

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

Paper 2 (HIGHER TIER)

**WEDNESDAY 18 JUNE 2008**

Afternoon  
 Time: 2 hours

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	
<b>TOTAL</b>	

This document consists of **15** printed pages, **3** lined pages and **2** blank pages.

## Section A

Answer **all** questions.

1 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"> <li>• Sieve flour</li> <li>• Rub fat into flour</li> <li>• Add cold water to form dough</li> <li>• Keep dough as cool as possible</li> <li>• Roll out pastry to fit approx a 20 cm tin.</li> <li>• Place bacon and onion in base of tin</li> <li>• Sprinkle on the grated cheese and arrange tomato slices on the top</li> <li>• Beat eggs, seasoning and milk together</li> <li>• Pour over filling</li> <li>• Place tin on a baking tray and bake at Gas 6/200 °C</li> </ul>

(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]

5  
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

2 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]







9  
BLANK PAGE

PLEASE DO NOT WRITE ON THIS PAGE

## Section B

Answer **all** questions.

4 Vitamins are micro-nutrients essential for life.

(a) Complete the table below:

Vitamin	Use in the body	One good source	Deficiency
B12			
D			

[6]

Vitamins are classified as water soluble or fat soluble.

(b) (i) Name **one** water soluble vitamin.

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

(ii) Name **one** fat soluble vitamin.

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

(iii) Identify **one** vitamin that can be stored in the body.

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

(c) (i) What is meant by the term fortification?

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

(ii) Give **one** example of fortification.

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

(d) Minerals are also classed as micro-nutrients.

Explain the importance of iron in the diet.

---

---

---

---

---

---

---

---

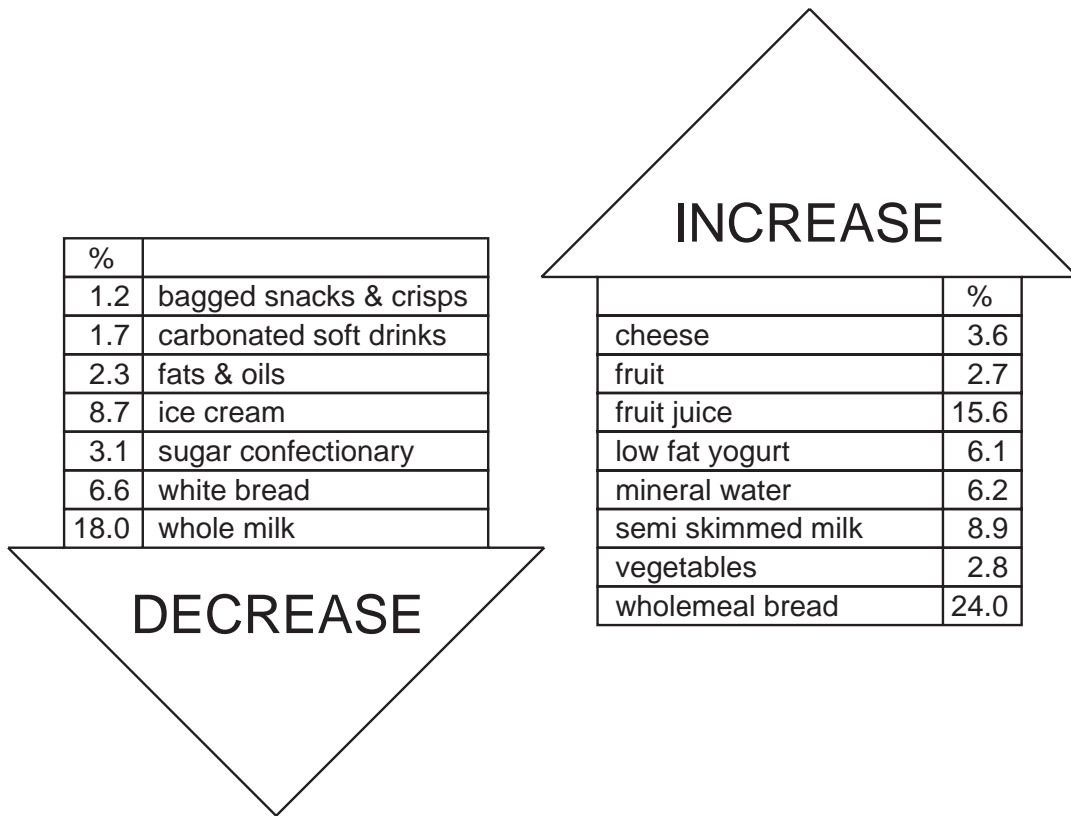
---

---

[4]

**[Total: 15]**

5 The following tables show the changes in food and drink consumption between 2005–2007.



(a) (i) Name the food which has increased most in consumption from the table.

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

(ii) Give **two** reasons for this increase.

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

\_\_\_\_\_

Reason 2 \_\_\_\_\_

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

















**PLEASE DO NOT WRITE ON THIS PAGE**

---

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.