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Centre number						Candidate number				
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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**

**TUESDAY 17 MAY 2011: 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, 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(*).**

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 _____

2 _____

3 _____

_____ **[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.

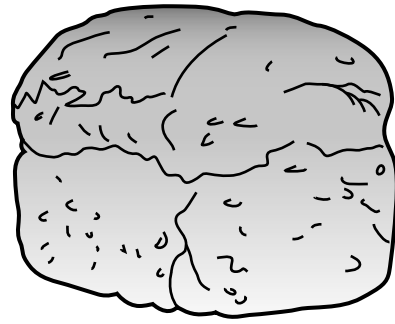
_____ [1]

[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.

[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.

[4]

[Total: 15]

3 Many toddlers are fussy eaters.

(a) Explain FOUR points which need to be considered when feeding a toddler.

1 _____

2 _____

3 _____

4 _____

_____ **[8]**

(b) Give THREE possible problems facing the elderly when planning and preparing meals.

1 _____

2 _____

3 _____

_____ **[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 with the ability to see in dim light

[4]

[Total: 15]

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TURN OVER FOR QUESTION 4

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 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.**

[15]

[Total: 15]

**EXTRA WRITING SPACE ON OPPOSITE PAGE OR GO
TO PAGE 20 FOR QUESTION 5.**

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.

_____ [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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