

Centre Number						Candidate Number				
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Other Names										
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For Examiner's Use	
Examiner's Initials	
Question	Mark
1	
2	
3	
4	
5	
6	
7	
8	
TOTAL	



General Certificate of Secondary Education  
June 2011

# Home Economics: Food and Nutrition

# 45851

## Unit 1

Tuesday 17 May 2011 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.



J U N 1 1 4 5 8 5 1 0 1

M/Jun11/45851

# 45851

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

**1** Using the labels below answer the following questions.

Product 1

Fat	Sat Fat	Sugar	Salt
7.6g	2.1g	0.3g	0.2g

Product 2

Fat	Sat Fat	Sugar	Salt
10.6g	1.9g	8.1g	2.5g

**1 (a) (i)** Which product is most suitable for someone with high blood pressure?

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(1 mark)

**1 (a) (ii)** Traffic light labelling can help us choose low salt products. Explain what each traffic light shows.

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(3 marks)

**1 (b)** What is the Guideline Daily Amount (GDA) of salt for an adult?

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(1 mark)

**1 (c)** Why should we reduce the amount of salt in our diet?

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.....  
(2 marks)



1 (d) Suggest **three** ways to reduce salt intake in the diet.

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(3 marks)

10

2 (a) What is a balanced diet?

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(2 marks)

2 (b) Which **two** food groups of the *eatwell plate* should make up the largest part of our diet?

1.....

2.....

(2 marks)

2 (c) Which food group of the *eatwell plate* should we eat in the smallest amount?

.....

(1 mark)

**Question 2 continues on the next page**

**Turn over ▶**



- 2 (d)** Using the recommendations shown in the *eatwell plate* complete the meals in the table below.

Meal	Food chosen	Suggestions to complete the meal
Breakfast	Slice of wholemeal toast	
Lunch	Baked jacket potato	
Dinner	Piece of grilled chicken	

(6 marks)

11
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- 3 (a)** Name the unit used to measure energy.

.....  
(1 mark)

- 3 (b)** List the **three** nutrients that provide energy.

1.....

2.....

3.....

(3 marks)



**3 (c)** Explain the meaning of the following terms.

**3 (c) (i)** BMR (basal metabolic rate)

.....  
.....  
(2 marks)

**3 (c) (ii)** Energy balance

.....  
.....  
(2 marks)

**3 (c) (iii)** GI (glycemic index)

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.....  
(2 marks)

**3 (d)** Identify **three** factors that influence how much energy we need daily.

1.....  
2.....  
3.....  
(3 marks)

**3 (e)** Name **three** energy-dense foods.

1.....  
2.....  
3.....  
(3 marks)



4 (a) Give **three** advantages of using a microwave rather than a conventional oven.

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(3 marks)

4 (b) Suggest **five** factors to consider when buying a new microwave oven.

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(5 marks)

4 (c) Give **four** safety rules to follow when you use electrical equipment in the kitchen.

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(4 marks)

12



**5 (a)** List **three** reasons why manufacturers use food packaging.

1 .....

2 .....

3 .....

(3 marks)

**5 (b)** Complete the boxes below to show **one** advantage and **one** disadvantage of different packaging materials.

Packaging Material	Advantage	Disadvantage
Plastic		
Glass		
Paperboard		

(6 marks)

**5 (c)** Identify **one** development in food packaging **and** explain why it is useful to the consumer.

Development

.....

Why it is useful

.....

.....

(2 marks)



**6 (a)** Give **four** reasons why some foods are cooked.

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(4 marks)

**6 (b)** Complete the table below matching the method of heat transference to the description given.

In each case give **one** example of a cooking method.

Radiation                  Conduction                  Convection

Description	Method of heat transference	Example of cooking method
Heat travels through liquids and gases		
Heat travels through solids		
Heat travels directly onto food by infra red rays		

(6 marks)

**6 (c)** Discuss the advantages **and** disadvantages of grilling, frying and roasting as methods of cooking meat.

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(6 marks)





**7 (a)** How can people on a low income save money when shopping in a supermarket?

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*(3 marks)*

**7 (b)** What advice would you give to someone on a low income on how to produce healthy meals?

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*(6 marks)*

**Question 7 continues on the next page**

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7 (c) Explain what you would do if a loaf of sliced bread was mouldy on the day you bought it.

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(3 marks)

12

8 Discuss the advice you would give to each of the following people on their choice of food:

- someone with type 2 diabetes
- someone with a high risk of coronary heart disease
- a vegan.

(12 marks)

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**Turn over ▶**



A large rectangular area containing approximately 22 horizontal dotted lines, intended for writing answers.

12

**END OF QUESTIONS**

