

Home Economics (Food & Nutrition)

General Certificate of Secondary Education **GCSE 1973**

Mark Schemes for the Components

June 2006

1973/MS/R/06

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Any enquiries about publications should be addressed to:

OCR Publications
PO Box 5050
Annersley
NOTTINGHAM
NG15 0DL

Telephone: 0870 870 6622
Facsimile: 0870 870 6621
E-mail: publications@ocr.org.uk

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General Certificate of Secondary Education

Home Economics (Food & Nutrition) (1973)

MARK SCHEME ON THE COMPONENTS

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Mark Scheme 1973/01
June 2006

FOUNDATION 1

(a)	<p>ONE mark for each correct answer. Accept 1, 2 or 3 foods in each group for ONE mark.</p> <p>Group 1 Bread, other cereals & potatoes.</p> <p>Group 2 Meat fish and alternatives Correct order not necessary. Accept protein, carbohydrate</p>	1 1	2
(b) (i)	<p>One mark for the correct answer 5 – 10 servings</p>	1	1
(b) (ii)	<p>ONE mark for one correct answer. Reason -</p> <p>Part of a balanced diet Vitamins. Minerals. Fibre. (NSP) Add colour , variety, texture, flavour to diet. Low in calories. Fill you up, but low in calories. Antioxidants – protect against cancers/coronary heart disease/disease Do not accept keep us healthy, good for you, maintains good health</p>	1	1
(c) (i)	<p>ONE mark for each correct answer. TWO required.</p> <p>To avoid being overweight, obese, fat Too much cholesterol. Reduce risk coronary heart disease/heart problems Reduce risk high blood pressure Low self esteem, poor image when overweight. Accept possible link to cancers.</p>	2x1	2
(c) (ii)	<p>ONE mark for each correct answer. THREE required.</p> <p>Eat fewer fatty foods – e.g. chips, fatty meat products i.e. sausages. Choose lower fat versions of foods. Cook without fat/less fat No extra fat added during cooking. Remove visible fat from meat – skin poultry – fat on bacon. Less snack foods, cakes, biscuits and chocolate/junk food Use lower fat spreads/lower fat alternatives/sprays Skimmed and semi skimmed milk. Reduced fat cheese, or use less strong flavoured cheese. Cut down on fried foods. Grill food Cut down on takeaways and ready made meals</p>	3x1	3

<p>(d) (i)</p> <p>ONE mark for each correct answer. THREE required.</p> <p>Breakfast cereal White bread Crisps Ham Pickle Baked beans Kipper fillet Pastry Tomato sauce Butter</p> <p>(ii)</p> <p>ONE mark for one correct answer.</p> <ul style="list-style-type: none"> - prevent high blood pressure - reduce heart disease and strokes 		3x1	3
<p>(e)</p> <p>ONE mark for each correct answer. TWO required.</p> <p>Herbs Spices Lemon Juice Salt substitutes – containing less sodium Oils Vinegars Stock Do not accept stock cube</p>		2x1	2

TOTAL (15)

FOUNDATION 2

(a)	ONE mark for each correct answer. THREE required. Chicken breast, drumsticks, quarters Chops Steaks Burgers Cutlets Ribs Sausages (Do not accept – Chicken Meat Fish Vegetables) Kebabs Fish Steaks Corn on the Cob Mushrooms Onions Peppers Courgettes Potatoes (in foil/jacket etc) Bananas	3x1	3
(b)	ONE mark for each correct answer. THREE required. Ensure barbeque is clean before use Cook meats, fish, sausages (raw foods) thoroughly (check centre of food)/use of probe Avoid cross contamination e.g. tongs for raw and cooked foods Serve straight away Personal hygiene – clean hands Protect from flies, pets. Keep high and low risk foods apart Use cooking zones to ensure appropriate complete cooking	3x1	3
(c) (i)	ONE mark for each correct answer. FIVE required. Lettuce – salad drawer Milk – door Ham – top shelf Minced beef - bottom shelf Ice cream – freezer. ONE mark for each correct answer. TWO required.	5x1	5
(ii)	1. 0°C – 5°C (anywhere between) 2. -18°C or below	2x1	1 1
(d)	ONE mark for one correct answer. TWO required. Lower resistance to infection. May have weak immune system. May not be in full control of food preparation. Mobility problems – standing for long periods Loss of partner – lack of interest, poor knowledge storing food, etc. Loss of knowledge about contamination Inability to read instructions	2x1	2

TOTAL (15)

FOUNDATION 3

	ONE mark for each correct answer.		
(a)	(i) 83%	1	1
	(ii) 60%	1	1
	(iii) ONE mark for each correct answer. TWO required.	2x1	2
	Everything under same roof More choice Competitive prices Usually well trained staff resulting in more hygiene awareness Easy car parking Special offers Buy in bulk Loyalty reward Good customer facilities –mother, baby, toilets, carry to car, restaurants. Maybe open longer Online shopping Home delivery		
(iv)	One mark for the correct answer Market stall selling meat	1	1
	ONE mark for each correct reason. TWO required.	2x1	2
	Difficult to judge freshness May be unhygienic Unattractive display/stall Outdoor pollution – vehicles, flies, weather conditions Non refrigerated storage Staff/ personal hygiene/ hand washing facilities Customers creating hygiene problems – touching food/coughing/sneezing/smoking. Less choice Possibility of cross contamination		
(v)	ONE mark for each correct answer. TWO required.	2x1	2
	Attractive colourful Friendly personal service, lively environment Wide selection Seasonal Competitive prices-often cheaper Local produce/support market Easy to check if food is fresh. Environmentally friendly		

(b)	(i)	One mark for the correct answer 1970	1	1
	(ii)	One mark for the correct answer Less whole milk	1	1
	(iii)	ONE mark for each correct answer. THREE required. Wider range and availability of milk products More awareness of fat content, therefore move to skimmed and semi skimmed Health reasons Storage, long life Recipe requirements Nutritional value Likes and dislikes - taste. Cost considerations	3x1	3
(c)		ONE mark for each correct answer. TWO required. Specialist shop Garage Corner shop/local shop Dairy Doorstep delivery Vending machine. Kiosk Farmers market Farm Cafes fast food outlets/canteen	2x1	2

(d)	<p>ONE mark for each correct answer. FOUR required. (2x1 – Nutrient and 2x1 –Use in the body Marks can be awarded for a correct use in the body even if no nutrient is written.</p> <p>Protein Growth and repair</p> <p>Vitamin A Normal growth, night vision, healthy skin, bones and teeth</p> <p>Thiamin (B1) Release energy</p> <p>Riboflavin (B2) Healthy skin, release energy</p> <p>B12 Prevents anaemia. Nervous system</p> <p>Calcium. Phosphorus Bones & teeth</p> <p>Magnesium. Potassium Bones. Nervous system</p> <p>Iodine Regulate growth</p> <p>Vitamin D Works with calcium</p> <p>Fat Energy, insulation, protection.</p> <p>Omega 3 Concentration</p>	4x1	4
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TOTAL (20)

FOUNDATION 4

(a)	<p>ONE mark for each correct group. THREE required. ONE mark for each correct example. THREE required If nothing is written in group box but examples of each type of fish are given then one mark per different example can be awarded.</p> <p>GROUP EXAMPLES</p> <p>White Fish Cod Haddock Plaice skate</p> <p>Oily Fish Herring Mackerel Salmon</p> <p>Shell Fish Crabs Lobster Mussels</p>	1x3 1x3	3 3
(b)	<p>ONE mark for each correct answer. THREE required.</p> <p>Fish - Bake Steam Poached Grill Stir Fry Chips - Oven cook Larger chips Potato wedges Shallow Fry Don't fry Substitute boiled or baked potatoes Additional foods – vegetables, salad Do not accept remove batter unless also change cooking method/put on salt</p>	3x1	3
(c)	<p>ONE mark for each correct answer. THREE required.</p> <p>(i) HBV foods – meat, eggs, dairy products, poultry, soya beans, TVP and tofu, Quorn Accept types of meat Do not accept 'steak'</p> <p>(ii) ONE mark for each correct answer. THREE required. LBV foods – peas, beans, lentils, cereals, pasta, nuts, gelatine, rice, pulse, bread, Do not accept vegetables</p> <p>(iii) ONE mark for an accurate description LBV (mainly vegetable origin)lack one or more of the essential amino acids/less complete/complex HBV (mainly animal origin)supply all of the essential amino acids/more complete/complex</p>	3x1 3x1 1	3 3 1

(d)	(i)	One mark for correct answer Converted to glucose in the liver Used as a source of energy	1	1
	(ii)	One mark for each correct answer. TWO required Age group must be identified Babies/children- growing rapidly. Adolescents – growth spurt. The elderly – need less but still some needed for repair.	2x1	2
	(iii)	One mark for the correct answer Pregnant women – for the growth of the baby Must state growth/development of baby Not just for the baby	1	1

TOTAL (20)

FOUNDATION 5

<p>(a)</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p>	<p>ONE mark for each correct answer. THREE required. 'Strong' does not have to be stated (Strong) wholemeal flour (Strong) brown wheatmeal flour (Strong) granary flour etc. Substitute oats, bran, nuts ,seeds, apricots, raisins, sultanas, currants, dates, tomato, olives</p> <p>Hot – destroy yeast. Cold – slows activity Correct temperature to activate yeast, make yeast grow/work</p> <p>High gluten content – strong elastic dough, enables CO₂ to be held in small pockets, better structure</p>	<p>3x1</p>	<p>1</p> <p>1</p> <p>1</p>
<p>(b)</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p>	<p>One mark for correct answer Sensitivity to the protein, gluten/wheat</p> <p>One mark for correct answer Gluten free flour</p> <p>ONE mark for each correct answer. TWO required. Accept any named wheat product Barley, Rye, Oats, pasta, cakes, biscuits, crackers Accept brand names Allow credit for (biii) even if incorrect answer given for (bi)</p>	<p></p> <p>2x1</p>	<p>1</p> <p>1</p> <p>2</p>
<p>(c)</p>	<p>ONE mark for each correct answer. SIX required.</p> <p>ONE mark for name of process. ONE mark. For stating what is happening</p> <p>1 Kneading e.g. Distribution of yeast/gluten Equalisation of temperature Development of gluten/shaping/increase elasticity/ improve texture/adding/distributing air</p> <p>2 Proving or Rising e.g. Proving Fermentation. In warm place 1-2 hrs. Starch > e.g. Rising to allow fermentation 40 mins. Warm place. To produce more CO₂ gas. Distribute yeast cells. Cover to protect drying out. CO₂ does not have to be stated</p> <p>3 Testing for cooking/ tapping/knocking/etc e.g. Tap base, hollow sound to check correctly cooked. Golden brown, and firm texture, well risen, set.</p>	<p>6x1</p>	<p>6</p>

(d)	ONE mark for each correct answer. TWO required Temperature too high/too low Insufficient fermentation and proving/rising Insufficient liquid – dough too stiff – not expanding. Insufficient yeast, which has not produced enough CO ₂ gas. Incorrect flour/proportions of ingredients Yeast out of date/no yeast Yeast killed. Too much salt Insufficient kneading	2x1	2
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TOTAL (15)

FOUNDATION 6

<p>A high level of response 12-15 Both will have been considered in depth. Information will be specific with sound recall and application of knowledge. A sound knowledge of nutritional needs of the elderly.</p> <p>A mid level of response 7-11 Both aspects considered but responses may be more superficial and lacking in depth. Information is reasonably well organised but repetitive. Less factual data given in support of points made.</p> <p>A low level of response 0-6 Both aspects may not have been covered. Obvious facts will have been given and tend towards generalities. Information may be muddled and confused and not used to support points made.</p> <p>Subject specific material, which may be covered by the candidate. May have examples of good food sources</p> <p>Nutritional Advice with reasons</p> <p>Balanced diet and how to achieve it General good health</p> <p>Starch and fibre Low in fat. Prevent constipation & related disorders</p> <p><u>Not</u> raw bran to increase fibre Prevents absorption of some nutrients</p> <p>Iron – include food & drink rich in vitamin C with the meal Prevents anaemia. Increase iron absorption</p> <p>Vitamin C Healthy skin/protection from disease</p> <p>Need slightly less energy giving foods Can have less active lifestyle</p> <p>Adequate intake of fluids Prevents constipation</p> <p>Folic acid Maintain good health</p> <p>Calcium Prevents osteoporosis</p> <p>Vitamin D. Sunlight Bone health, absorption of calcium</p> <p>Foods low in salt Reduce risk of high blood pressure</p>		15
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	<p>Foods low in fat Reduce CHD or stroke</p> <p>5 a day Reduce CHD or stroke</p> <p>Use herbs, spices to flavour foods If sense of taste lost, avoid overuse of salt</p> <p>Healthy weight Mobility, diabetes. CHD</p> <p>Smaller appetite, still eat balanced meals Need for nutritional balanced meals</p> <p>Protein Repair of cells</p> <p>Vitamin K Blood clotting</p> <p>Reduce sugar Diabetic risk</p> <p><u>Problems – planning meals</u></p> <p>Reduced income Cost – limits purchase of protein foods/fruit /veg-any evidence of cost compromising choice Difficulties in shopping/storing food Less active Disabilities – mobility problems/poor eyesight to read labels – purchasing & cooking foods Loss of interest Loss of partner – lack of confidence and skills Motivation in cooking and eating Dental problems –eating Digestive disorders May require help and support - social services, friends/family etc. Lonely – no one to socialise with when eating. Lack of knowledge/awareness/memory loss</p>		
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TOTAL (15)

Mark Scheme 1973/02
June 2006

Higher 1

<p>(a)</p>	<p>ONE mark for each correct group. THREE required. ONE mark for each correct example. THREE required If nothing is written in group box but examples of each type of fish are given then one mark per different example can be awarded.</p> <p>GROUP EXAMPLES</p> <p>White Fish Cod Haddock Plaice skate</p> <p>Oily Fish Herring Mackerel Salmon</p> <p>Shell Fish Crabs Lobster Mussels</p>	<p>1x3 1x3</p>	<p>3 3</p>
<p>(b)</p>	<p>ONE mark for each correct answer. THREE required. Fish - Bake Steam Poached Grill Stir Fry Chips - Oven cook Larger chips Potato wedges Shallow Fry Don't fry Substitute boiled or baked potatoes Additional foods – vegetables, salad Do not accept 'remove batter' unless also change cooking method/put on salt</p>	<p>3x1</p>	<p>3</p>
<p>(c) (i)</p>	<p>ONE mark for each correct answer. THREE required.</p> <p>HBV foods – meat, eggs, dairy products, poultry, soya beans, TVP, tofu, Quorn Accept types of meat but not 'steak'</p>	<p>3x1</p>	<p>3</p>
<p>(ii)</p>	<p>ONE mark for each correct answer. THREE required.</p> <p>LBV foods – peas, beans, lentils, cereals, pasta, nuts, Gelatine, rice, pulse, bread Do not accept vegetables</p>	<p>3x1</p>	<p>3</p>
<p>(iii)</p>	<p>ONE mark for an accurate description LBV(mainly vegetable origin) lack one or more of the essential amino acids/less complete/complex HBV(mainly animal origin) supply all of the essential amino acids/more complete/complex</p>	<p>1</p>	<p>1</p>

(d)	(i)	One mark for the correct answer Converted to glucose in the liver Used as a source of energy	1	1
	(ii)	One mark for each correct answer. TWO required Age group must be identified Babies/children- growing rapidly. Adolescents – growth spurt. The elderly – need less but still some needed for repair.	2x1	2
	(iii)	One mark for the correct answer Pregnant women – for the growth of the baby Must say growth/development of baby Do not accept just for the baby	1	1

TOTAL (20)

Higher 2

<p>(a)</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p>	<p>ONE mark for each correct answer. THREE required. 'Strong' does not have to be stated (Strong) wholemeal flour (Strong) brown wheatmeal flour (Strong) granary flour etc. Substitute oats, bran, nuts seeds, apricots, raisins, sultanas, currants, dates, tomato, olives</p> <p>Hot – destroy yeast. Cold – slows activity Correct temperature to activate yeast, make yeast grow/work</p> <p>High gluten content – strong elastic dough, enables CO₂ to be held in small pockets, better structure</p>	<p>3x1</p>	<p>1</p> <p>1</p> <p>1</p>
<p>(b)</p> <p>(i)</p> <p>(ii)</p> <p>(iii)</p>	<p>One mark for the correct answer Sensitivity to the protein, gluten/wheat</p> <p>One mark for the correct answer Gluten free flour</p> <p>ONE mark for each correct answer. TWO required. Accept any named wheat product Barley, Rye, Oats, pasta, cakes, biscuits, crackers Accept brand names Allow credit for (biii) even if incorrect answer is given for b(i)</p>	<p></p> <p></p> <p>2x1</p>	<p>1</p> <p>1</p> <p>2</p>
<p>(c)</p>	<p>ONE mark for each correct answer. SIX required.</p> <p>ONE mark for name of process. ONE mark. For stating what is happening</p> <p>1 Kneading e.g. Distribution of yeast/gluten Equalisation of temperature Development of gluten/shaping/increase elasticity/ Improve texture/adding/distributing air</p> <p>2 Proving or Rising e.g. Proving Fermentation. In warm place 1-2 hrs. Starch > e.g. Rising to allow fermentation 40 mins. Warm place. To produce more CO₂ gas. Distribute yeast cells. Cover to protect drying out. CO² does not have to be stated</p> <p>3 Testing for cooking/tapping/knocking/etc e.g. Tap base, hollow sound to check correctly cooked. Golden brown and firm texture, well risen, set.</p>	<p>6x1</p>	<p>6</p>

(d)	ONE mark for each correct answer. TWO required Temperature too high/too low Insufficient fermentation and proving/rising Insufficient liquid – dough too stiff – not expanding. Insufficient yeast, which has not produced enough CO ₂ gas. Incorrect flour/proportions of ingredients Yeast out of date/no yeast Yeast killed. Too much salt Insufficient kneading	2x1	2
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TOTAL (15)

Higher 3

<p>A high level of response 12-15 Both will have been considered in depth. Information will be specific with sound recall and application of knowledge. A sound knowledge of nutritional needs of the elderly.</p> <p>A mid level of response 7-11 Both aspects considered but responses may be more superficial and lacking in depth. Information is reasonably well organised but repetitive. Less factual data given in support of points made.</p> <p>A low level of response 0-6 Both aspects may not have been covered. Obvious facts will have been given and tend towards generalities. Information may be muddled and confused and not used to support points made.</p> <p>Subject specific material, which may be covered by the candidate. May have examples of good food sources</p> <p>Nutritional Advice with reasons</p> <p>Balanced diet and how to achieve it General good health</p> <p>Starch and fibre Low in fat. Prevent constipation & related disorders</p> <p><u>Not</u> raw bran to increase fibre Prevents absorption of some nutrients</p> <p>Iron – include food & drink rich in vitamin C with the meal Prevents anaemia. Increase iron absorption</p> <p>Vitamin C Healthy skin/protection from disease</p> <p>Need slightly less energy giving foods Can have less active lifestyle</p> <p>Adequate intake of fluids Prevents constipation</p> <p>Folic acid Maintain good health</p> <p>Calcium Prevents osteoporosis</p> <p>Vitamin D. Sunlight Bone health, absorption of calcium</p> <p>Foods low in salt Reduce risk of high blood pressure</p>		15
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	<p>Foods low in fat Reduce CHD or stroke</p> <p>5 a day Reduce CHD or stroke</p> <p>Use herbs, spices to flavour foods If sense of taste lost, avoid overuse of salt</p> <p>Healthy weight Mobility, diabetes. CHD</p> <p>Smaller appetite, still eat balanced meals Need for nutritional balanced meals</p> <p>Protein Repair of cells</p> <p>Vitamin K Blood clotting</p> <p>Reduce sugar Diabetic risk</p> <p><u>Problems – planning meals</u></p> <p>Reduced income Cost – limits purchase of protein foods/fruit/veg-any evidence of cost compromising choice Difficulties in shopping/storing food Less active Disabilities – mobility problems / poor eyesight to read labels– purchasing & cooking foods Loss of interest Loss of partner – lack of confidence and skills Motivation in cooking and eating Dental problems –eating Digestive disorders May require help and support - social services, friends/family etc. Lonely – no one to socialise with when eating. Lack of knowledge/awareness/memory loss</p>		
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TOTAL (15)

Higher 4

(a)	<p>ONE mark for each correct answer FOUR required.</p> <p>Less leisure time being spent in food preparation and cooking Quicker to prepare More women working – less time to prepare food. Families eating at different times. Differing lifestyles, likes and dislikes of family members. Advances in food technology. Increasing influence of advertising. Easier storage of ready prepared foods – shopping less often. Use of microwave. Singles households Inadequate cooking skills/easier to prepare Cheaper for ‘one off’ meals Opportunity to try new dishes Reduces washing/clearing up/less equipment needed Appeals to most ages</p>	4x1	4
(b)	<p>ONE mark for each correct answer FIVE required.</p> <p>Enjoy cooking fresh Prefer to know what is in the dish e.g. organic, fair trade Can be more expensive. Contains additives/ preservatives. Poor flavour, texture, aesthetic appeal Monotonous if over used Often have high levels of salt, sugar, saturated fat, high energy value(Can be awarded one mark each) Often have low levels of fibre. Nutrients may be lost during processing and not replaced. Portion/serving size may be small. May not live up to advertising expectations</p>	5x1	5
(c)	<p>Maximum of 3 marks for one word answers</p> <p>Responses may include:</p> <p>Preserve from decay and spoilage Improve keeping qualities/anti-oxidant Enhance flavour Enhance texture Enhance colour /appearance Used to emulsify oils and fats with water in foods, used in low fat spreads and chocolate e.g. lecithins Raising agent Anti-caking agent Flour improvers Thickening agents Nutrients to enrich foods e.g. breakfast cereals Aid in recipe design of new food products e.g. snacks and confectionary in novelty shapes and colours Enable manufacture of easy-to-prepare convenience foods Ensure uniform standards during food manufacture</p>	6x1	6

TOTAL (15)

Higher 5

(a)	<p>THREE suggestions required - ONE mark for each.</p> <p>Responses should include both evidence from the packet and the importance of breakfast as a meal. Reponses may include – Suitability for different age groups, esp. young children. Importance of breakfast Energy intake Balanced. Nutritional content and nutrients in milk that may be served with it. Relationship to DRV's. Calorie content of average serving is sufficient to prevent snacking later Helping to supply 25% of our daily intake of nutrients Carbohydrates prevent low blood sugar, helping concentration No additives preventing hyper activity during day</p>	3x1	3
(b)	<p>ONE mark for reason TWO required.</p> <p>Reasons: Advertising-celebrities, slimming etc. Quick easy to eat More aware of need for breakfast Economical Fortified with nutrients Contribution to a healthy diet Popular, as considered a snack food Variety to try</p>	2x1	2
(c)	<p>Marks allocated depend on the quality of response.</p> <p>High Level 7-10 Candidate will give a minimum of 5 reasons why these products appeal to children.</p> <p>Mid Level 4-6 Candidate is likely to give minimum of 3 reasons why these products appeal to children.</p> <p>Low Level 0-3 Candidate may give 1-2 reasons why these products appeal to children. Answers may be muddled, vague, repetitive, with little detail.</p> <p>List only - maximum of THREE marks only.</p> <p>Expanded sentences with some of the subject specific content for <u>Children</u></p> <p>Advertising, celebrities Association with familiar characters - books, TV music. Associated merchandise, familiar etc. Appealing packaging and design - encouraging use.</p>		10

	Slogans Jingles Use a term 'new' Display in shops Serve themselves, encouraging independence. Snack foods. Special offers. Promotions. Novelty composition of product - alphabet shapes, texture, shapes. Games, puzzles, gifts. Fun image. Appeal of product name. Some children aware of healthy eating		
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TOTAL (15)

Higher 6

<p>H6</p> <p>(a)</p> <p>(b)</p>	<p>A high level of response 14-20</p> <p>A full understanding of the influences of : social and economic issues facing people on low incomes religion tradition on the choice of food</p> <p>For a candidate to be awarded a high level, balanced responses across the two components, are required, supported by relevant and appropriate information with explanations developed logically.</p> <p>If candidate answers one part well, but only gives limited explanation of the other part, candidate will only be able to achieve top of medium response.</p> <p>Accurate use of spelling, punctuation and grammar. A range of specialist terms should be used. A well presented response.</p> <p>A mid level of response 7-13</p> <p>Some understanding of both components. Basic information may be expressed in general terms. Occasional errors, in the use of spelling, punctuation and grammar. Use of some specialist terms.</p> <p>A low level of response 0-6</p> <p>Basic comments. Facts may not have supporting evidence. Emphasis on the components may be uneven. Comments and grammar may be simply expressed. Errors in spelling, punctuation and grammar. Few, if any, specialist terms used.</p> <p>If only one part of the question is answered, candidate remains in the low level.</p> <p>If answers are given as a list, candidate remains in the low level.</p>
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Subject specific materialSocial & economic issues facing people on low incomes:

Low income - families, students, the elderly, unemployed etc.

Food may not be priority e.g. students

Many limit social eating e.g. eating out

Shopping choices limited by increased cost e.g. quality, healthy food, organic, "fair trade", out of season, price at location (corner shop v supermarket).

Limited time and equipment for preparation and cooking

More likely to suffer from heart disease, strokes, problems associated with over weight, some forms of cancer.

Difficulties in eating *less* fat, sugar and salt, and *more* fruit and vegetables, pasta, whole grain cereals.

May prefer to buy foods high in fat to satisfy hunger, even if fruit and vegetables cost less.

Healthy alternatives – e.g. low fat products, reduced sugar may be more expensive.

Shopping choices affected by additional costs e.g. personal/public transport availability, location of food outlets, home storage (refrigeration), cooking facilities and fuel costs.

Limited local shopping facilities.

Difficulties in motivation and frustration in budgeting.

Peer pressure-following trends

Stigma of shopping in certain outlets, not wanting stigma of free school meals

	<u>Influence of religion and tradition:</u>
<u>Groups</u>	<u>Dietary Rules</u>
Jewish	<p>Kosher foods. Forbidden foods – shellfish, crustaceans, pork, bacon, ham, eels, eggs with blood spots, gelatine.</p> <p>May not eat meat and milk together, resulting in separate cooking utensils.</p> <p>Day of Atonement – eat before sunset followed by 24hr. fast, followed by celebration meal.</p>
Christian	<p>Celebrate through festivals – Christmas, Mothering Sunday, Easter – with special traditional foods. Shrove Tuesday, Good Friday, Lent – eat simply. No food forbidden. Some denominations eat fish on Fridays.</p>
Muslim	<p>Food must be hal-al (lawful). Forbidden foods – pork, fish without scales, shellfish, meat incorrectly slaughtered. Alcohol is forbidden. Practise regular fasting at Ramadan – fast for one month.</p>
Hindu	<p>Cow sacred, but drink milk and eat milk products. Strict Hindus are vegetarian. Alcohol is forbidden. Holi festival celebrating the beginning of spring – feasts and parties are held.</p>
Buddhist	<p>Many are vegetarians, although meat and fish not forbidden,</p>
Sikh	<p>Only beef and alcohol forbidden.</p>
Rastafarian	<p>No animal foods, except milk. Food must be “l-tal” or alive. No canned and processed foods. No salt, coffee or alcohol.</p>
	<u>Traditions:</u>
	<p>Ceremonies, funerals, marriages, harvests, birthdays, anniversaries.</p> <p>Ethnic communities usually have healthy diets. Some Asian vegetarians may have Vitamin D deficiency. Vitamin and Calcium need to be included in the diet. Supplements may be needed. Lack of Iron in Asian women and children, may lead to anaemia. May have difficulties in purchasing ingredients and foods to cook traditional meals.</p>

TOTAL (20)

**General Certificate of Secondary Education (Home Economics: Food & Nutrition) (1973)
June 2006 Assessment Series**

Component Threshold Marks

Component	Max Mark	A	B	C	D	E	F	G
Paper 1	100			56	48	40	33	26
Paper 2	100	65	55	45	35			
Coursework	100	79	67	56	45	34	23	12

Syllabus Options

Foundation Tier

	Max Mark	A*	A	B	C	D	E	F	G
Overall Threshold Marks	200				112	93	74	56	38
Percentage in Grade					33.3	29.6	19.3	9.44	4.39
Cumulative Percentage in Grade					33.3	62.9	82.3	91.7	96.1

The total entry for the examination was 1957

Higher Tier

	Max Mark	A*	A	B	C	D	E	F	G
Overall Threshold Marks	200	157	138	119	101	80	69		
Percentage in Grade		11.6	26.9	30.6	20.5	8.11	1.16		
Cumulative Percentage in Grade		11.6	38.5	69.2	89.7	97.8	99.0		

The total entry for the examination was 1507

Overall

	A*	A	B	C	D	E	F	G
Percentage in Grade	5.13	11.9	13.6	27.6	20.0	11.2	5.2	2.45
Cumulative Percentage in Grade	5.13	17.1	30.7	58.3	78.4	89.7	94.9	97.4

The total entry for the examination was 3500

OCR (Oxford Cambridge and RSA Examinations)
1 Hills Road
Cambridge
CB1 2EU

OCR Information Bureau

(General Qualifications)

Telephone: 01223 553998

Facsimile: 01223 552627

Email: helpdesk@ocr.org.uk

www.ocr.org.uk

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OCR (Oxford Cambridge and RSA Examinations)
Head office
Telephone: 01223 552552
Facsimile: 01223 552553

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