

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)
Higher Tier**

3562/H

H

Thursday 22 June 2006 1.30 pm to 3.30 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: 2 hours

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 134.
- 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) Suggest **three** ways to prevent tooth decay.

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(3 marks)

(b) Explain the link between sugar and tooth decay.

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(4 marks)

(c) What is meant by the term non-milk extrinsic sugar?

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(2 marks)

(d) When weaning a baby 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 **three** good sources of calcium.

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(3 marks)

- (f) Which vitamin is essential for the effective absorption of calcium?

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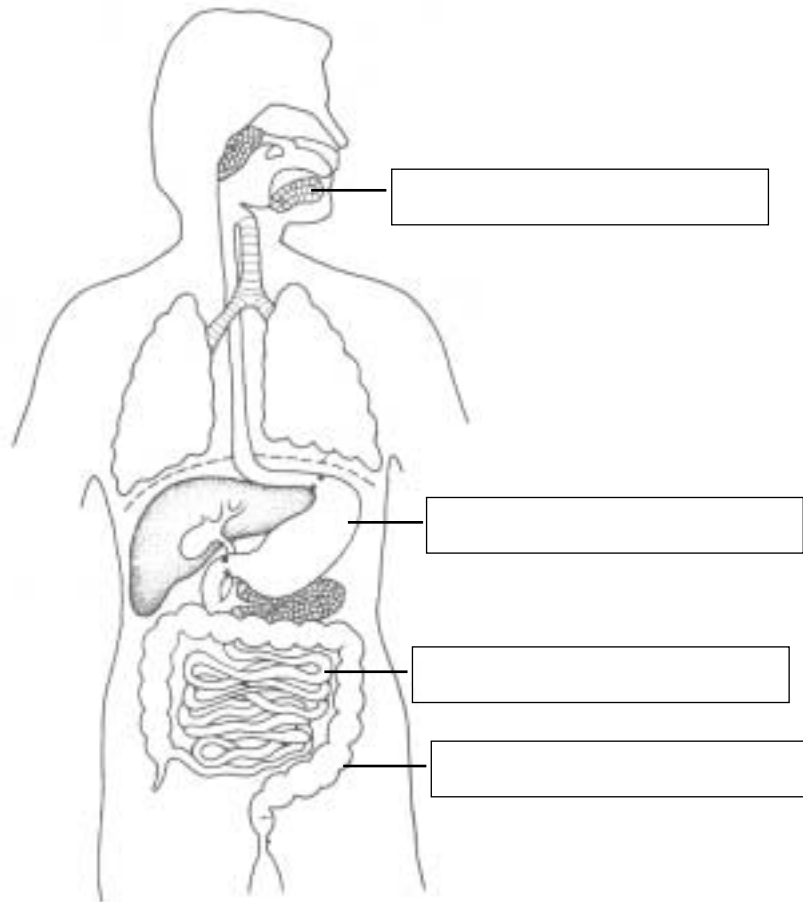
(1 mark)

Turn over for the next question

15

Turn over ▶

2 Below is a diagram of the human digestive system.



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

- (a) Label the parts indicated on the diagram. (4 marks)
- (b) Describe how food is broken down in the mouth.

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(6 marks)

(c) What are the functions of enzymes in the digestive system?

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(2 marks)

(d) Complete the table below to show the enzyme involved in digestion and the substance produced.

Nutrient	Enzyme	Simpler Substance Produced
Protein		
Fats		
Starch		

(6 marks)

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

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(4 marks)

(b) Give **three** modern developments in food packaging.

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(3 marks)

(c) Some packages carry the following logo.



(i) Explain what this logo means.

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(1 mark)

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

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(4 marks)

(d) What is the purpose of the Trade Descriptions Act?

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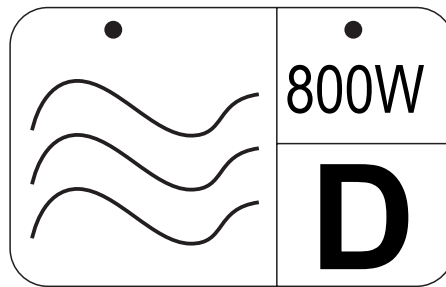
(2 marks)

14

Turn over for the next question

Turn over ▶

- 4 (a) (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)

- (b) Give **four** reasons for cooking food.

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(4 marks)

(c) The method of cooking can affect the nutritional value of foods.
Compare the nutritional values of:

(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)

(d) What is the effect of dry heat on starch?

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(2 marks)

Question 4 continues on the next page

Turn over ▶

(e) Explain the factors you should consider when choosing a new cooker.

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(9 marks)

24

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

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

(a) Suggest, with reasons, how these ingredients could be changed to follow current dietary guidelines.

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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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(3 marks)

7 (a) Explain why some foods are preserved.

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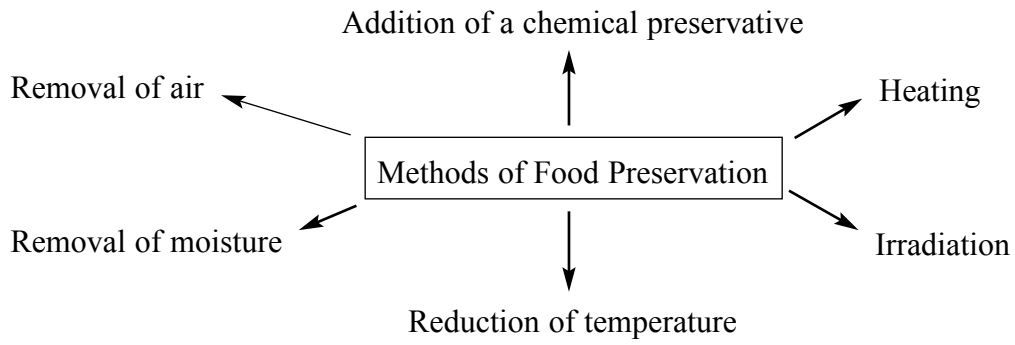
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(3 marks)

(b) The spider diagram below shows some of the methods of food preservation.



Discuss the suitability and effects of different methods of food preservation on fruit.

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(9 marks)

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