

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

General Certificate of Secondary Education

HOME ECONOMICS (FOOD AND NUTRITION)

1973/1

PAPER 1 (FOUNDATION TIER)

Thursday

22 JUNE 2006

Afternoon

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.

FOR EXAMINER'S USE	
1	
2	
3	
4	
5	
6	
TOTAL	

This question paper consists of 15 printed pages, 2 lined pages and 3 blank pages.

Section A

Answer all questions.

- 1 Food from different groups are important for good health.
Look at the Balance of Good Health Plate below.



- (a) Name the two groups of food that are missing from the plate.
1. _____
2. _____ [2]
- (b) (i) How many servings of fruit and vegetables are we advised to eat each day?
- _____ [1]
- (ii) Give one reason for this advice.
- _____ [1]
- (c) (i) Give two reasons why we should cut down on the amount of fat we eat.
- Reason 1 _____
- Reason 2 _____ [2]

(ii) Suggest three ways of cutting down the amount of fat we eat.

1. _____

2. _____

3. _____ [3]

(d) Many foods contain salt.
Look at the foods below.

Images of the labelled objects have been removed due to third party copyright restrictions			
butter	breakfast cereal	white bread	crisps
Images of the labelled objects have been removed due to third party copyright restrictions			
ham	pickle	carrots	baked beans
Images of the labelled objects have been removed due to third party copyright restrictions			
kipper fillets	pasty	tomato sauce	apple

(i) Look at the foods above and name three foods that contain a high amount of salt.

1. _____

2. _____

3. _____ [3]

(ii) Give one reason why we should reduce the amount of salt we eat.

_____ [1]

(e) Salt is often used in cooking to flavour foods.
Suggest two different flavourings which could be used instead of salt.

1. _____

2. _____ [2]

[Total: 15]

- 2 Many people cook food out of doors in the summer.
Cooking food on a barbecue is very popular.

An image has been removed due to third party copyright restrictions

Details:

An image of a family enjoying a barbecue

- (a) Name three foods that are suitable to cook on a barbecue.

1. _____

2. _____

3. _____ [3]

- (b) Suggest three ways of preventing food poisoning when cooking on a barbecue.

1. _____

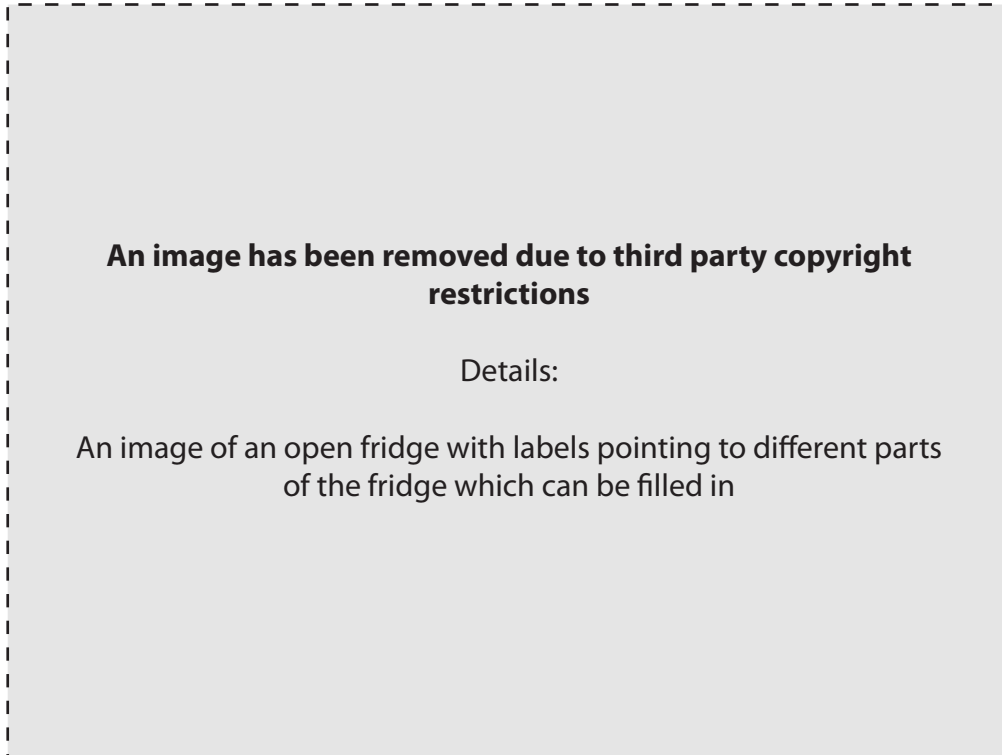
2. _____

3. _____ [3]

- (c) (i) A refrigerator is shown below.
Complete the labels on the refrigerator to show the correct place to store each of the following foods:

eggs has been completed for you

- lettuce
- carton of fresh milk
- sliced cooked ham
- raw minced beef
- ice cream



[5]

- (ii) Food must be stored safely to reduce the risk of food poisoning.
State the correct temperature for a refrigerator.

_____ [1]

- (iii) State the correct temperature for the freezer compartment.

_____ [1]

- (d) Give two reasons why elderly people can be at a greater risk of food poisoning.

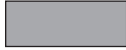




Reason 1 _____

Reason 2 _____

_____ [2]

[Total: 15]

3 Look at the information in the chart below.

Customer Choice when Shopping for Food		percentage %
LOCAL BUTCHER		55
LOCAL GROCERY SHOPS		60
MARKET STALLS SELLING FRUIT & VEGETABLES		47
MARKET STALLS SELLING MEAT		21
SUPERMARKETS		83

(a) (i) What percentage of people buy food from supermarkets?

_____ % [1]

(ii) What percentage of people buy food from local grocery shops?

_____ % [1]

(iii) Give **two** reasons why supermarkets are more popular than local shops.

Reason 1 _____

Reason 2 _____

_____ [2]

(iv) Which is the least popular place to buy meat?

_____ [1]

Suggest **two** reasons for your answer.

Reason 1 _____

Reason 2 _____

_____ [2]

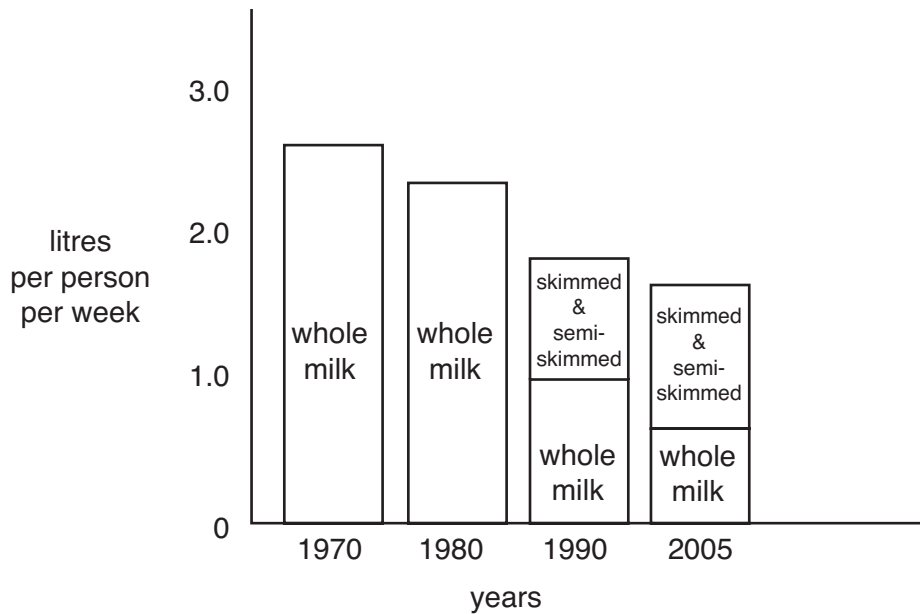
(v) Give **two** reasons why people buy fruit and vegetables from a market stall.

Reason 1 _____

Reason 2 _____

_____ [2]

(b) Look at the chart below showing the amount of milk people use in a week.



(i) In which year was most milk used?

_____ [1]

(ii) State what happened to the amount of whole milk people used between 1980 and 1990.

_____ [1]

(iii) Give **three** reasons why people decide to use different types of milk.

Reason 1 _____

Reason 2 _____

Reason 3 _____

_____ [3]

(c) Most milk is bought from supermarkets.

Name **two** other places where fresh milk can be bought.

1. _____

2. _____ [2]

(d) Milk is a nutritious food.

Complete the table below to show different nutrients found in milk and give their use in the body.

The first one has been done for you.

NUTRIENT	USE IN THE BODY
1. Carbohydrate	1. Gives energy
2.	2.
3.	3.

[4]

[Total: 20]

Section BAnswer **all** questions.

- 4** Fish is an important part of a healthy diet.
The different types of fish available can be divided into three groups.

- (a)** Complete the table by naming the three groups of fish.
Give **one** example of a fish for each group.

GROUP OF FISH	EXAMPLE
1.	1.
2.	2.
3.	3.

[6]

- (b)** Fish and chips is a popular meal.
Give **three** ways you could change this meal to make it healthier.

1. _____

2. _____

3. _____

[3]

(c) Fish is an example of HBV (High Biological Value) protein food.

(i) Give **three** examples of other HBV protein foods.

- 1. _____
- 2. _____
- 3. _____ [3]

(ii) Give **three** examples of LBV (Low Biological Value) protein foods.

- 1. _____
- 2. _____
- 3. _____ [3]

(iii) State the difference between HBV and LBV proteins.

_____ [1]

(d) (i) State what happens in the body if too much protein is eaten.

_____ [1]

(ii) Give **two** reasons why some age groups need different amounts of protein.

Reason 1 _____

Reason 2 _____
_____ [2]

(iii) State why pregnant women need more protein.

_____ [1]

[Total: 20]

- 5 (a) Look at the recipe below for making bread.

BREAD BASIC RECIPE

500g strong plain flour
 10g salt
 1 sachet easy dried yeast
 250ml warm water (37 °c)

Oven Temperature
 200 °c -220 °c / Gas Mark 6–8
 (the temperature used will depend
 on the size and shape of the bread)

- (i) State how the basic recipe could be adapted to add more fibre/NSP.

_____ [1]

- (ii) State why the temperature of the water is important.

_____ [1]

- (iii) Give **one** reason why strong plain flour is used.

_____ [1]

- (b) (i) Give **one** reason why a person with coeliac disease could not eat this bread.

 _____ [1]

- (ii) Suggest how this recipe could be adapted to make it suitable for coeliacs.

_____ [1]

- (iii) Name **two** other foods that coeliacs should not eat.

1. _____

2. _____ [2]

- (c) Look at each of the pictures below.
For each picture:
 - Name the process;
 - State what is happening during the process.

An image has been removed due to third party copyright restrictions

Details:

An image of a person kneading dough

Name of process _____

State what is happening during this process _____

[2]

An image has been removed due to third party copyright restrictions

Details:

An image of 2 loaves of bread, one which has risen

Name of process _____

State what is happening during this process _____

[2]

An image has been removed due to third party copyright restrictions

Details:

An image of a person tapping the bottom of a loaf of bread

Name of process _____

State what is happening during this process _____

[2]

- (d) A cooked loaf has not risen.
Give two reasons for this fault.

Reason 1 _____

Reason 2 _____ [2]

[Total: 15]

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