

**GENERAL CERTIFICATE OF SECONDARY EDUCATION
 HOME ECONOMICS (FOOD AND NUTRITION)**

1973/01

Paper 1 (FOUNDATION TIER)

WEDNESDAY 18 JUNE 2008

Afternoon
 Time: 1 hour 30 minutes

Candidates answer on the question paper

Additional materials: No additional materials are required



Candidate Forename

Candidate Surname

Centre Number

Candidate Number

INSTRUCTIONS TO CANDIDATES

- Write your name in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use blue or black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided.

INFORMATION FOR CANDIDATES

- The number of marks for each question 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	

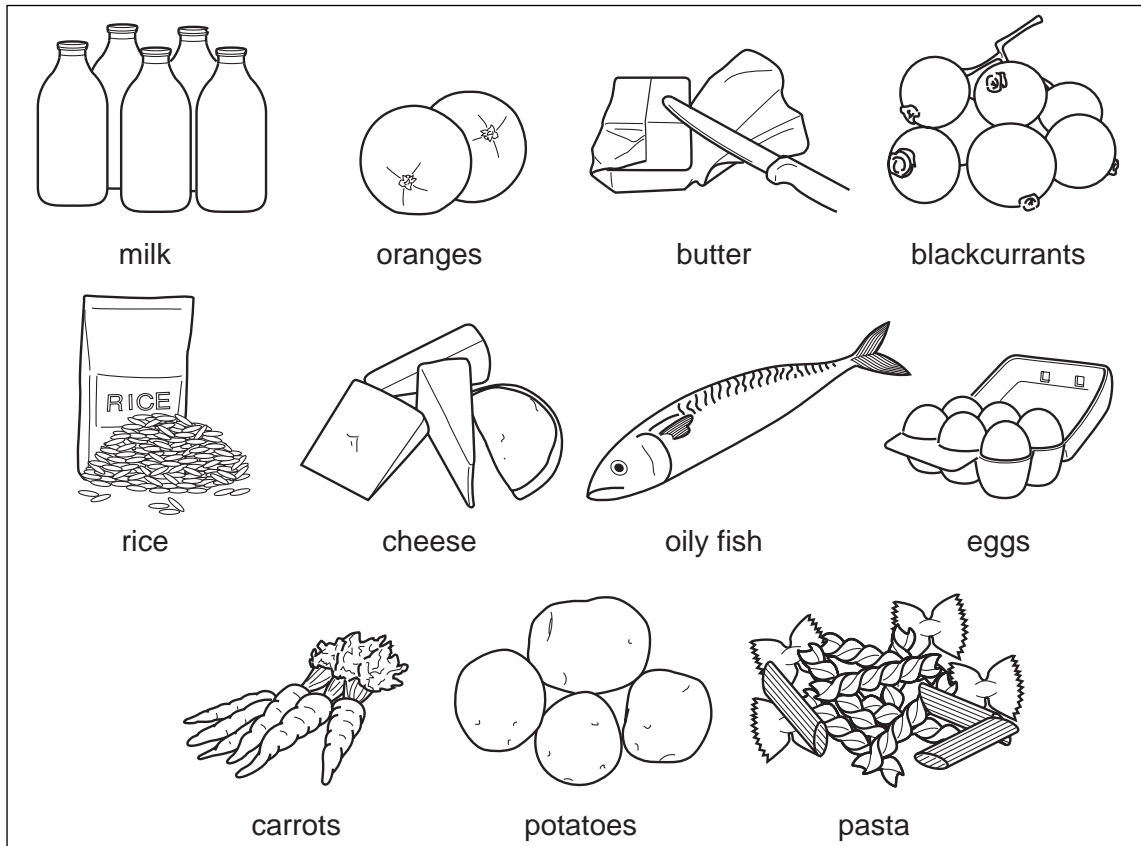
This document consists of **12** printed pages, **2** lined pages and **2** blank pages.

Section A

Answer **all** questions.

- 1 Vitamins are described as fat soluble or water soluble.

Look at the foods below.



- (a) (i) Name **three** foods containing vitamin C, from the pictures.

Food 1 _____

Food 2 _____

Food 3 _____ [3]

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

Reason 1 _____

Reason 2 _____ [2]

- (iii) Tick the box next to the correct answer below

Vitamin C is water soluble

Vitamin C is fat soluble

[1]

(iv) Give **two** ways of preparing and cooking vegetables to prevent the loss of vitamin C.

1 _____

2 _____ [2]

(b) (i) Name **three** foods containing vitamin A, from the pictures on the opposite page.

Food 1 _____

Food 2 _____

Food 3 _____ [3]

(ii) Give **two** reasons why the body needs vitamin A.

Reason 1 _____

Reason 2 _____ [2]

(iii) Tick the box next to the correct answer below

Vitamin A is water soluble.

Vitamin A is fat soluble.

[1]

(c) Which vitamin is produced in the body from sunlight?

_____ [1]

[Total: 15]

2 Meat is a popular choice of food.

(a) Name **four** types of meat.

- 1 _____
- 2 _____
- 3 _____
- 4 _____ [4]

(b) Name **three** nutrients found in red meat.

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

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

- 1 _____
- 2 _____ [2]

(d) (i) Name **one** group of people who do **not** eat meat.

_____ [1]

(ii) Give **two** reasons why people may choose **not** to eat meat.

- 1 _____
- 2 _____ [2]

(iii) Give **three** meat alternatives which do **not** come from animal sources.

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

[Total: 15]

5
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

3 Nutrients provide the body with energy.

Nutrient	Kcal per gram	Kj per gram
Carbohydrate	3.75	16
Fat	9	37
Protein	4	17

Table 1

(a) Name the nutrient that provides the most energy shown in Table 1.

_____ [1]

(b) (i) State the nutrient from which we are advised to get most of our energy.

_____ [1]

(ii) Give **three** reasons why this is a sensible choice.

Reason 1 _____

Reason 2 _____

Reason 3 _____ [3]

(c) All foods provide some energy.

Food	Energy Kj/100g
Beef burger (fried)	1099
Butter	3031
Orange	158
Wholemeal bread	914

Table 2

(i) Name the food that provides the most energy shown in Table 2.

_____ [1]

(ii) How many Kj does an orange provide?

_____ [1]

(d) Give **four** reasons why the body needs energy.

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____ [4]

(e) State the meaning of Basal Metabolic Rate (BMR).

_____ [1]

(f) To remain healthy it is important to achieve a balance of energy.

State what happens if more energy is taken in than the body uses.

_____ [1]

(g) (i) Breakfast is an important meal.

Give **four** reasons why breakfast should be eaten.

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____ [4]

(ii) Plan a healthy balanced breakfast for a teenager.

_____ [3]

[Total: 20]

Section B

Answer **all** questions.

4 Below are the ingredients and method for a savoury flan.

Ingredients	Method
<p><i>Shortcrust Pastry</i></p> <p>200 g plain flour</p> <p>100 g fat (50 g lard or white vegetable fat and 50 g hard margarine or butter)</p> <p>4 tbsp cold water</p> <p><i>Filling</i></p> <p>1 onion, chopped finely</p> <p>100 g chopped bacon</p> <p>100 g grated cheese</p> <p>2 eggs</p> <p>300 ml milk</p> <p>seasoning</p> <p>tomato – sliced</p>	<ul style="list-style-type: none"> • Sieve flour • Rub fat into flour • Add cold water to form dough • Keep dough as cool as possible • Roll out pastry to fit approx a 20 cm tin. • Place bacon and onion in base of tin • Sprinkle on the grated cheese and arrange tomato slices on the top • Beat eggs, seasoning and milk together • Pour over filling • Place tin on a baking tray and bake at Gas 6/200 °C

(a) (i) Give **one** reason why lard/white vegetable fat is used in this recipe.

_____ [1]

(ii) Give **one** reason why hard margarine/butter is used in this recipe.

_____ [1]

(b) Name the main nutrient in each of the ingredients listed below.

Ingredient	Main nutrient
bacon	
flour	
milk	
tomato	

[4]

(c) The method states 'place tin on a baking tray'.

Give **one** reason for this advice.

_____ [1]

(d) Preparation and cooking are important for good quality shortcrust pastry.

Give **one** reason for each of the following:

1 Sieve the flour

_____ [1]

2 The correct amount of water

_____ [1]

3 Roll out correctly

_____ [1]

4 Correct oven temperature

_____ [1]

(e) Savoury flan is a dish made from shortcrust pastry.

(i) Name **one** other dish made from shortcrust pastry.

_____ [1]

(ii) Complete the table showing other types of pastry and examples of their use.

	Pastry	Example of Use
Example	shortcrust	savoury flan
1	filo	
2		steak and kidney pudding
3	hot water crust	
4		chocolate eclairs
5		vanilla slices

[5]

(f) A new savoury flan is being launched in a supermarket.

Give **three** different ways the savoury flan could be promoted within the supermarket.

[3]

[Total: 20]

11
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

5 Different methods of heat transfer are used to cook food.

(a) Complete the table below to show a different method of heat transfer when cooking each of the following:

Cooking of food	Method of heat transfer
Boiling an egg	
Baking a cake	
Grilling bacon	

[3]

(b) Give **two** advantages of using a fan-assisted oven.

Advantage 1 _____

Advantage 2 _____ [2]

(c) Food changes during cooking.

Describe what happens when cooking the following:

(i) baking scones

_____ [4]

(ii) boiling pasta

_____ [3]

(iii) boiling green vegetables

_____ [3]

[Total: 15]

