

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**General Certificate of Secondary Education**

**HOME ECONOMICS (FOOD AND NUTRITION)**

**1973/1**

**PAPER 1 (FOUNDATION TIER)**

Tuesday

**28 JUNE 2005**

Morning

1 hour 30 minutes

Candidates answer on the question paper.

Additional materials:

Additional answer paper may be required.

Candidate Name	Centre Number	Candidate Number												
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**TIME** 1 hour 30 minutes

**INSTRUCTIONS TO CANDIDATES**

- Write your name in the space above.
- Write your Centre number and Candidate number in the boxes above.
- Answer **all** the questions.
- Write your answers, in blue or black ink, in the spaces provided on the question paper.
- Read each question carefully and make sure you know what you have to do before starting your answer.

**INFORMATION FOR CANDIDATES**

- The number of marks is given in brackets [ ] at the end of each question or part question.
- The total number of marks for this paper is 100.
- You will be awarded marks for the quality of written communication where an answer requires a piece of extended writing.

<b>FOR EXAMINER'S USE</b>	
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>TOTAL</b>	

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**This question paper consists of 14 printed pages and 2 lined pages.**

## Section A

Answer all questions.

- 1 Vitamins are needed by the body in small amounts.

Look at the foods below.

**An image has been removed due to third party copyright restrictions**

Details: An image of some oranges, red meat, butter, a cabbage, some tomatoes, some grapefruits and blackcurrants

- (a) Name two foods containing vitamin C from the pictures above.

Food 1 \_\_\_\_\_

Food 2 \_\_\_\_\_ [2]

- (b) Give two reasons why the body needs vitamin C.

Reason 1 \_\_\_\_\_

Reason 2 \_\_\_\_\_ [2]

- (c) Vitamin C is easily lost as it is a water soluble vitamin.

- (i) List two ways vegetables should be prepared to prevent the loss of vitamin C.

1. \_\_\_\_\_

2. \_\_\_\_\_ [2]

## Question 1 – continued

- (ii) List two ways vegetables should be cooked to prevent the loss of vitamin C.

1. \_\_\_\_\_

2. \_\_\_\_\_ [2]

Look at the foods below.

**An image has been removed due to third party copyright restrictions**

Details: An image of some butter, flour, an oily fish, carrots, potatoes, cheese and liver

- (d) Name two foods containing vitamin A from the pictures above.

Food 1 \_\_\_\_\_

Food 2 \_\_\_\_\_ [2]

- (e) Give two reasons why the body needs vitamin A.

Reason 1 \_\_\_\_\_

Reason 2 \_\_\_\_\_ [2]

- (f) Many foods contain water.

- (i) Give two reasons why water is needed by the body.

Reason 1 \_\_\_\_\_

Reason 2 \_\_\_\_\_ [2]

- (ii) Give one reason when a person may need to drink extra water.

\_\_\_\_\_ [1]

[Total: 15]

2 There are many different methods of cooking food.

(a) Complete the table below.

	Method of cooking	Example of food cooked by this method
Cooking with water		
Cooking with fat		

[4]

(b) Look at the diagrams in the table below.

Name the method of heat transference at X.

Diagram	Method of heat transfer
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a saucepan filled with water over a gas flame</p>	_____
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a slice of bread on a grillpan under a grill</p>	_____
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a saucepan over a gas flame</p>	_____

[3]

**Question 2 – continued**

- (c) A microwave oven is used to cook food.

Name **two** other uses of a microwave oven.

Use 1 \_\_\_\_\_

Use 2 \_\_\_\_\_ [2]

- (d) When food is cooked several changes take place.

Look at the foods below and state the changes that take place when the foods are cooked.

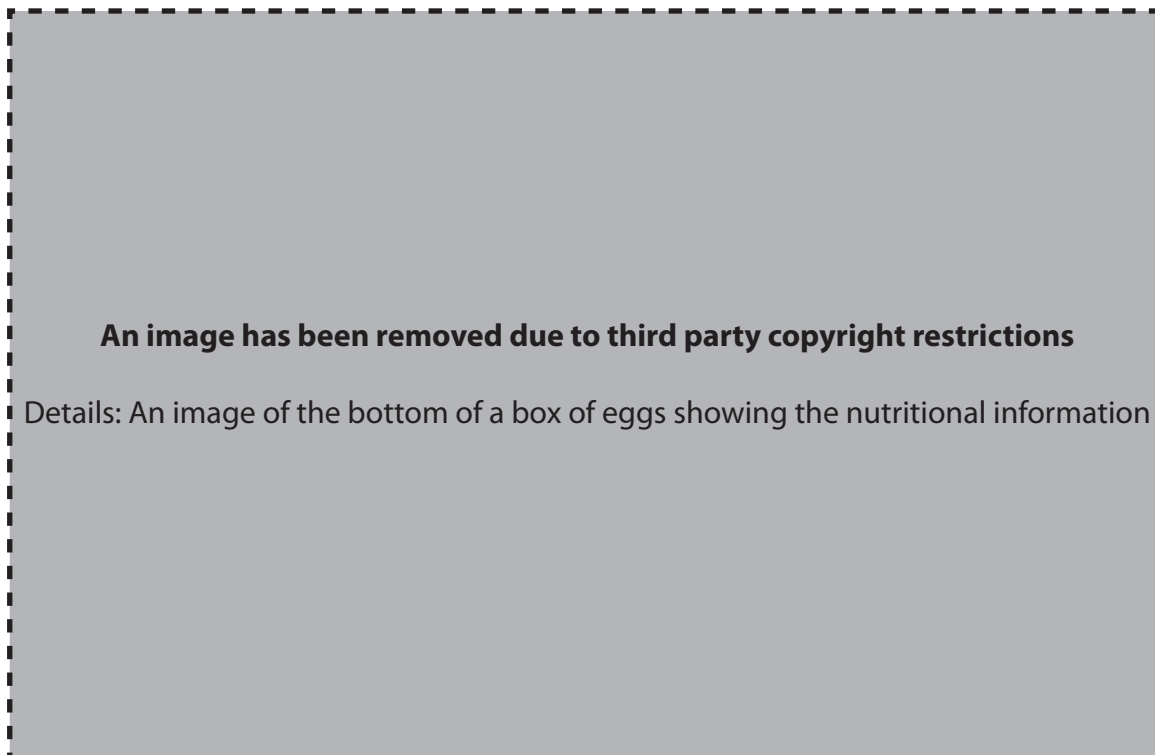
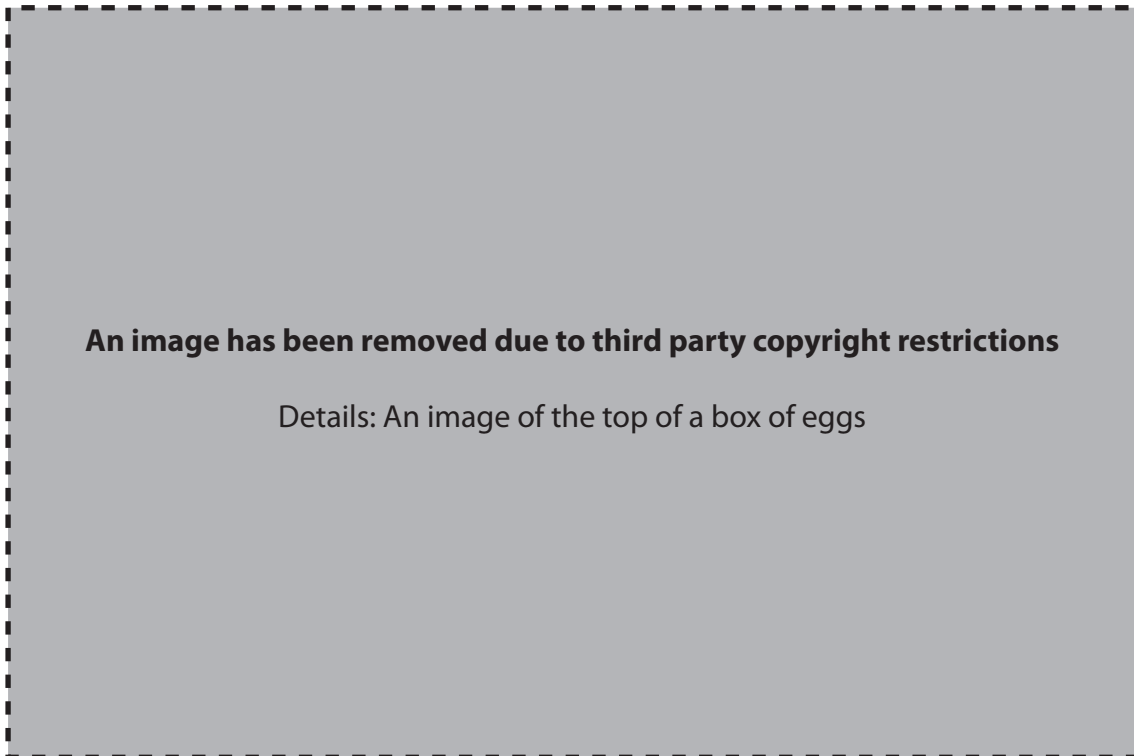
The first one has been done for you.

Example of food	Changes which took place when cooked
Victoria sandwich cake	Change 1 <u>risen</u> Change 2 <u>firm to touch</u>
(i) Grilling a burger	Change 1 _____ Change 2 _____
(ii) Cheese on toast	Change 1 _____ Change 2 _____
(iii) Making custard in a saucepan	Change 1 _____ Change 2 _____

[6]

[Total: 15]

- 3 Look at the label of the egg carton shown below.



Question 3 – continued

(a) How much fat is found in 100 g of egg?

\_\_\_\_\_ [1]

(b) How much saturated fat is found in 68 g of egg?

\_\_\_\_\_ [1]

(c) Give one reason why we should eat less saturated fat.

\_\_\_\_\_ [1]

(d) The nutrition label shows eggs contain the mineral phosphorus.

Give one reason why phosphorus is needed in the body.

Reason \_\_\_\_\_ [1]

(e) **An image has been removed due to third party copyright restrictions**  
 Details: An image of a box of eggs

Eggs have many uses in cooking.  
 Look at the products below.

State the use of eggs in each dish.

The first one has been done for you.

Name	Use of egg in cooking
Breaded fish	Coating
Meringue	
Beefburgers	
Savoury pies/sausage rolls	
Mayonnaise	
Egg custard, egg sauces	

[5]

## Question 3 – continued

- (f) Eggs are known to contain the bacteria salmonella.

Give three ways eggs should be correctly stored to reduce the risk of food poisoning.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_ [3]

- (g) Food packaging provides information to inform the consumer.

Below are some symbols which are used on food labels.

Complete the table below.

Diagram of symbol	What does the symbol mean?	A food item where it can be found
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a circle with a tractor in it with the words 'British Farm Standard' underneath the circle</p>		
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a square with four dots inside it</p>		
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a person putting rubbish into a bin</p>		
<p><b>A diagram has been removed due to third party copyright restrictions</b></p> <p>Details: A diagram of a circle with a piece of wheat in it and a line through the circle</p>		

[8]

[Total: 20]



**Section B**

Answer **all** questions.

4 Food spoilage is caused by micro-organisms e.g. bacteria.

(a) Name **two** other types of micro-organisms.

1. \_\_\_\_\_  
2. \_\_\_\_\_ [2]

(b) Give **three** conditions bacteria need to grow.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_ [3]

(c) Not all bacteria are harmful.

Name **two** products where bacteria is used in food safely.

- Product 1 \_\_\_\_\_  
Product 2 \_\_\_\_\_ [2]

(d) Food poisoning can be caused by 'cross-contamination'.

(i) State what is meant by the term 'cross-contamination'.

- \_\_\_\_\_  
\_\_\_\_\_ [1]

(ii) Give **two** examples of how 'cross-contamination' could occur.

- Example 1 \_\_\_\_\_  
Example 2 \_\_\_\_\_ [2]

(e) Keeping foods at the correct temperature can help prevent food poisoning.

State what is meant by the term 'danger zone'.

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

**Question 4 – continued**

(f) Some foods are classed as 'high risk'.

(i) State what is meant by a 'high risk' food.

\_\_\_\_\_ [1]  
\_\_\_\_\_

(ii) Give **one** example of a 'high risk' food.

High risk food \_\_\_\_\_ [1]

(g) The consumer should be able to buy food which is safe to eat.

List **four** examples of good hygiene practice a supermarket should follow when selling fresh meat.

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_ [4]

Meat needs to be cooked before eating.

(h) Give **two** reasons why meat is cooked.

Reason 1 \_\_\_\_\_

Reason 2 \_\_\_\_\_ [2]

**[Total: 20]**

5 Below are the ingredients for scones.

Ingredients
225 g plain flour
5 ml (1 tsp) baking powder
A pinch of salt
50 g butter
25 g caster sugar
150 ml pasteurised milk
extra milk for brushing



(a) Name the raising agent used to make the scones.

\_\_\_\_\_ [1]

(b) Suggest two ways this recipe could be adapted to add more colour or more flavour.

1. \_\_\_\_\_

2. \_\_\_\_\_ [2]

(c) Suggest three ways this recipe could be adapted to make it healthier.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_ [3]

(d) Plain flour is used to make the scones.

Different types of flours can be used to make other products.

Complete the table below.

Type of flour	Product made from this flour
Strong plain flour	
Corn flour	

[2]

**Question 5 – continued**

- (e) Air is another type of raising agent.

Give **three** ways in which air could be introduced into mixtures as a raising agent.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_ [3]

- (f) Pasteurisation is one method of preserving milk.

Name **two** other methods.

1. \_\_\_\_\_
2. \_\_\_\_\_ [2]

- (g) The scone recipe would not be suitable for a person who is 'lactose intolerant'.

State what is meant by the term 'lactose intolerant'.

\_\_\_\_\_  
\_\_\_\_\_ [1]

What ingredient could be used so a 'lactose intolerant' person could eat these scones?

\_\_\_\_\_  
\_\_\_\_\_ [1]

**[Total: 15]**







