**General Certificate of Secondary Education
June 2011**

Home Economics: **45851**
Food and Nutrition

(Specification 4585)

Unit 1: Written Paper

Report on the Examination

Principal Examiner's Report

General Points

This was the first year that this examination paper has been marked on-line. The paper was accessible to most candidates as most questions were attempted by the great majority of candidates. There was also evidence of some very good subject knowledge and well-expressed answers.
Most papers were easy to read on-line but there were some scripts which were difficult to read on the screen. Candidates should be reminded that it is very important that they use the correct type of pen and write their answer within the space provided. Some candidates did use other areas of the paper. Whilst every effort is made to ensure a candidate's script is marked in full this can cause difficulties.
With the occasional exception candidates appeared to pay attention to the mark allocation.

Question 1

1(a) (i) - With very few exceptions this was answered correctly.
1(a) ii) - The majority of candidates were very familiar with traffic light labelling but some candidates had difficulty with descriptive terms and found 'amber' the hardest traffic light to explain. Some candidates had not read the question carefully and mentioned fat/sugar etc.
1(b) - Many candidates knew the GDA of salt for an adult.
1(c) - This was well answered with the majority of candidates gaining either 1 or 2 marks. However, a few candidates were unable to give a correct response
1 (d) - This was generally answered quite well with most candidates giving at least two good suggestions. Some candidates suggested eating less salty foods without giving specific examples. Common responses were looking at the labels, not eating salty snack foods and eating less fast food.

Question 2

2 (a) - This question differentiated well with some candidates giving very explicit explanations and gaining full marks. However, a number of candidates did not score any marks for this question as they made no reference to nutrients. Some did mention nutrients but suggested eating the same amount of each.
2 (b) – This was generally well answered with the majority of candidates scoring at least one mark. Some candidates named a nutrient rather than a food group as requested. Although the answers expected were bread, cereals and potatoes, starchy foods was accepted.
2 (c) - This was answered well. Although many candidates were able to give 'foods containing fat and foods containing sugar' some candidates gave only part of the answer, i.e. they mentioned either fat or sugar.
2 (d) - A clear understanding of the *eatwell plate* was shown by many candidates with evidence of good choices and a good balance overall. However, there was a tendency to omit foods from the dairy section. To score well candidates should be reminded of the need to be specific with the food choices they give, e.g. they named fruits and vegetables. Some

candidates gave lots of options for the same meal as if they were hedging their bets so that at least one of the choices from their list would be credited. This is not good practice and candidates should be advised against answering in this way.

Question 3

3 (a) - This question was answered successfully by most candidates.

3 (b) - This was very well answered; nearly all candidates gained 2-3 marks. However, some students gave examples of foods rather than nutrients.

3 (c) (i) - Many candidates found it difficult to explain the term BMR. Some managed to gain 1 mark for a simple explanation but many used very vague language and there was evidence of some confusion between BMR and BMI.

3 (c) (ii) - There were some good definitions for this question but a number of candidates gave a simple explanation such as 'energy out equals energy in' failing to take it further to gain full marks. There was also some guesswork with weaker candidates repeating the word balance. Some candidates referred to food rather than energy.

3 (c) (iii) – GI was a new term included in the current specifications and clearly not understood by many candidates. A small number of candidates had learnt the term and were able to explain it well. There was evidence of guesswork. In some cases this question was left unanswered.

3 (d) - This was generally very well answered with most candidates gaining 2-3 marks.

3 (e) - This was well answered by some candidates. Many gave starchy carbohydrate foods which although a source of energy are not classed as energy dense. Examples of food with either a high fat or sugar food were credited. A small number gave nutrients instead of foods.

Question 4

4 (a) - Most candidates were quite knowledgeable on microwaves. There were some good answers with many candidates scoring at least 2 marks. Many candidates gained marks for saying microwaves are quicker and use less energy. Some failed to get a mark because they simply said it was cheaper, with no qualification as to what was cheaper.

4 (b) - This was generally quite well answered with good understanding shown and valid comments made about selecting a microwave. Many candidates scored between 3 and 5 marks. Popular answers were linked to size of family, colour and power output. However, candidates should be advised against giving one word answers which can sometimes be difficult to interpret. To ensure they are credited candidates should show some understanding. Examples of single word answers seen included voltage, watts, functions, name, efficiency and family. Weaker candidates wrote about ovens rather than microwaves. A small number of candidates thought they were being asked how to use a microwave.

4 (c) – Some candidates gave very good and quite full answers showing good understanding of the safety precautions. Candidates needed to link their safety rules to electric equipment. A number of candidates mentioned wet hands or water and a few mentioned not putting metal tools into a toaster. However, there was evidence of repetition in weaker scripts.

Question 5

5(a) - This seemed a popular question and was well answered with a high proportion of candidates gaining full marks. Again candidates should be advised against one word answers such as 'clean'. A wide range of responses was seen such as protecting from damage, keeping food fresh, protecting from flies, dust and bacteria, to give information and to make the product more attractive.

5(b) - Some candidates answered very well showing a clear knowledge of the materials and their related advantages/disadvantages. Some gained marks by simply putting a word in a box and managing to get it in the right box. However, there was some repetition, e.g. the word recyclable in each box. Candidates should be advised to give different responses. Candidates generally scored better for the disadvantages rather than the advantages.

5(c) - There was a mixed response to this question as it was either answered very well or very poorly. Although there was evidence of very good responses by some candidates others left it blank. The most popular answers were ring pulls, tamperproof, MAP, vacuum packaging and re-sealable bags. There was a number of incorrect references to labeling or the colour of the packaging.

Question 6

6 (a) - This was generally very well answered with a lot of candidates managing to gain 3-4 marks. Weaker candidates gave one word answers such as taste, smell, texture and colour. Other candidates just filled the space without looking at the mark allocation.

6 (b) - There were very mixed responses to this question. Many candidates answered very well and scored 6 marks. Some candidates appeared to randomly select the heat transference words and put them in a box but did not attempt to give examples; others put examples but no method. There was evidence of some confusion between conduction and convection. There was also evidence of some guess work and lots of reference to microwaving. Candidates needed to get the method of transference correct to be awarded marks for the cooking method. Some candidates just referred to the oven rather than giving a method of cooking as requested.

6 (c) - This was not answered to a good standard by many candidates as there were gaps in knowledge. Quite a few candidates gave generic rather than method specific answers. There was evidence of much repetition by some candidates with references to grilling and frying being quick and roasting a slow method of cooking. Roasting was answered less well than grilling and frying.

Question 7

7 (a) - Quite a few candidates gained 2-3 marks for this section. They seemed to be well aware of guidance advice. There were many references to own brands, value lines and special offers.

7 (b) - This was a good differentiator as it was either well answered or the candidates just repeated the answers given in 7(a) about saving money when shopping. Some candidates did very well and showed good understanding of extending a budget and yet still providing a healthy meal. Most of the answers on the mark scheme were seen with the most popular answers linked to making your own meals, not wasting food and using leftovers.

7(c) - Most candidates did manage to achieve at least one mark here. Many did not refer to the need to take proof of purchase with them when they returned the bread. It was worrying how many would have simply cut off the mould and used the bread or put it in the freezer to kill the mould. Some candidates felt the need to 'demand' their money back. Others answers were very unrealistic such as contacting the Food Safety Act, complaining to the Food Standards Agency or contacting the CAB or Trading Standards Office.

Question 8

8 - This was a good question to show differentiation. Virtually every candidate was able to achieve some marks with some candidates answering extremely well demonstrating they were aware of many of the factors involved with the specific dietary needs. Weaker candidates gave vague, very wordy answers with very little factual information. Although they recognized the connection with sugar weaker candidates had a poor knowledge of diabetes and did not score well in this section. Some seemed to think diabetics needed a lot of sugar and gave examples of how to achieve this. Others had a good knowledge and made links to low GI and extrinsic sugars. Coronary heart disease was frequently the best answered section with many candidates knowing to reduce saturated fat and salt intake and giving good examples of how this could be achieved. There was some confusion between lacto vegetarians and vegans with a number of candidates suggesting vegans could eat fish and cheese. Candidates should be taught that Quorn is not suitable for vegans because of the inclusion of egg white. Good candidates were able to talk about protein complementation, calcium, iron and vitamin B12. Good numbers of candidates recognized the links between iron and vitamin C and between calcium and vitamin D. There was some excellent use of terminology demonstrated by some candidates.

Mark Ranges and Award of Grades

Grade boundaries and cumulative percentage grades are available on the Results statistics page of the AQA Website.