

Surname						Other Names					
Centre Number						Candidate Number					
Candidate Signature											

General Certificate of Secondary Education
June 2004



**HOME ECONOMICS (FOOD AND NUTRITION) 3562/H
HIGHER TIER**

Tuesday 29 June 2004 1.30pm to 3.30pm

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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 in the spaces provided.
- 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 147.
- Mark allocations are shown in brackets.

For Examiner's Use	
Number	Mark
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
TOTAL	
Examiner's Initials	

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

- 1 The following table shows the nutritional content of a popular takeaway meal. All figures given are shown per portion.

Food Product	Energy (kcal)	Protein (g)	Carbohydrate (g)	Sugar (g)	Total fat (g)	Fibre (g)	Sodium (mg)
Fried Battered Cod	358.2	35.2	13.5	0.18	18.54	0.54	180
French Fries	280	3.3	34.0	1.3	15.5	3.1	310
Cola Drink	39	0	10.5	10.5	0	0	8

Adapted from 'Food Tables and Labelling' by A.E. Bender and D.A. Bender

- (a) David (aged 16) plans to eat this meal for his lunch.
What is the energy value and fat content of this meal?

Energy value.....

Fat content.....

(1 mark)

- (b) David's energy requirements are approximately 2,500 kcal. per day.
How many kcal. will he have left to plan his breakfast, evening meal and snacks?

.....
(1 mark)

- (c) What advice would you give David on the choice of food for his breakfast, evening meal and snacks that day in order to achieve a balanced and healthy diet?
Give examples.

(i) Breakfast:.....

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(2 marks)

(ii) Evening meal:.....

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.....
(2 marks)

(iii) Snacks:.....
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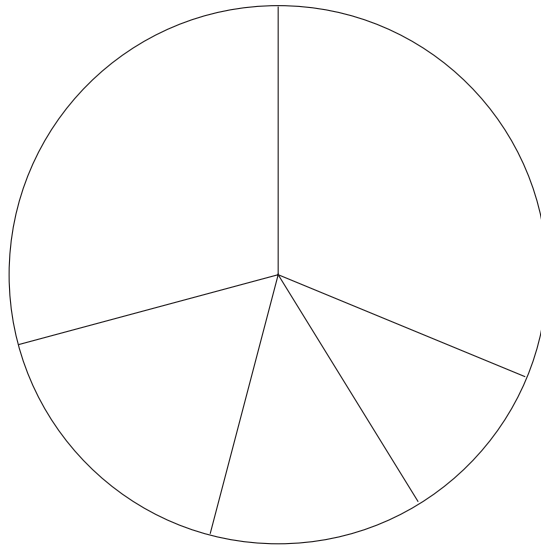
(2 marks)

8

2 A well-balanced and healthy diet should include the following food groups in the correct proportions:

- fruit and vegetables;
- bread, cereals and potatoes;
- meat, fish and alternatives;
- foods containing fats, foods containing sugar;
- milk and dairy foods.

(a) Match the food group to the proportion shown in the diagram.



Source: 'Balance of Good Health' - Health Education Authority

(5 marks)

QUESTIONS 2 CONTINUES ON THE NEXT PAGE

Turn over ▶

- (b) Some of the foods found in the milk and dairy foods section are high in fat. Give **two** different examples of lower fat versions of dairy foods.

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(2 marks)

- (c) List the main nutrients found in dairy foods, other than fat.

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(3 marks)

- (d) What are the advantages of eating bread, cereals and potatoes?

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(4 marks)

3 (a) What is a vegetarian diet?

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(2 marks)

(b) Give **three** reasons why a person may be a vegetarian.

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(3 marks)

(c) A vegetarian diet may be lacking in iron.
Name **one** long-term effect of this on a young person's health.

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(1 mark)

(d) Name **three** foods that are rich in iron and suitable for a vegetarian.

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(3 marks)

4 We all need to eat some salt in our diet but many people eat too much.

(a) Explain the dangers associated with eating too much salt.

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(2 marks)

(b) What are the main sources of salt in the UK diet?

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(3 marks)

(c) Suggest **five** ways to reduce salt in the diet.

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(5 marks)

- (b) Your new food processor breaks down after one month.
What are your consumer rights in this situation?

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(3 marks)

- (c) You have a complaint about the unfit condition of food you have bought.
What is the name of the local authority department to which you would report this?

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(1 mark)

16

- 6 (a) List **three** types of micro-organisms responsible for food contamination.

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(3 marks)

- (b) Give examples of **three** foods that carry a high risk of causing food poisoning. In each case explain why the food you have chosen has a high risk.

Food	Risk

(6 marks)

- (c) Complete the table below giving **two** examples of possible sources for each bacteria.

Name of bacteria	Source 1	Source 2
Salmonella		
E-coli		
Campylobacter		

(6 marks)

- (d) The most effective way to control or destroy bacteria is by temperature. Complete the following sentences to show you understand temperature control.

The temperature of a home freezer should be°C.

Food in a refrigerator is stored at below°C.

Cooked food must be heated to at least°C at its centre.

The danger zone for bacterial growth is between°C and°C.

(4 marks)

QUESTION 6 CONTINUES ON THE NEXT PAGE

Turn over ▶

- (e) You have cooked a large chicken.
Explain how you would deal with the left-over chicken to ensure it is safe to eat at a later date.

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(4 marks)

- (f) Cross-contamination is one of the major causes of food poisoning.
Give **four** ways to prevent cross-contamination occurring during the storage and preparation of food.

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(4 marks)

7 (a) Explain the following terms.

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

Poly-unsaturated fatty acids
.....
.....
(2 marks)

Basal Metabolic Rate
.....
.....
(2 marks)

Energy dense.....
.....
.....
(2 marks)

(b) Fill in the missing percentages below.

..... % of food energy should come from fat.
..... % of food energy should come from starchy foods.
(2 marks)

(c) Different groups of people need different amounts of energy.
Give **four** reasons why.

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(4 marks)

(d) Give the RNI's (Reference Nutrient Intakes) for teenage girls, of 15-18 years, for the following nutrients:

- Proteing
- Ironmg
- Calciummg
- Ascorbic Acid (vitamin C)mg
- NSP (Dietary Fibre)g

(5 marks)



8 Nutritional advice is to eat at least five portions of fruit and vegetables each day.

(a) Explain why.

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(4 marks)

(b) What is the accepted weight of **one** portion of fruit or vegetable?

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(1 mark)

