

Surname		Other Names	
Centre Number		Candidate Number	
Candidate Signature			

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General Certificate of Secondary Education
June 2006



**HOME ECONOMICS (FOOD AND NUTRITION)
Foundation Tier**

3562/F
F

Thursday 22 June 2006 1.30 pm to 3.00 pm

<p>You will need no other materials You may use a calculator</p>

For Examiner's Use			
Number	Mark	Number	Mark
1		5	
2		6	
3		7	
4		8	
Total (Column 1) →			
Total (Column 2) →			
TOTAL			
Examiner's Initials			

Time allowed: 1 hour 30 minutes

Instructions

- Use blue or black ink or ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the questions in the spaces provided.
- Continue your answers on additional answer sheets if necessary.
- Fasten any additional answer 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 110.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in answers written in continuous prose.

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

1 Sweet foods are popular in the British diet.

(a) How does sugar cause tooth decay?

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(5 marks)

(b) Suggest **three** ways to prevent tooth decay.

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(3 marks)

(c) (i) What is meant by the term hidden sugars?

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(1 mark)

(ii) Give **two** examples of hidden sugars.

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(2 marks)

(d) A baby is being weaned.
How would you discourage the development of a sweet tooth?

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(2 marks)

- (e) Calcium is important for the development of strong teeth.
Name **two** good sources of calcium.

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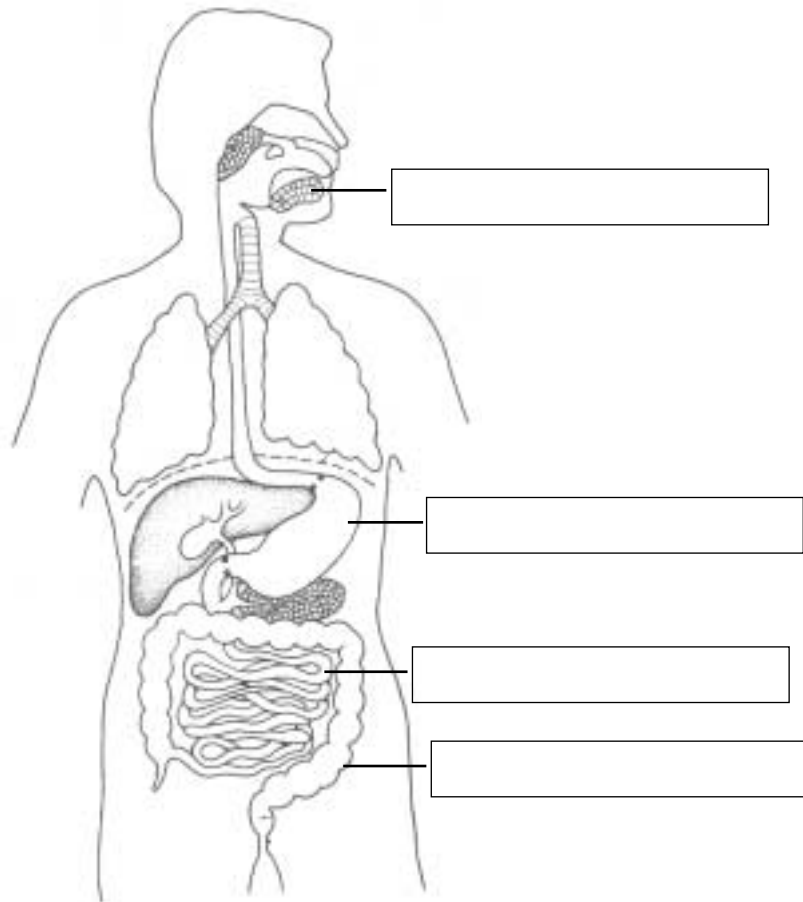
(2 marks)

15

Turn over for the next question

Turn over ▶

2 Below is a diagram of the human digestive system.



Source: adapted from BRITISH NUTRITION FOUNDATION, *Food - A Fact of Life*

(a) Write each of the words given below in the correct box on the diagram.

Stomach Large intestine Mouth Small intestine

(4 marks)

(b) Describe what happens to food in the mouth.

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(6 marks)

(c) Name **two** enzymes used in digestion.

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(2 marks)

12

Turn over for the next question

Turn over ▶

3 (a) Why are some foods packaged before they are sold?

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(3 marks)

(b) Some packages carry the following logo.



(i) Explain what this logo means.

..... (1 mark)

(ii) List **two** packaging materials which may carry this logo.

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..... (2 marks)

(c) What is the purpose of a bar code on a food label?

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..... (2 marks)

4 (a) List **six** points you should consider when choosing a new cooker.

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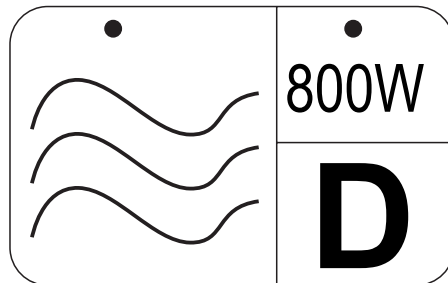
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(6 marks)

(b) (i) What is the meaning of the label below?



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(3 marks)

(ii) Why has this labelling scheme been introduced?

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(2 marks)

Question 4 continues on the next page

Turn over ▶

(c) Give **four** reasons for cooking food.

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(4 marks)

(d) The method of cooking can affect the nutritional value of foods.
State the nutritional difference between:

(i) roast potatoes and baked jacket potatoes;

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(2 marks)

(ii) steamed broccoli and boiled broccoli.

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(2 marks)

5 This is a question about diet-related problems.
Give **three** different ways in which the diet might be changed to reduce each problem.

Diet-related problem	Dietary Changes
Constipation	1 2 3
Anaemia	1 2 3
High blood pressure	1 2 3

(9 marks)

9

Turn over ▶

6 (a) Explain why some foods are preserved.

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(3 marks)

(b) List **four** methods of preserving milk.

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(4 marks)

(c) Tomatoes can be made into different products when they are preserved.
Name **two**.

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(2 marks)

(d) Describe how to prepare a vegetable of your choice for freezing.

Name of vegetable
(1 mark)

Preparation

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(6 marks)

16

Turn over for the next question

Turn over ▶

7 Look at the ingredients for a fried rice dish shown below.

1 large onion
4 rashers of streaky bacon
4 eggs
4 tbsp. vegetable oil
2 tbsp. butter
125g peas
450g cooked white rice
25ml soy sauce

(a) Suggest **four** ways in which these ingredients could be changed to make the dish healthier.

Give a reason for each suggestion.

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(8 marks)

(b) What are the advantages of making your own fried rice rather than buying it from a take-away shop?

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(2 marks)

(c) Describe the changes that take place during the cooking of rice.

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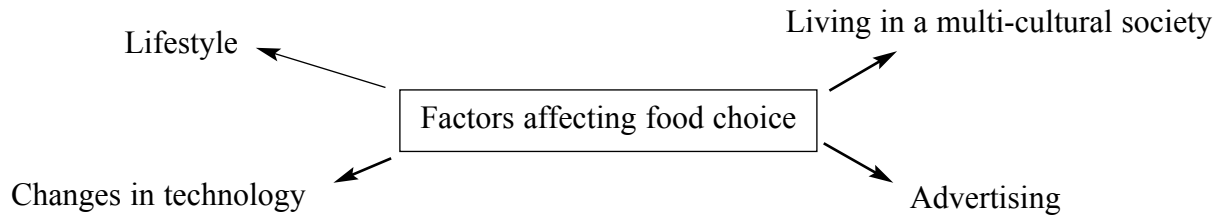
(5 marks)

15

Turn over for the next question

Turn over ▶

8 Study the information given in the diagram below.



Discuss how these factors might influence our choice of food.

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