

Oxford Cambridge and RSA Examinations
General Certificate of Secondary Education

HOME ECONOMICS (FOOD AND NUTRITION)
PAPER 1
FOUNDATION TIER

1973/1

Specimen Paper 2003

Additional materials: None
Candidates answer on the question paper.

TIME 1 hour 30 minutes

Candidate Name	Centre Number	Candidate Number										
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> </tr> </table>						<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> <td style="width: 15%; height: 20px;"></td> </tr> </table>					

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.*

Question number	For examiner's use only
1	
2	
3	
4	
5	
6	
TOTAL	

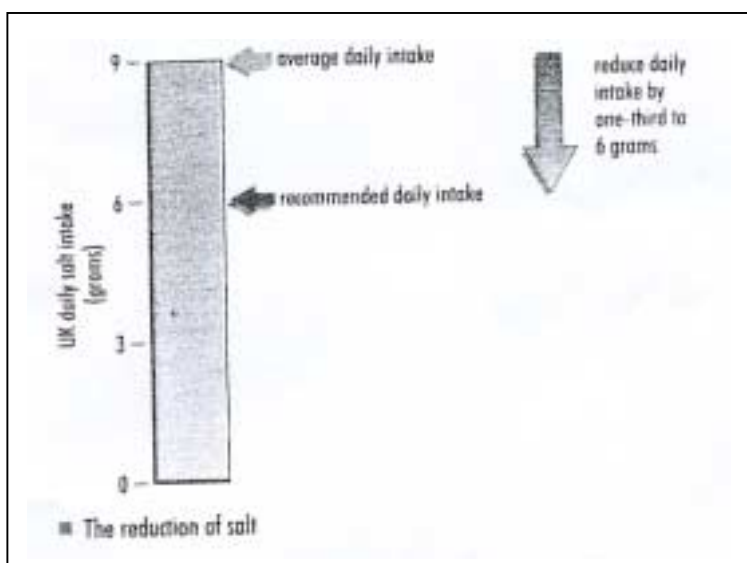
[Turn over

This specimen question paper consists of 14 printed pages

SECTION A

Answer **all** questions.

- 1 (a) This graph shows that we should try to cut down on our salt intake.



- (i) Why should we do this?

1 _____

2 _____ [2]

- (ii) How can we cut down our salt intake?

1 _____

2 _____

3 _____ [3]

- (b) (i) State **three** reasons why water is essential in the diet.

1 _____

2 _____

3 _____ [3]

- (ii) How much water are we advised to drink each day?

_____ [1]

(iii) When may we need to increase this amount?

1 _____

2 _____

[2]

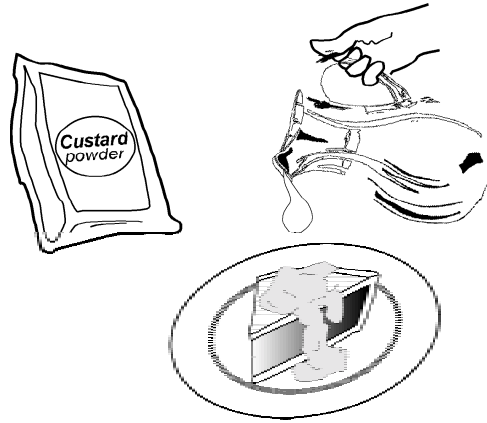
(c) Vitamin B and C are water soluble vitamins. Complete the table by giving **two** good sources of each vitamin.

Vitamin	Source
Vitamin B	1. 2.
Vitamin C	1. 2.

[4]

Total [15]

2 Custard is often served with hot puddings.

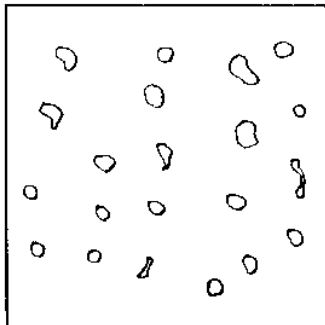


(a) List **four** characteristics of a good custard.

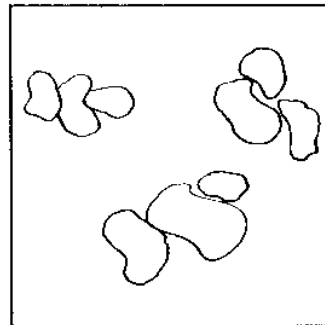
- 1 _____
- 2 _____
- 3 _____
- 4 _____

[4]

(b) Custard powder is made from cornflour, colouring and flavouring. Cornflour contains starch grains.



Starch grains when first mixed with cold milk



Starch grains after a few minutes of cooking

Home-made custard can be cooked in a saucepan over heat.



(i) Give **two** changes to the starch grains after a few minutes of cooking.

1 _____

2 _____ [2]

(ii) Why has this happened?

1 _____

2 _____ [2]

(iii) What is this process called?

_____ [1]

(c) Complete this grid showing clearly the special method points to consider when making a successful custard.

Method	Six special points for success
Mix the custard powder with sugar and 2 tablespoons of cold milk.	1. 2.
Put the remaining milk on to heat.	3.
Pour the hot milk over the mix of sugar and custard powder, mix.	4.
Return to the heat until the custard is smooth and creamy.	5. 6.

[6]

Total [15]

3 This is a label for Italian Bean and Pasta Soup.

BY APPOINTMENT TO
HER MAJESTY THE QUEEN



FRUIT CANNERS
W.A. BAXTER & SONS LTD



Baxters®

Healthy Choice
**ITALIAN BEAN
& PASTA SOUP**

**LOW
IN
FAT**



INGREDIENTS

Highland water, Potatoes,
Carrots, Onions, Haricot
Beans, Pasta, Yellow Peas,
Cabbage, Green Beans,
Leek, Modified Cornflour,
Pinto Beans, Peas,
Vegetable Bouillon
Concentrate, Salt, Garlic
Pureé, Hydrolysed
Vegetable Protein, Onion
Powder, Dried Basil, Spices,
Pepper.

NUTRITIONAL INFORMATION		
	<i>Per 100g</i>	<i>Per 1/2 can serving</i>
ENERGY	160kJ/38kcal	340kJ/80kcal
PROTEIN	1.9g	4.0g
CARBOHYDRATE	7.0g	14.8g
<i>(of which sugars)</i>	<i>(0.9g)</i>	<i>(1.9g)</i>
FAT	0.2g	0.4g
<i>(of which saturates)</i>	<i>(Trace)</i>	<i>(Trace)</i>
FIBRE	1.3g	2.8g
SODIUM	0.2g	0.4g

*Can help slimming or weight control only
as part of a calorie controlled diet.*

© Baxters of Speyside Limited, Fochabers, Moray, Scotland IV32 7LD

(a) The label states that the soup is suitable for vegetarians. Which **four** ingredients would provide the vegetarian with protein?

- 1 _____
- 2 _____
- 3 _____
- 4 _____

[4]

(b) The manufacturer also makes the claim that the dish is low in fat. Give **three** ways in which the label proves this.

1 _____

2 _____

3 _____

[3]

(c) Give **two** reasons why we should reduce the intake of saturated fat.

1 _____

2 _____

[2]

(d) Why does the label state that the soup can only help a slimmer if used as part of a calorie controlled diet?

[4]

(e) If you were not entirely satisfied with the soup, name **three** places/people to whom you could complain.

1 _____

2 _____

3 _____

[3]

(f) Canning is one method of processing soup. Name **two** other ways in which soup may be processed.

1 _____

2 _____

[2]

(g) How should a partly-used can of soup be stored for use the next day?

[2]

Total [20]

SECTION B

Answer **all** questions.

4 The range of food and drink products developed for young children is increasing.

(a) Explain why these products appeal to the young consumer.

[4]

(b) Suggest **two** places to advertise food and drink products for children, giving reasons for your choice.

[4]

(c) How is the consumer protected from misleading advertising?

[2]

(d) Explain the marketing methods that supermarkets use to sell food products in their stores.

[5]

Total [15]

- 5 (a) There is an increase in the number of children and teenagers who choose to follow a vegetarian diet.

Give **three** reasons for this trend.

[6]

- (b) Identify the dietary requirements of a teenager and explain the problems they may have in providing themselves with a balanced diet.

[6]

(c) Explain the factors which influence an individual's choice of food.

[8]

Total [20]

6 Young children use large amounts of energy.

Explain

- how a parent could provide a child with a healthy diet which meets their energy needs.
- what may happen if the child’s intake of food and the energy they use does not balance.

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PAPER 1

FOUNDATION TIER

MARK SCHEME

Specimen Paper 2003

1973/1

[Turn over

This specimen mark scheme consists of 8 printed pages

PAPER 1 – SECTION A

FOUNDATION TIER

Question	Answer	Mark
1(a)	<p>(i) <i>Two from:</i> blood pressure, link with heart disease, strokes, kidney and liver disease</p> <p>(ii) <i>How?</i> <i>Three from:</i> reduce when cooking, eating reduce salty snacks, check labels, reduce amounts of processed food, e.g. bacon, cheese, anchovies etc. take-aways, use alternatives, low sodium, e.g. 'low salt' accept specific examples e.g. canned in water</p>	<p>2</p> <p>3</p>
1 (b)	<p>(i) <i>Three from:</i> component of body fluids, needed for body processes, e.g. breathing, digestion, regulates temperature, e.g. sweating, removal of waste, some nutrients dissolved in it, lubricate joints and membranes, prevents dehydration</p> <p>(ii) Amount 2-3 litres 6-8 watery drinks 4-6 pints</p> <p>(iii) Increases <i>Two from:</i> when weather is hot: excessive sweating, e.g. after sport, diarrhoea, vomiting, illness, temperature raised, during lactation, high altitudes doctors advice, after high alcohol intake</p>	<p>3</p> <p>1</p> <p>2</p>
1 (c)	<p>Vitamin B <i>Two from:</i> Wholemeal cereals, flour, potatoes, bread, Marmite, milk.</p> <p>Vitamin C <i>Two from:</i> Oranges, lemons, grapefruit, blackcurrants, citrus fruit, tomatoes, green peppers, potatoes, fresh green vegetables.</p>	<p>2</p> <p>2</p>
Total 15		

2 (a)	Four from: smooth/no lumps, creamy, correct consistency/correct amount of ingredients, not floury, sugar dissolved, good taste, flavour <i>Do not accept</i> - taste - look for some qualification	4
2 (b)	Two from: larger, clumping together etc. swollen/expands, liquid thickens, gelatinisation Why heat applied, softening starch grains, liquid absorbed, grains bursting <i>Do not accept</i> - has not been stirred Gelatinisation	2 2 1
2 (c)	Points 1 & 2 correct amounts, milk must be cold, mix well, even smooth paste, no lumps Point 3 control heat carefully/don't overheat, will easily boil over, no need to boil – simmering point sufficient Point 4 ensure all paste is evenly mixed, mix <u>well</u> , use large enough pan/bowl, stir well before returning to heat Points 5 & 6 Reduce heat, stir at all times, use wooden spoon	6
Total 15		

3 (a)	Four from: Potatoes, beans, pasta, peas, cabbage, hydrolysed vegetable protein, carrots, onions.	4x1	4
3 (b)	No fat in list of ingredients. Total fat = 0.2 g – 0.4 g Saturated fat = trace. Nutritional information / ingredients proves this = 1 mark only.	1 1 1	3
3 (c)	Two from: High in cholesterol, link with CHD, link with high blood pressure, may lead to overweight/obesity, 'clogs up' arteries.	2x1	2
3 (d)	Must show an understanding of the concept that on its own will not help you slim, remainder of diet must also be sensible and calories calculated. To prevent misunderstanding and misleading the consumer. Legal requirement must state this.	1 1 1 1	4
3 (e)	Redress Three from: Contact Baxters Return to shop Contact EHO. Trading Standards Dept.	3x1	3
3 (f)	Two from: Dehydrated, AFD, vacuum-packed, cook chill, UHT, sterilised.	2x1	2
3 (g)	Two from: In plastic container, cool place. Not in can = 1.	2x1	2
Total			20

PAPER 1 – SECTION B
FOUNDATION TIER

Question	Answer	Mark
4 (a)	<p><i>Four from:</i> small size to be handled by child attractive packaging appealing flavours role model identity e.g. Mr Men yoghurts reduced versions of grown up food any other valid response</p>	4
4 (b)	<p><i>Two from:</i> Television children's comics/magazines sides of buses billboards/hoardings sponsorship material for children activities e.g. swimming Explanation for choice of place must be related to chosen site and be a valid reason</p>	4
4 (c)	<p><i>Two from:</i> Complaints can be referred to Trading Standards department Complaints can be referred to Advertising Standards Authority (ASA) ASA is an independent body which regulates the advertising industry ASA code of practice says an advert must be <i>'legal, decent, honest and truthful'</i></p>	2
4 (d)	<p>High Level response 5 marks Can identify and explain at least three ways that marketing strategies are used to sell food. Explanation is supported by examples or facts.</p> <p>Mid level response 3-4 marks Can name at least two ways with some description/examples of how food is marketed to encourage sales</p> <p>Low level response 0-2 marks Can list two or three ways that supermarkets market food products, no explanation or supporting examples given.</p> <p>Answer may include: Loyalty cards Special offers/ two for one/ money back etc Loss leader – selling price less than cost price to encourage customers to buy more food Shelf positioning at eye level Display tactics to catch the eye/seasonal displays Special facilities in supermarket such as crèche or coffee shop Promotions on reverse of sales receipt Any other valid marketing strategy used in supermarkets</p>	5
		Total 15

5 (a)	<p>Three reasons explained. If reason is stated and not explained 1 mark only</p> <p>Any from: Adverse publicity about meat products e.g. BSE Increase in concern about health Religious beliefs Influence of peer group Personal beliefs/moral issues Dislike the taste of meat High profile role models who are vegetarians</p>	3x2	6
5 (b)	<p>High level response 5-6 marks Candidate can identify accurately the dietary requirements of a teenager and refer to nutrients/DRVs when explaining the obvious problems that vegetarians have in providing themselves with a balanced diet. Answer is supported by sound facts and correct terminology is used.</p> <p>Mid level response 3-4 marks Candidate can state the general requirements of a teenager and can explain some of the problems that will arise. Some use of accurate facts to support the answer.</p> <p>Low level response 0-2 marks Demonstrates some knowledge in general terms of the dietary requirements of teenage vegetarians. One or two problems may be identified but with little supporting facts.</p> <p>Knowledge may include: Dietary requirements Any specific dietary requirements in terms of DRVs can be given For example EAR kcal per day teenage boy 755 RNI protein for teenage girl 45 g</p> <p>Problems arising from vegetarian diet: Protein provision from complementary protein can be complex involving mixing grains and pulses Iron intake more difficult to source Can experience a lack of variety and choice Particular problem with vitamin B12 Greater volume of food needs to be eaten to obtain same amount of certain nutrients e.g. iron sources Too high intake of protein foods from dairy sources can lead to high cholesterol levels Specialist vegetarian products are more expensive</p>		6

<p>5 (c)</p>	<p>High level response 7-8 marks The candidate can identify the main factors which influence their choice of food, factors are well explained and supported by examples/facts. The explanation is logical and well thought out using subject specific terminology.</p> <p>Mid level response 4-6 marks The candidate can identify some factors which influence their choice of food, some factors are explained but not always supported by examples or facts.</p> <p>Low level response 0-3 marks The candidate can state some factors with little supporting examples or facts, limited explanation.</p> <p>Information may include: Money available for food purchase Lifestyle led by individual/ at school/work Personal preference and taste Cultural background/parental influence/ peer groups Time available for food preparation Equipment available to cook food Patterns of eating within family/household Perception of food Other valid points made.</p>		<p>8</p>
			<p>Total 20</p>

6	<p>Criteria Marking</p> <p>A high level of response 12-15 The candidate can demonstrate an understanding of both energy provision and dietary imbalance and recognise how both affects the maintenance of the energy balance in the body. The explanation is developed logically and supported by relevant and appropriate information. A wide range of specialist terms are used with precision. The candidate can demonstrate the accurate use of spelling, punctuation and grammar.</p> <p>Subject specific material which may be covered by the candidate:</p> <ul style="list-style-type: none"> • Energy from carbohydrate, fat, protein • Awareness of the healthiest sources • Related problems • RDA • Need for healthy snacks and drinks • Impact of peers and school meals • Understanding of energy balance • How to achieve this balance • Related problems • Underweight interrelated problems <p>Mid-range response 6-11 The candidate can demonstrate understanding of both energy provision and dietary imbalance but will not link these issues to the maintenance of the energy balance in the body. Some basic information may be offered to support the answer but in general terms with little detail. There may be occasional errors in spelling, punctuation and grammar. The candidate can use a good range of specialist terms with facility.</p> <p>Subject specific material which may be covered by the candidate:</p> <ul style="list-style-type: none"> • Energy from a variety of sources • Health sources of energy • Related problems • Awareness of the need for balance • How balance may be achieved • Problems of overweight <p>Low-level response 0-5 The candidate can make basic comments about energy provision and dietary imbalance without detail or supporting evidence. The comments will be simply expressed; there will be errors in spelling, punctuation and grammar which may be intrusive. The candidate can use a limited range of specialist terms.</p> <p>Subject specific material which may be covered by the candidate:</p> <ul style="list-style-type: none"> • Energy from fat • Energy from carbohydrate • Vague awareness of problems • Leading to overweight 	15
		Total 15

Total mark available: 100