

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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MODIFIED LANGUAGE

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 must be kept in a fridge.

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

(ii) What is meant by 'best before date'?

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

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

1
2 [2]

(b) The law requires that there must be a 'best before date' on a food label.

Identify **three** other pieces of information that must be on a food label.

1
2
3 [3]

(c) A consumer has a yoghurt of unsatisfactory quality.

State **four** ways the consumer is protected.

1
2
3
4 [4]

(d) Explain **three** ways of advertising a new cereal bar in a supermarket.

1

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..... [6]

(e) (i) State **two** reasons why organic food has become more popular.

1

2 [2]

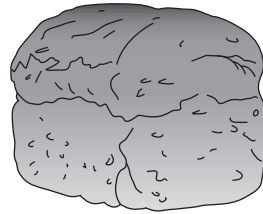
(ii) Give **one** reason why people may choose **not** to buy organic food.

..... [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) The law requires that some ingredients are added to commercially made white bread.

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]

3 Many toddlers are fussy eaters.

(a) Explain **four** points to consider when feeding a toddler.

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..... [8]

(b) Give **three** possible problems elderly people might have when planning and preparing meals.

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..... [3]

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 people to be able to see when the light is low

[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
Typical daily food intake
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, following government recommendations.

Using the above case study:

- Describe the possible problems of Jasmine’s diet and lifestyle.
- Explain the changes that Jasmine could make to have a better balance of diet and lifestyle.

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A series of 25 horizontal dotted lines spanning the width of the page, intended for writing an answer.

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 this tomato soup could be adapted to include a low biological value (LBV) protein.

..... [1]

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

..... [1]

(iii) Explain what is meant by complementary proteins.

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..... [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]

You can also buy fresh soup, but it has a short shelf life.

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

1
2 [2]

[Total: 15]

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15
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