

**GENERAL CERTIFICATE OF SECONDARY EDUCATION**  
**HOME ECONOMICS (FOOD AND NUTRITION)**  
Paper 2 (Higher Tier)

**1973/02**

Candidates answer on the Question Paper

**OCR Supplied Materials:**  
None

**Other Materials Required:**  
None

**Tuesday 18 May 2010**  
**Morning**

**Duration: 2 hours**



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, however additional paper may be used if necessary.

**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.
- This document consists of **16** pages. Any blank pages are indicated.

Examiner's Use Only:			
1			
2			
3			
4			
5			
6			
<b>Total</b>			

Answer **all** questions.

**(a)** Give **four** current dietary guidelines which should be followed to maintain good health.

.....[4

[2]

(c) Look at the menu below.

Menu
Tuna and sweet corn baked jacket potato
Green salad
Fresh fruit
Water

Give **five** reasons why this menu follows current dietary guidelines.

Reason 1 .....

.....

.....

Reason 2 .....

.....

.....

Reason 3 .....

.....

.....

Reason 4 .....

.....

.....

Reason 5 .....

.....

..... [5]

- (d) Nutritional guidelines are one point to consider when planning meals for a family.

Give **five** other points to consider when planning family meals.

Point 1 .....

.....

.....

Point 2 .....

.....

.....

Point 3 .....

.....

.....

Point 4 .....

.....

.....

Point 5 .....

.....

.....[5]

- (e) Give **four** ways schools encourage pupils to follow current dietary guidelines.

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.....[4]

[Total: 20]

2 Throughout life people's energy needs differ.

Estimated Average Requirements (EAR) for Energy		
Age	Male (kJ)	Female (kJ)
11-14 years	9,270	7,720
15-18 years	11,510	8,830
19-50 years	10,600	8,110
51-59 years	10,600	8,000
60+ years	8,770	7,610

Using the table above.

(a) (i) What are the estimated average requirements (EAR) for energy of males and females aged 15–18 years?

Male ..... kJ [1]

Female ..... kJ [1]

(ii) Give **two** reasons why males have different energy needs to females.

Reason 1 ..... [1]

Reason 2 ..... [1]

(iii) Give **one** reason why people aged 60+ years need less energy than 15-18 year olds.

..... [1]

(b) What happens to the body if we eat more food than we need?

..... [1]

(c) State the meaning of the term 'Basal Metabolic Rate' (BMR).

..... [2]

(d) Name **two** nutrients that give the body energy.

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

(e) Give **three** reasons why the body needs energy.

Reason 1 .....  
.....  
.....

Reason 2 .....  
.....  
.....

Reason 3 .....  
.....  
.....[3]

(f) Name **two** groups of people who need to increase their energy intake above the EAR.

Group 1 .....[1]

Group 2 .....[1]

[Total: 15]

- Fresh fruit and vegetables
- Raw meat
- A cook/chill ready meal

Explain how to store these foods correctly at home.

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, providing a guide for letter height and placement. The lines are evenly spaced across the entire page, leaving ample room for writing practice. There is no text or other markings on the page.

[illegible]

1973/02 Jun10



**Section B**

Answer **all** questions.

**4** Eggs are an important component in cooking.

**(a)** Name **four** main nutrients found in eggs.

.....

.....

.....

.....

.....

.....

.....

.....[4]

**(b)** Suggest **one** reason why the sale of free range eggs is increasing.

.....

.....

.....

.....[1]

## Method 1

.....[2]

[2]

- (i) Coagulation
- (ii) Emulsification

[illegible]

[6]

**Turn over**

- 5 The following information is taken from the label on a breakfast food.

Ingredients
Wheat flour, dextrose, hydrogenated vegetable oil, glucose syrup, whole wheat flour, whey powder, honey, molasses, fat reduced cocoa powder, milk chocolate, flavourings, raising agent (sodium hydrogen carbonate, diphosphates), salt, starch, lactose, modified starch, emulsifier (soy lecithin), dried egg white, titanium dioxide, beef gelatin, stabiliser (xanthan gum)
Store in a cool dry place

- (a) Using the information above answer the following questions.

- (i) Identify **three** sugars found in this breakfast food.

.....

.....

.....

.....

..... [3]

- (ii) Identify **two** additives found in this breakfast food.

.....

.....

.....

..... [2]

- (b) Explain the benefits to the consumer of additives in foods.

.....

.....

.....

.....

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.....

**[Total: 15]**

- Describe how micro-organisms can influence, both positively and negatively, the foods we eat.
- Explain, with examples, the principles involved in the preservation of food at home.

[illegible]

[illegible]

This image shows a full page of a handwriting practice worksheet. It consists of multiple rows of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no margins or additional markings.

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