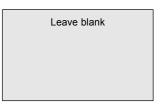
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Centre Nur	nber				Candid	ate Number		
Candidate	Signat	ure						



General Certificate of Secondary Education June 2005

HOME ECONOMICS (FOOD AND NUTRITION) 3562/H Higher Tier



Tuesday 28 June 2005 9.00 am to 11.00 am



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 131.
- Mark allocations are shown in brackets.

	For Exam	iner's Use	
Number	Mark	Number	Mark
1			
2			
3			
4			
5			
6			
7			
8			
Total (Column	1)	>	
Total (Column	2) —	-	
TOTAL			
Examine	r's Initials		

S05/3562H **3562/H**

Answer all questions in the spaces provided.

1 The following table shows the nutritional value of chicken and meat alternatives.

Per 100 g	Quorn	Skinless Chicken	Tofu
Energy (kcal)	92	108	73
Protein (g)	14.1	22.3	8.1
Fat (g)	3.2	2.1	4.2
Carbohydrates (g)	1.9	0	0.7
Dietary fibre (g)	4.8	0	0
Cholesterol (mg)	0	90	0

Use information from the table to compare the nutritional values of Quorn and chicken.
(6 marks)
What is tofu?
(1 mark

(b)

			(2 marks)
d)	Expla	in the following terms:	
	(i)	High biological value;	
			(2 marks)
	(ii)	Low biological value;	
			(2 marks)
	(iii)	Complementation of protein.	
			(2 marks)
a)	How	much water should a person drink each day?	
			(1 mark)
)	List t	hree foods which have a high water content.	
			(3 marks)

QUESTION 2 CONTINUES ON THE NEXT PAGE

•••••	
•••••	
•••••	(4 mar
powo dipho	ewheat flour, invert sugar syrup, whey powder, honey, molasses, fat reduced cocoa der, milk chocolate, flavourings, raising agent (sodium hydrogen carbonate, osphates), salt, starch, lactose, modified starch, emulsifier (soy lecithin), dried egg e, colour (titanium dioxide), beef gelatin, stabiliser (xanthan gum)
Usin	
Using (i)	g the information above answer the following questions. Identify five sugars contained in this food.
	g the information above answer the following questions.
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(b)	Why	are additives put into foods?
	•••••	
	•••••	(4 marks)
(c)	Why	do some food manufacturers use flavour enhancers in their products?
		(1 mark)
(d)	(i)	What is the difference between Use-by and Best-before date codes?
		(2 mauks)
	('')	(2 marks)
	(ii)	Which one of these date codes would you expect to see on the breakfast food label shown?
		(1 mark)



4	Vitan	nins are grouped according to whether they are fat-soluble or water-soluble.
	(a)	Name two fat-soluble vitamins.
		(2 marks)
	(b)	Name two water-soluble vitamins.
		(2 marks)
	(c)	Complete the table below.

Vitamin	Functions in the body	Good sources
A - Retinol		
11 Remoi		
B1 - Thiamine		
C - Ascorbic Acid		

(9 marks)

(d)	Margarine is fortified with two vitamins. Which vitamins are these?	
		(2 marks)
(e)	Why are pregnant women advised not to eat liver?	
		(2 marks)
(f)	Which group of people are most at risk of a deficiency of vitamin B12?	
		(1 mark)

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TURN OVER FOR THE NEXT QUESTION

(a)	Explain why convenience foods are so popular.
	(4 ma
(b)	Discuss the possible disadvantages of using convenience foods.
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	Identify clearly which are the convenience foods.
···>	
(ii)	Explain how the meal you have planned is nutritionally well balanced.
(ii)	

QUESTION 5 CONTINUES ON THE NEXT PAGE

		•••••
		(4 mark
		(4 mark
ι)	Give three functions of fat in the diet.	
ı)	Give three functions of fat in the diet.	
1)	Give three functions of fat in the diet.	
		(3 mark
n))		
	How much energy is supplied by 1g of fat?	
	How much energy is supplied by 1g of fat?	(3 mark
))	How much energy is supplied by 1g of fat?	(3 mark
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))	How much energy is supplied by 1g of fat?	(3 mark

(d)	(i)	Explain the difference between saturated and polyunsaturated fatty acids.	
			(6 marks)
	(ii)	List two foods which contain saturated fatty acids.	
			(2 marks)
	(iii)	List two foods which contain polyunsaturated fatty acids.	
			(2 marks)
(e)	Desc	cribe in detail how fat is digested in the body.	(2 marks)
	•••••		
			(6 marks)

(a)	Explain how the ingredients on a food label should be listed.		
			(1 mark
(b)	Expla	ain how each of the following Acts protect customers:	
	(i)	Sale of Goods Act 1979;	
			(2 marks
	(ii)	Food Safety Act 1990;	
			(2 marks
	(iii)	Weights and Measures Act 1985.	
			(2 marks
(c)		see a misleading advert on television. e the organisation you should report this to.	
	•••••		(1 mark)
(d)	What	t are the functions of the 'Office of Fair Trading'?	
			(2 marks,



Explain the changes that take place when each of the following foods is cooked:
broccoli;minced beef;spaghetti;eggs.

8

 (15 marks)



END OF QUESTIONS

THERE ARE NO QUESTIONS PRINTED ON THIS PAGE

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