

Candidate Forename		Candidate Surname	
Centre Number		Candidate Number	

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

1973/01

**HOME ECONOMICS
(FOOD AND NUTRITION)**

Paper 1 (Foundation Tier)

TUESDAY 18 MAY 2010: Morning

DURATION: 1 hour 30 minutes

SUITABLE FOR VISUALLY IMPAIRED CANDIDATES

Candidates answer on the Question Paper

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

- **Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes on the first page.**
- **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.**
- **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.**

BLANK PAGE

SECTION A

Answer ALL questions.

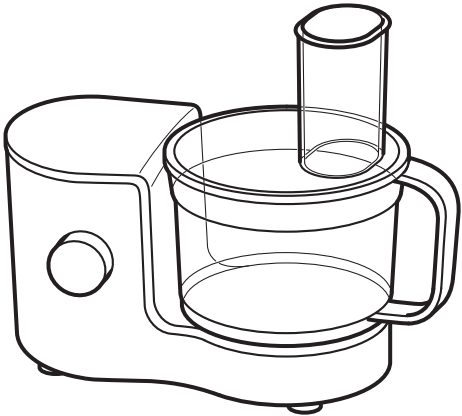
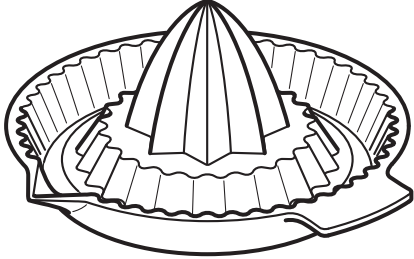
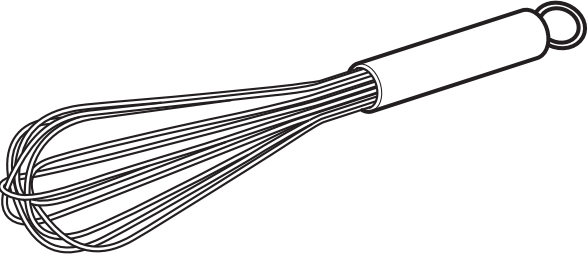


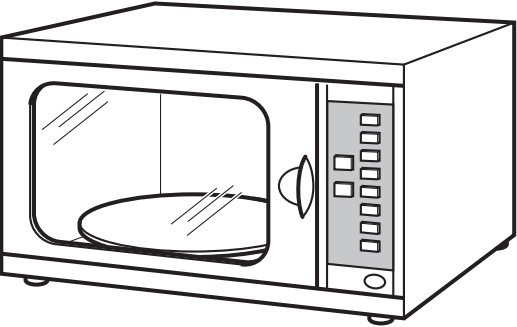
- 1 Different tools and equipment can be used to prepare and cook foods.

For each piece of equipment shown below:

(a) identify each piece of equipment.

(b) describe ONE task it can perform.

The first one has been done for you.

<p>1</p> 	<p>2</p> 
<p>3</p> 	<p>4</p> 
<p>5</p> 	<p>6</p> 

(a) Equipment

1. **Food processor**

2.

3.

4.

5.

6.

**(b) Task that it
can perform**

1. **Rubbing fat into flour**

2.

3.

4.

5.

6.

[10]

When food is cooked several changes take place.

(c) (i) Give TWO reasons why food is cooked.

Reason 1 _____

Reason 2 _____

_____ [2]

(ii) Look at the table below.

State ONE change that takes place when the foods are cooked.

The first one has been done for you.

<u>FOOD</u>	<u>A CHANGE THAT TAKES PLACE WHEN COOKED</u>
1. Cheese on toast	1. Cheese melts
2. Boiling an egg	2.
3. Baking a cake	3.
4. Making a sauce	4.

[3]

[Total: 15]

2 There are many types of fish available for us to eat.

(a) The different types can be divided into three groups.

In the table below:

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

The first one has been completed for you.

<u>GROUP OF FISH</u>	<u>EXAMPLE 1</u>	<u>EXAMPLE 2</u>
1. Oily	1. Herring	1. Salmon
2.	2.	2.
3.	3.	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) Supermarkets can use different ways to promote the sale of fish.

How could a supermarket encourage shoppers to buy more fish?

[4]

[Total: 15]

3 Look at the table below.

<u>THE NUTRITIONAL VALUE OF 100g OF MEAT AND MEAT ALTERNATIVES</u>				
<u>PER 100g</u>	<u>SKINLESS CHICKEN</u>	<u>MINCED BEEF</u>	<u>TOFU</u>	<u>QUORN</u>
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) 100 g of Tofu contains 0.7 g of which nutrient?

_____ [1]

(c) Which food contains the most protein?

_____ [1]

(d) Give TWO reasons why protein is needed by the body.

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 To maintain good health people are advised to follow the current dietary guidelines.

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

[4]

(b) What is meant by the term ‘balanced diet’?

[2]

(c) Look at the menu below.

<u>MENU</u>
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.

<u>ESTIMATED AVERAGE REQUIREMENTS (EAR) FOR ENERGY</u>		
<u>AGE</u>	<u>MALE (kJ)</u>	<u>FEMALE (kJ)</u>
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]

6 A shopping basket contains the following foods:

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

Describe the points to consider when buying these foods.

Explain how to store these foods correctly at home.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations, is given to all schools that receive assessment material and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

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.