

<b>Candidate forename</b>		<b>Candidate surname</b>	
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<b>Centre number</b>						<b>Candidate number</b>				
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**OXFORD CAMBRIDGE AND RSA EXAMINATIONS  
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

**B003**

**HOME ECONOMICS**

**Food and Nutrition  
Principles of Food and Nutrition**

**FRIDAY 21 JANUARY 2011: Afternoon**

**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, centre number and candidate number in the boxes on the first page. Please write clearly and in capital letters.**
- **Use black ink. Pencil may be used for graphs and diagrams only.**
- **Read each question carefully. Make sure you know what you have to do before starting your answer.**
- **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).**
- **Answer ALL the questions.**

## **INFORMATION FOR CANDIDATES**

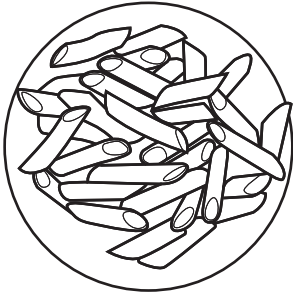
- **The number of marks is given in brackets [ ] at the end of each question or part question.**
- **The total number of marks for this paper is 80.**
- **Your quality of written communication is assessed in the questions marked with an asterisk(\*).**

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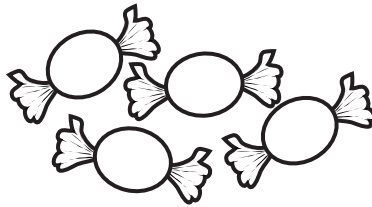
**1 Sugars and starches are the two main forms of carbohydrates.**

**Look at the pictures below:**

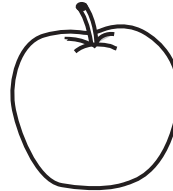
**Wholemeal pasta**



**Sweets**



**Apple**



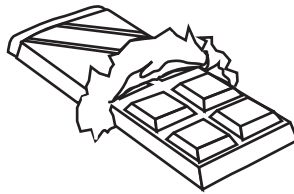
**Honey**



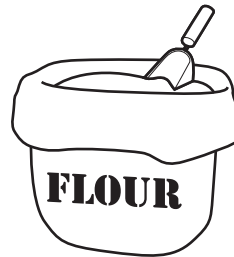
**Brown Rice**



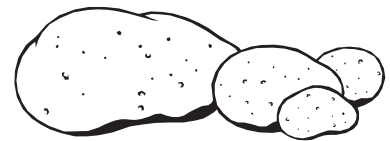
**Chocolate**



**Flour**



**Potatoes**



**(a) (i) Identify TWO examples of foods containing sugars. [2]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**(ii) Identify TWO examples of foods containing starch. [2]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**(iii) Give TWO changes that occur when bread is toasted. [2]**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**(iv) Name ONE alternative to sugar (sucrose) for sweetening drinks. [1]**

\_\_\_\_\_

**(v) Give TWO reasons why athletes need sugar in their diet during training. [2]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**(b) (i) Explain what is meant by basal metabolic rate (BMR) [2]**

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**(ii) Describe TWO reasons why people have different energy requirements. [4]**

**1** \_\_\_\_\_

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**2** \_\_\_\_\_

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**[Total: 15]**

**2 There are different types of milk available.**

**(a) (i) Complete the table below with a different type of milk suitable for each person.**

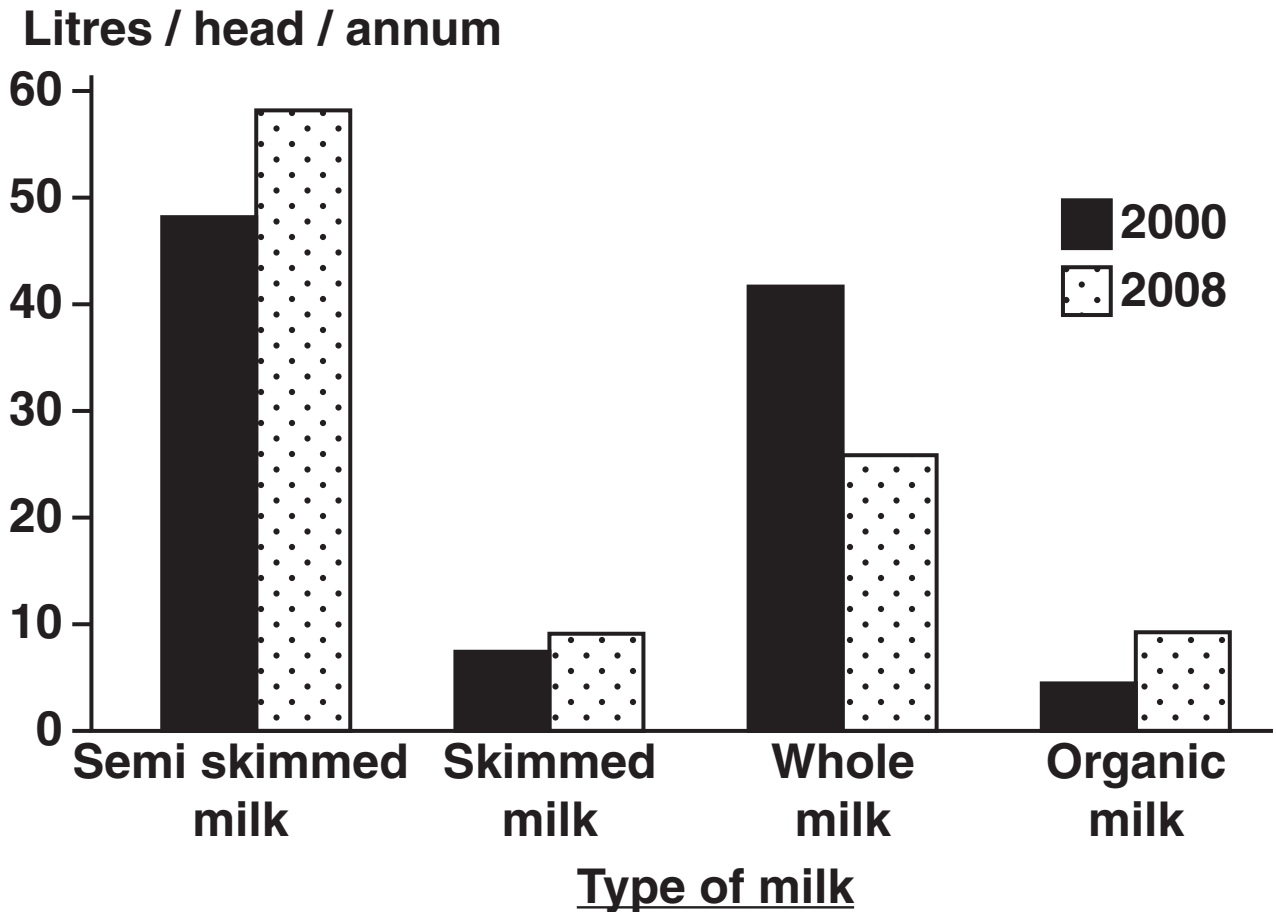
**The first one has been done for you. [2]**

<b>Person</b>	<b>Type of milk</b>
<b>1. Lactose intolerant</b>	<b>1. Soya Milk</b>
<b>2. A two year old child</b>	<b>2.</b>
<b>3. Someone trying to reduce their fat intake</b>	<b>3.</b>

The type of milk people buy has changed over the last few years.

Look at the bar chart below showing the changes in the types of milk bought between 2000 and 2008.

**THE AMOUNT OF DIFFERENT TYPES OF MILK BOUGHT BETWEEN 2000 AND 2008**





(ii) Explain THREE changes in the types of milk bought between 2000 and 2008, using the bar chart opposite. [6]

1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Milk contains calcium.**

**(b) (i) Name ONE other good source of calcium in the diet. [1]**

\_\_\_\_\_

**(ii) Give ONE reason why calcium is needed in the body. [1]**

\_\_\_\_\_

**(iii) State THREE nutrients other than calcium, found in whole milk. [3]**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**Fresh milk has to be stored in a refrigerator.**

**(c) Give TWO other types of milk that could be stored in a cupboard at home. [2]**

1 \_\_\_\_\_

2 \_\_\_\_\_

**[Total: 15]**

**3\* Students have a limited income for buying food.**

- **Describe the problems that could affect a new student when choosing, storing and cooking food.**
- **Explain how these problems could be overcome. [15]**

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**[Total: 15]**

**TURN OVER FOR EXTRA WRITING SPACE OR GO TO  
PAGE 16 FOR QUESTION 4**



**TURN OVER FOR NEXT QUESTION**

**4 Blue veined cheese is one example of a food where a micro-organism is used in food production.**

**(a) Name ONE other food that uses a micro-organism in food production. [1]**

\_\_\_\_\_

**(b) State THREE methods of preserving food at home. [3]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_

**(c) Give THREE advantages of food preservation. [3]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**3** \_\_\_\_\_



**(d) Describe FOUR ways of reducing the risk of food poisoning when storing and re-heating leftover food. [8]**

**1** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

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**3** \_\_\_\_\_

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**4** \_\_\_\_\_

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**[Total: 15]**

**5 Fruit and vegetables form part of a balanced diet.**

**(a) (i) How many servings of fruit and vegetables are we advised to eat every day? [1]**

\_\_\_\_\_

**(ii) Give FOUR reasons why we are advised to eat more fruit and vegetables. [4]**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

**(iii) State FOUR ways a young child could be encouraged to eat more fruit and vegetables. [4]**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

**(iv) Name TWO fruits that go brown during preparation. [2]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**(v) Give ONE way to prevent fruit going brown during preparation. [1]**

\_\_\_\_\_

\_\_\_\_\_

**(b) We are advised to eat a balanced diet.**

**Explain what is meant by a balanced diet. [2]**

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**Many children take a packed lunch to school.**

**A packed lunch contains the following:**

- a peanut butter sandwich on white bread
- a packet of crisps
- a can of fizzy drink

**(c)\* Explain how this packed lunch could be changed to make it a balanced meal for a child and meet dietary guidelines. [6]**

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