Centre Number			Candidate Number		
Surname					
Other Names					
Candidate Signature					



General Certificate of Secondary Education June 2010

# Home Economics: Food and Nutrition

45851

Unit 1

Tuesday 18 May 2010 9.00 am to 10.30 am

You will need no other materials.

#### Time allowed

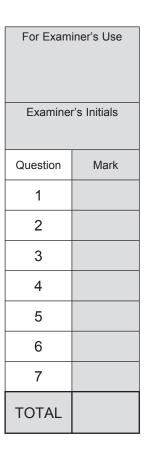
• 1 hour 30 minutes

#### Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer all questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

#### Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 100.
- 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.





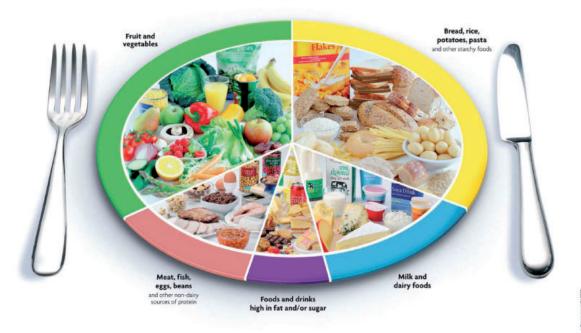
Answer all questions in the spaces provided.

1 Look at the picture of *the eatwell plate* below.

## The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



1 (a) In the table below, explain the nutritional importance of the segments of *the eatwell plate*.

Segment	Importance in the diet
Bread, rice, potato, pasta	
Fruit and vegetables	
Meat, fish, eggs and beans	
Milk and dairy foods	

(4 marks)



1	(b)	Use the eatwell plate to plan a healthy and attractive two-course meal for a family with young children.
		(6 marks)
1	(c)	Name <b>three</b> health problems linked to food and drink that are high in fat and sugar.
		(3 marks)

Turn over for the next question

Turn over ▶



2	(a)	Give <b>two</b> plant sources of fat in the diet.	
2	(b)	Name <b>two</b> vitamins that are found in fatty foods.	(2 marks)
2	(c)	Explain the difference between saturated and unsaturated fats.	(2 marks)
			(5 marks)
2	(d)	Describe, in detail, how fat is digested.	
			(5 marks)



3	(a)	List <b>four</b> methods that food manufacturers use to promote breakfast cereals to children.
		(4 marks)
3	(b)	What is 'pester power'?
		(1 mark)
3	(c)	Give <b>two</b> ways that consumers are protected from misleading advertisements.
		(2 marks)

Turn over for the next question

Turn over ▶



4	(a)	Why are many foods ready packaged for the consumer?	
			(4 marks)
4	(b)	List <b>six</b> pieces of information which must, by law, be found on a food label.	
			(6 marks)
	(c)	Explain the following terms.	
4	(c) (i)	Product placement	
			(2 marks)
4	(c) (ii)	Food miles	
			(2 marks)
4	(c) (iii)	Organic foods	
			(2 marks)



5	(a)	Complete the table below to show <b>three</b> different types of convenience foods.	Give
		one example of each type. One example has been done for you.	

Type of convenience food	Example
Canned foods	Baked beans
	(6 mark

			(6 marks)
5	(b)	Give three reasons why convenience foods	are popular.
			(3 marks)
			(o mano)
5	(c)	Explain why additives are found in many cor Give examples in your answer.	nvenience foods.
			(6 marks)





6	(a)	Suggest <b>five</b> factors to be considered before choosing a new freezer.
		/E moule)
		(5 marks)
6	(b)	What is the correct temperature for storing food in a home freezer?
		(1 mark)
6	(c)	What advice would you give to someone on how to use a freezer successfully? Give reasons for your answer.
		(9 marks)



7	(a)	List <b>five</b> conditions necessary for the growth of micro-organisms.	
		(5 marks)	
7	(b)	Name <b>two</b> foods on which moulds are most likely to grow.	
		(2 marks)	
7	(c)	Name <b>three</b> pathogenic bacteria which can cause food poisoning.	
′	(0)	Name times pathogenic bacteria which can cause lood poisoning.	
		(3 marks)	
7	(d)	Micro-organisms are essential for the production of some foods. Name <b>one</b> of these	
		foods.	
		(1 mark)	
		Question 7 continues on the next page	

Turn over ▶



7	(e)	In order to limit the risk of food poisoning care is needed when buying and storing food. Discuss this statement.
		(9 marks)

### **END OF QUESTIONS**







