



GENERAL CERTIFICATE OF SECONDARY EDUCATION
HOME ECONOMICS
Food and Nutrition
 Principles of Food and Nutrition

B003

Candidates answer on the Question Paper

OCR Supplied Materials:
None

Other Materials Required:
None

Tuesday 18 May 2010
Morning

Duration: 1 hour 30 minutes



Candidate Forename		Candidate Surname	
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Centre Number						Candidate Number				
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INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use 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. Additional paper may be used if necessary but you must clearly show your Candidate Number, Centre Number and question number(s).

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 **80**.
- Your Quality of Written Communication is assessed in Question 5.
- This document consists of **12** pages. Any blank pages are indicated.

1 Water intake is important for good health.



(a) How much water are we advised to drink per day?

..... [1]

(b) (i) Give **three** functions of water in the body.

1

2

3 [3]

(ii) Give **three** occasions when we need to drink more water.

1

2

3 [3]

(iii) Name **two** foods which have a high water content.

1

2 [2]

(c) People are advised to eat less salt.

Identify **three** ways of reducing our salt intake.

1

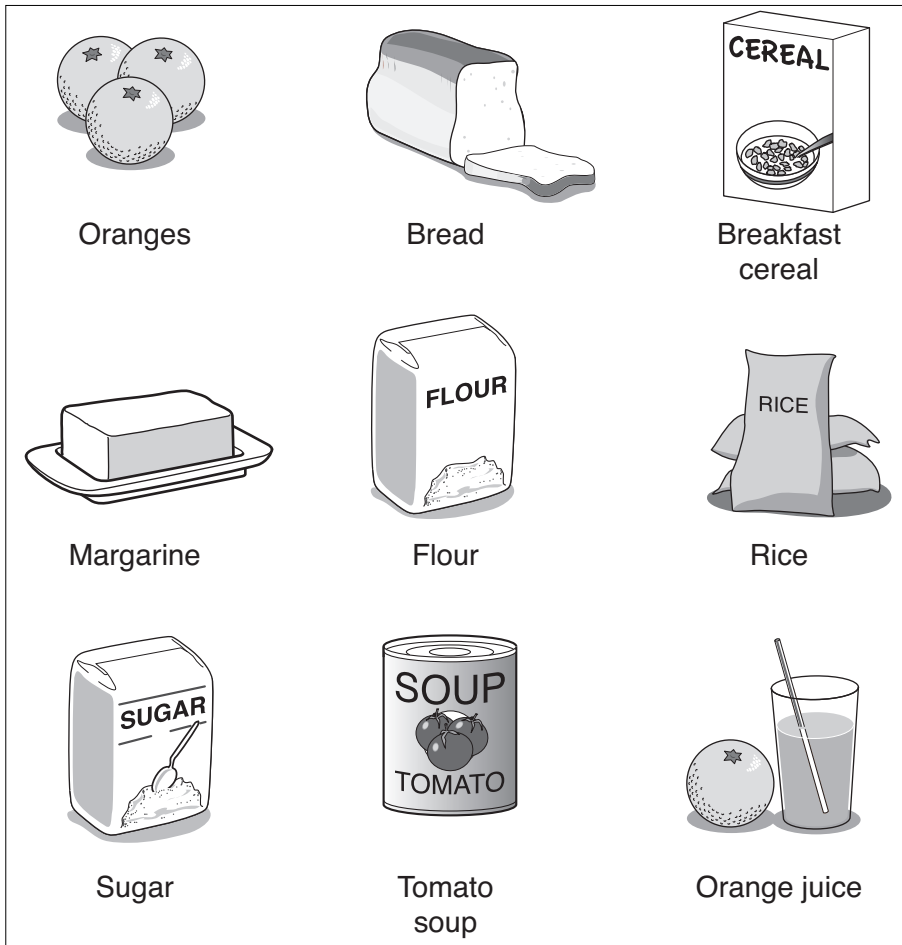
2

3 [3]

(d) Many foods are fortified.

(i) What is meant by the term "fortified food"?

[1]



Look at the pictures above.

(ii) Identify **three** foods which are fortified.

- 1
- 2
- 3 [3]

(iii) Describe **two** reasons why food could be fortified.

- 1 [2]
- 2 [2]

[Total: 20]

Turn over

2 Look at the recipe below for spaghetti bolognese.

Spaghetti bolognese recipe

- 100 g spaghetti
- 150 g minced beef
- 1 x diced onion
- 2 x carrots peeled
- 240 g tinned tomatoes
- 100 g mild cheddar cheese
- 20 g plain white flour

(a) (i) State **one** way in which the spaghetti bolognese recipe could be adapted to reduce fat.

..... [1]

(ii) State **one** way the spaghetti bolognese recipe could be adapted to increase fibre (NSP).

..... [1]

(iii) Give **one** reason why fibre (NSP) is needed in the body.

..... [1]

(b) (i) State how the spaghetti bolognese recipe could be adapted to make it suitable for vegetarians.

..... [1]

(ii) Explain why the spaghetti bolognese recipe is not suitable for coeliacs.

.....
..... [2]

Sponge cake ingredients

Cake mixture:

- 100 g Self-raising flour
- 100 g Sugar
- 100 g Margarine
- 2 Eggs

(c) (i) Give **one** function of each of the following ingredients in the sponge cake mixture.

Margarine:

..... [1]

Eggs:

..... [1]

Flour:

..... [1]

(ii) Explain the qualities of a successfully cooked sponge cake.

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..... [6]

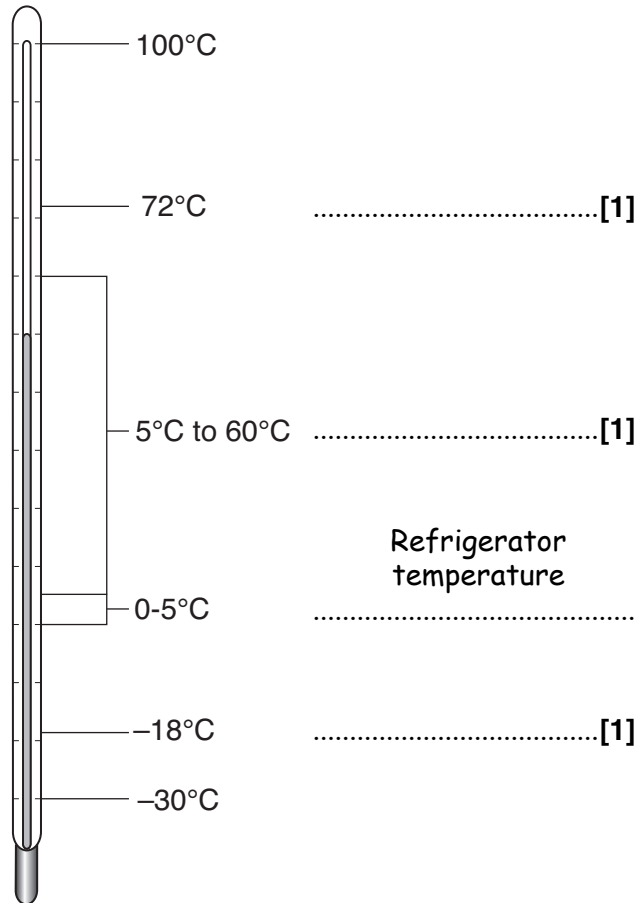
[Total: 15]

(3) The correct temperature is important when storing food.

(a) On the thermometer below identify the temperature at which the following occurs

0–5 °C; Refrigerator temperature has been completed for you.

- Bacteria destroyed
- Freezer temperature
- Danger zone for bacterial growth



(b) Identify **two** bacteria that cause food poisoning.

- 1
- 2 [2]

- (c) (i) Food spoilage is reduced by methods of commercial preservation.

Name **two** commercial preservation methods with an example of a food preserved by this method.

Commercial preservation method	Food preserved by this method

[4]

- (ii) Explain good hygiene practice in the kitchen.

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..... [6]

[Total: 15]

(c) Many foods that we eat contain additives.
Give **three** uses of food additives in foods.

1

2

3 [3]

[Total: 15]

