

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

General Certificate of Secondary Education
Summer 2003



HOME ECONOMICS (Food & Nutrition)
Tier H (HIGHER)

3562

Tuesday 24 June 2003 p.m.

H

No additional materials are required.
You may use a calculator.

Time allowed: 2 hours

Instructions

- Use a blue or black ink (or ball-point) pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Write your answers in this combined question paper/answer book.
- Continue your answers on additional sheets if necessary.
- Fasten any additional sheets you use to this paper before handing it to the invigilator at the end of the examination.

Information

- The maximum mark for this paper is 131.
- The number of marks is given in brackets at the end of each question or part-question.

For Examiner's Use	
Number	Mark
1	
2	
3	
4	
5	
6	
7	
TOTAL	
Examiner's Initials	

Answer **all** questions in the spaces provided.

1 Study the information on the packet illustrated opposite.

(a) (i) What is the weight of the macaroni cheese?

.....
(1 mark)

(ii) When must the product be used by?

.....
(1 mark)

(iii) What **two** methods can be used to heat the food?

1

2

(2 marks)

(iv) What are the **two** main ingredients of this dish?

1

2

(2 marks)

(v) Why is the product suitable for vegetarians?

.....
(1 mark)

(vi) How many kilocalories does the pack contain?

.....
(1 mark)

(vii) How many grams of protein does the pack provide?

.....
(1 mark)

The illustration showing the label on a food packet is not reproduced here due to third-party copyright constraints. The full copy of this paper can be obtained by ordering 3562/H from AQA Publications
Tel: 0161 953 1170

(b) (i) Name **two** functions of protein in the body.

1

2

(2 marks)

(ii) Name the **five** main sources of animal protein.

1

2

3

4

5

(5 marks)

(iii) Name **three** main sources of plant protein.

1

2

3

(3 marks)

(iv) Explain what is meant by “complementation of proteins.”

.....

.....

.....

(3 marks)

(v) Describe the physical and chemical changes that take place when boiling an egg.

.....

.....

.....

.....

.....

.....

.....

.....

.....

(6 marks)

3 Vegetables can be cooked in a variety of ways.

State **one** advantage and **one** disadvantage of each of the following:

(a) **boiling vegetables**

advantage

disadvantage.....

(2 marks)

(b) **roasting vegetables**

advantage

disadvantage.....

(2 marks)

(c) **grilling vegetables**

advantage

disadvantage.....

(2 marks)

(d) **stir-frying vegetables**

advantage

disadvantage.....

(2 marks)

4 (a) (i) List **three** common symptoms of food poisoning.

1

2

3

(3 marks)

(ii) Name **two** food poisoning bacteria.

1

2

(2 marks)

(b) State **six** ways to keep food preparation areas hygienic in the home.

1

2

3

4

5

6

(6 marks)

(c) Identify **three** ways to avoid cross contamination of foods.

1

2

3

(3 marks)

(d) How can you store food safely in a refrigerator?

.....

.....

.....

.....

.....

(5 marks)

Turn over ►

(e) It is important to rotate food stock. Give **two** reasons why.

.....
.....
(2 marks)

(f) Explain why bacteria cannot multiply easily in:

(i) **dehydrated foods**

.....
.....
(2 marks)

(ii) **jam**

.....
.....
(2 marks)

(iii) **frozen foods**

.....
.....
(2 marks)

5 (a) Give **four** guidelines consumers could follow in order to get the best value for money from goods and services.

One example has been done for you.

Example: Ask for a demonstration.

1
2
3
4
(4 marks)

(b) State **two** of your rights as a consumer under the Sale and Supply of Goods Act.

1
2
(2 marks)

(c) Give **two** ways the Weights and Measures Act protects the consumer.

1

2 (2 marks)

(d) State **two** aims of the Food Safety Act of 1990.

1

2 (2 marks)

10

6 (a) There are **eight** guidelines for a healthy diet.

List these guidelines.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... (8 marks)

(b) Give reasons why these guidelines were produced.

.....

.....

.....

.....

.....

..... (3 marks)

Turn over ▶

(c) It is important to eat a variety of different foods.
Give **two** reasons why.

1

.....

2

.....

(2 marks)

(d) Explain the following terms.

(i) DRV

.....

.....

.....

(3 marks)

(ii) RNI

.....

.....

.....

(3 marks)

(iii) EAR

.....

.....

.....

(3 marks)

