

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

General Certificate of Secondary Education

HOME ECONOMICS (FOOD AND NUTRITION)

1973/2

PAPER 2 (HIGHER TIER)

Thursday

22 JUNE 2006

Afternoon

2 hours

Candidates answer on the question paper.

Additional materials:

Additional answer paper may be required.

Candidate Name	Centre Number	Candidate Number												
	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> </tr> </table>							<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> <td style="width: 15px; height: 15px;"></td> </tr> </table>						

TIME 2 hours

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 14 printed pages and 3 lined pages and 3 blank pages.

Section AAnswer **all** questions.

- 1** 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.

_____ [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]

- 2 (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]

Section B

Answer **all** questions.

4 A large selection of convenience foods is available to the consumer.

(a) Give **four** reasons why convenience foods are popular.

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____

_____ [4]

(b) Give five reasons why some people prefer not to use convenience foods.

Reason 1 _____

Reason 2 _____

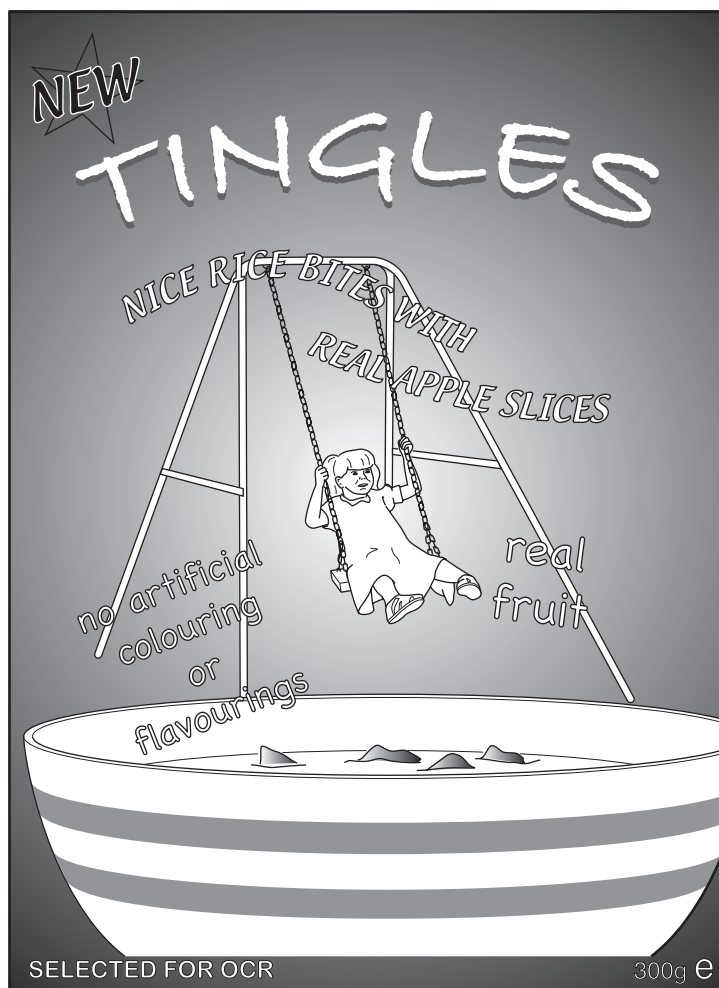
Reason 3 _____

Reason 4 _____

Reason 5 _____

_____ [5]

- 5 Look at the label below for Tingles cereal.



V Suitable for vegetarians

Ingredients

Rice, Sugar, Dried Apple Pieces (6%) Salt, Malt Extract.

Nutrition

	A 25 g (1oz) serving with 125 ml semi-skimmed milk provides	100 g (3½ oz) provide
Energy	658 J 156 kcal*	1630 kJ 384 kcal
Protein	5.6 g	5.8 g
Carbohydrate	28.2 g	88.0 g
of which sugars	9.6 g	13.5 g
Fat	2.2 g*	1.0 g
of which saturates	1.5 g	0.4 g
Fibre**	0.4 g	1.4 g
Sodium	0.1 g	0.3 g

This pack contains 12 servings. A serving (25 g) contains the equivalent of approx. 0.3 g of salt.

*Calories/Fat per serving with whole milk: 180 kcal/5.1 g

*Calories/Fat per serving with skimmed milk: 139 kcal/0.4 g

** Fibre has been determined by AOAC analysis.

Look at the information on the cereal packet and label opposite.

(a) Give **three** reasons why this product is suitable for serving at breakfast.

Reason 1 _____

Reason 2 _____

Reason 3 _____

_____ [3]

(b) Give **two** reasons why breakfast cereals have increased in popularity.

Reason 1 _____

Reason 2 _____

_____ [2]

(c) 'Tingles' is one example of a product aimed at children.
Explain how this and other food products can appeal to children.

Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (OCR) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

OCR is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.