Ask opinion of other people  
Consult consumer magazines – Which? G.H.I.  
Ensure guarantee  
Shop around for prices/estimates/quotes  
Check after sales service  
Do not be pressurised  
**4 Marks, Any 4**
- (b) Refund  
Replacement  
If not of merchantable/satisfactory quality/faulty  
**2 Marks, Any 2**
- (c) Controls weighing and measuring equipment  
Advises and controls quality systems  
Requires weights/quantities of goods to be displayed on packages  
**2 Marks, Any 2**
- (d) To lower the number of food poisoning cases  
To ensure that all food produced and prepared is safe to eat  
To prevent the sale of food that may be harmful  
To prevent the sale of food that may be contaminated  
To make sure that foods actually match the description  
**2 Marks, Any 2**
- Total 10 Marks**

### Question 6

- (a) Eat the right amount to be a healthy weight  
Eat plenty of foods rich in starch and fibre  
Do not eat too much fat/particularly saturated fat/reduce cholesterol  
Do not eat sugary foods too often  
Look after the vitamins and minerals in your food/eat 5 portions of fruit and vegetables  
If you drink, keep within sensible limits  
Reduce salt/sodium  
**6 Marks**
- (b) Balanced diet/inclusion of all nutrients  
More interesting diet/variety of taste, texture and colour  
**2 Marks**
- Total 8 Marks**

## Question 7

### **Lifestyles**

(NB following points also need explanation)

More leisure activities

Less time for meals

May omit breakfast

May only sit down to family meal once a week

More ready meals

More takeaways

Working lunches – sandwich bars

More snacks

### **Household size**

Many single households, therefore use ready made, therefore not shopping for individual ingredients (costly and may be wasteful)

Large families may have less money available for food, therefore use supermarket brands, e.g. Safeway savers

Young children will require smaller meals as they have small appetites

Special dietary requirements e.g. diabetic, vegetarian

### **Family role**

Two parents working/mothers working – more use of ready prepared foods (washed salads) and ready meals (frozen) and cook chill lasagnes

Single parent families – microwave meals

Teenagers are increasingly in control of their food choices away from home

Ageing population – growing numbers of elderly

### **Tradition**

(NB following points also need explanation)

Cooked breakfast at weekend

Cheshire cheese

Lancashire cheese

Tripe (and onions)

Bury Black Pudding

Lancashire hotpot

Eccles cakes

Welsh rarebit

Sunday roast

### **Cultural**

Ethnic groups practise various restrictions. Usually have healthy diets. Many are vegetarian.

Chinese/Italian/Indian – continue to eat traditional meals from their own countries as well as influencing food choice of resident population.

Variety of dishes dependent on the part of India/China they originate from.

Balti, rogan josh, biryani etc.



## **Religious**

Religious law –

Muslim –	no pork or shellfish only halal meat
Sikhs –	no beef
Hindus –	no beef
Jews –	kosher foods, no pork
Christian –	Harvest festival, Christmas, Easter, Shrove Tuesday, Good Friday

Religious festivals

Fasting

Each section maximum 4 marks for content plus maximum 1 mark for sound structure and reasonably accurate written communication.

**Total 20 Marks**

Question 7 – avoid crediting same point twice. For example, some points raised under ‘religion’ may be raised under ‘cultural’.

Clear allocation of marks needs to be demonstrated to ensure fair assessment, for example, under ‘Religion’ – Muslims – no pork (1 mark) or any pork products e.g. sausage (1 mark), lard (1 mark). Other meats have to be slaughtered in a particular way/halal (1 mark). During ‘Ramadan’ Muslims fast (1 mark).

**Paper Total 100 Marks**