

**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 17 May 2011  
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, centre number and candidate number in the boxes above. 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.
- Do **not** write in the bar codes.

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

1 There are a wide variety of yoghurts available to consumers.

(a) (i) Give **one** reason why yoghurt has to be kept in a fridge.

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

(ii) What is meant by best before date?

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

(iii) State **two** ways nutritional information on a food product could be used by the consumer.

1 .....  
2 ..... [2]

(b) Identify **three** pieces of information on a food label other than best before date, that are required by law.

1 .....  
2 .....  
3 ..... [3]

(c) State **four** ways a consumer is protected if a yoghurt was found to be of an unsatisfactory quality.

1 .....  
2 .....  
3 .....  
4 ..... [4]

(d) Explain **three** ways a new cereal bar could be advertised in a supermarket.

1 .....

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2 .....

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3 .....

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..... [6]

(e) Organic food has increased in popularity.

(i) State **two** reasons for the increased popularity of organic food.

1 .....

2 ..... [2]

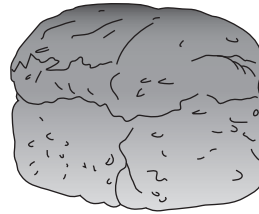
(ii) Give **one** reason why people may choose **not** to buy organic food.

..... [1]

[Total: 20]

2 Look at the wholemeal bread recipe below:

**Ingredients**  
200g strong wholemeal flour  
25g margarine  
1 tsp salt  
1 tsp sugar  
1 sachet of quick dried yeast  
150ml warm water



(a) Yeast is a raising agent.

Explain how yeast causes bread to rise.

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..... [4]

(b) Give **two** reasons for using sugar when making bread.

1 .....  
2 ..... [2]

(c) Give **three** qualities of a successfully cooked loaf of bread.

1 .....  
2 .....  
3 ..... [3]

(d) Commercially made white bread has ingredients added by law.

Name **two** ingredients added to white bread by law.

1 .....

2 ..... [2]

(e) Describe how starch thickens a sauce.

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..... [4]

[Total: 15]



Micronutrients are important to ensure good health.

(c) Complete the table below showing the nutrients and their function in the body.

Nutrient	Function
Iron	
	Helps with the absorption of iron
Calcium	
	Helps with the ability to see in dim light

[4]

[Total: 15]

4\* Read the following case study:

Case study
Jasmine, age 15, is overweight. She lives at home with parents who work long hours.
Occupation: Student
Gets the bus to school (from outside house)
Hobbies: Watching TV and internet browsing
<b>Typical daily food intake</b>
Breakfast: None
Mid-morning: Toast with butter.
Lunch: Often misses lunch or goes to the local fish and chip shop.
After school: Fizzy drink and chocolate bar.
Dinner: Pre-bought ready meal, pizza or burger with chips followed by ice cream.
Evening snack: Hot chocolate drink and sugar coated cereal with whole milk.

Jasmine has been advised to change her diet and lifestyle in accordance with government recommendations.

Using the above case study:

- Describe the possible problems of Jasmine’s current diet and lifestyle.
- Explain the changes that could be made to help Jasmine achieve a better balance of diet and lifestyle.

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A series of 20 horizontal dotted lines spanning the width of the page, intended for handwritten answers.

**TURN OVER FOR NEXT QUESTION**

**Homemade tomato soup:**  
1.25kg ripe tomatoes  
1 medium onion  
1 small carrot  
1 celery stick  
2tsp tomato puree  
Pinch of sugar  
Pinch of salt  
Pinch of pepper  
2 bay leaves  
1.2ltr vegetable stock

(a) (i) Name **one** way the tomato soup above could be adapted to include a low biological value (LBV) protein.

..... [1]

(ii) State **one** way the homemade tomato soup above could be adapted to include a high biological value (HBV) protein.

..... [1]

(iii) Explain what is meant by complementary proteins.

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

(iv) Give **one** example of a dish using complementary proteins.

..... [1]

**(b)\*** Discuss the value of making soup by hand compared with using a food processor.

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..... [6]

Soup can be heated in a microwave oven.

**(c) (i)** Give **two** advantages of heating soup in a microwave oven.

1 .....  
2 ..... [2]

Fresh soup has a short shelf life.

**(ii)** State **two** other ways soup is available to buy.

1 .....  
2 ..... [2]

[Total: 15]

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