

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

**1973/01**

Paper 1 (Foundation Tier)

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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**MODIFIED LANGUAGE**

**INSTRUCTIONS TO CANDIDATES**

- Write your name in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Use pencil for graphs and diagrams only.
- Read each question carefully. Make sure that you know what you have to do before you start your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided. You may have more paper if you need it.

**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 has **16** pages. An empty page will have 'Blank Page' written at the top.

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

## Section A

Answer **all** questions.

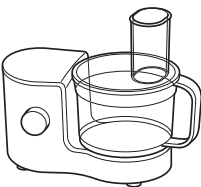
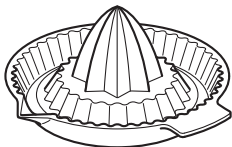
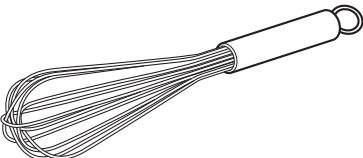

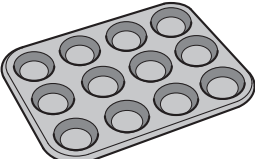
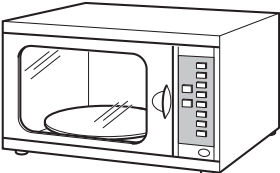
- 1 Different tools and equipment can be used to prepare and cook foods.

In the table below:

(a) identify each piece of equipment.

(b) describe **one** task it is used for.

The first one has been done for you.

Tool/Equipment	(a) Name	(b) Task that it can perform
	Food processor	Rubbing fat into flour
		
		
		
		
		

[10]

When food is cooked several changes happen.

(c) (i) Give **two** reasons why food is cooked.

Reason 1 .....

.....

Reason 2 .....

..... [2]

(ii) Look at the table below.

State **one** change that happens when the foods are cooked.

The first one has been done for you.

Food	A change that happens when food is cooked
Cheese on toast	<i>Cheese melts</i>
Boiling an egg	
Baking a cake	
Making a sauce	

[3]

[Total: 15]

- 2 (a) The different types of fish can be divided into three groups.

In the table below:

- name each group of fish.
- give two examples for each group.

The first one has been done for you.

	Group of fish	Example 1	Example 2
1.	Oily	Herring	Salmon
2.			
3.			

[6]

- (b) Give **two** nutrients found in oily fish.

1. .... [1]

2. .... [1]

- (c) Give **three** methods of cooking fish.

1. .... [1]

2. .... [1]

3. .... [1]

- (d) How could a supermarket encourage shoppers to buy more fish?

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 15]

3 Look at the table below.

The nutritional value of 100g of meat and meat alternatives				
Per 100 g	Skinless Chicken	Minced Beef	Tofu	Quorn
Carbohydrates (g)	0	0	0.7	1.9
Dietary Fibre (g)	0	0	0	4.8
Energy (kcal)	108	229	73	92
Fat (g)	2.1	15.2	4.2	3.2
Protein (g)	22.3	23.1	8.1	14.1

(a) Name the food with the lowest fat content.

..... [1]

(b) 100g of Tofu contains 0.7g of which nutrient?

..... [1]

(c) Which food contains the most protein?

..... [1]

(d) Give **two** reasons why the body needs protein.

Reason 1 .....

.....

Reason 2 .....

..... [2]

(e) Meat and meat alternatives are examples of protein foods with a High Biological Value (HBV). Name **two** other protein foods with a High Biological Value.

Example 1 .....

Example 2 ..... [2]

(f) Give **two** examples of protein foods with a Low Biological Value (LBV).

Example 1 .....

Example 2 ..... [2]

(g) What is Tofu made from?

.....  
 ..... [1]

(h) What is Quorn made from?

.....  
 ..... [1]

(i) Many people are vegetarian.

Give **four** reasons why people may be vegetarian.

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

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

Reason 3 .....  
 .....

Reason 4 .....  
 ..... [4]

(j) Explain what is meant by the term vegan.

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

(k) Suggest vegan alternatives for the following foods:

Original	Alternative
Cows milk	.....
Butter	..... [2]

(l) Name **one** other type of vegetarian.

..... [1]

[Total: 20]

**Section B**

Answer **all** questions.

- 4 (a) Give **four** current dietary guidelines which people should follow to maintain good health.

.....

.....

.....

.....

.....

.....

.....

..... [4]

- (b) What is meant by the term 'balanced diet'?

.....

.....

.....

..... [2]

(c) Look at the menu below.

Menu
Tuna and sweetcorn 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.

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 20]

- 5 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.

[illegible]

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.

**Turn over**

[illegible]

[illegible]

**PLEASE DO NOT WRITE ON THIS PAGE**



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