

Centre Number						Candidate Number				
Surname										
Other Names										
Candidate Signature										

For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
TOTAL	



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.



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M/Jun10/45851

45851

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

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



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.

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(6 marks)

1 (c) Name **three** health problems linked to food and drink that are high in fat and sugar.

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(3 marks)

13

Turn over for the next question

Turn over ▶



2 (a) Give **two** plant sources of fat in the diet.

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(2 marks)

2 (b) Name **two** vitamins that are found in fatty foods.

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(2 marks)

2 (c) Explain the difference between saturated and unsaturated fats.

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(5 marks)

2 (d) Describe, in detail, how fat is digested.

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(5 marks)

14



3 (a) List **four** methods that food manufacturers use to promote breakfast cereals to children.

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(4 marks)

3 (b) What is 'pester power'?

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(1 mark)

3 (c) Give **two** ways that consumers are protected from misleading advertisements.

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(2 marks)

7

Turn over for the next question

Turn over ▶



4 (a) Why are many foods ready packaged for the consumer?

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(4 marks)

4 (b) List **six** pieces of information which must, by law, be found on a food label.

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(6 marks)

4 (c) Explain the following terms.

4 (c) (i) Product placement

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(2 marks)

4 (c) (ii) Food miles

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(2 marks)

4 (c) (iii) Organic foods

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(2 marks)



5 (a) Complete the table below to show **three** 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 marks)

5 (b) Give **three** reasons why convenience foods are popular.

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(3 marks)

5 (c) Explain why additives are found in many convenience foods. Give examples in your answer.

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(6 marks)

15

Turn over ▶



7 (a) List **five** conditions necessary for the growth of micro-organisms.

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(5 marks)

7 (b) Name **two** foods on which moulds are most likely to grow.

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(2 marks)

7 (c) Name **three** pathogenic bacteria which can cause food poisoning.

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(3 marks)

7 (d) Micro-organisms are essential for the production of some foods. Name **one** of these foods.

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(1 mark)

Question 7 continues on the next page

Turn over ▶



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