

Candidate Name	Centre Number	Candidate Number

WELSH JOINT EDUCATION COMMITTEE  
General Certificate of Secondary Education



CYD-BWYLLGOR ADDYSG CYMRU  
Tystysgrif Gyffredinol Addysg Uwchradd

169/01

**HOME ECONOMICS (FOOD AND NUTRITION)**

**PAPER 1**

**Foundation Tier – Grades G to C**

P.M. THURSDAY, 22 June 2006

(1 hour 30 minutes)

No additional requirements needed

**Examiner only**

<b>TOTAL MARK</b>	
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**INSTRUCTIONS TO CANDIDATES**

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. Where the space is not sufficient for your answer, continue the answer at the back of the book, taking care to number the continuation correctly.

**INFORMATION FOR CANDIDATES**

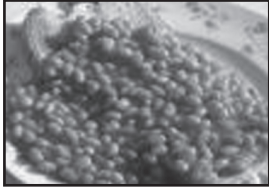
The number of marks is given in brackets at the end of each question or part-question.

You will be awarded marks for written communication.

No certificate will be awarded to a candidate detected in any unfair practice during the examination.

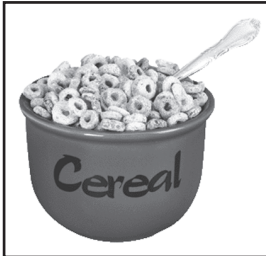
Answer **all** the following questions.

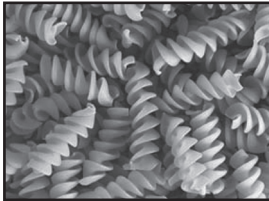
1. (a) Study the following pictures.  
Tick (✓) the box to show the foods that are **high** in dietary fibre (NSP). [4]


(i)  Baked beans

(ii)  Chicken

(iii)  Milk

(iv)  Breakfast cereal

(v)  Wholemeal pasta

(vi)  Dried fruit

(b) Which of these would be highest in dietary fibre (NSP)?  
Give a reason for your choice.

[2]

- (i) Mashed potato
- (ii) Jacket potato
- (iii) Oven chips

Choice: .....

Reason: .....

2. Many recipes include seasonings, herbs and spices.

(a) Use the words in the box to complete the following table.

[3]

<b>pepper</b>	<b>coriander</b>	<b>nutmeg</b>	<b>lemon juice</b>
	<b>parsley</b>	<b>ginger</b>	

	<b>EXAMPLE</b>
<b>SEASONING</b>	
<b>HERB</b>	
<b>SPICE</b>	

(b) Give **two** reasons why seasonings, herbs or spices are added to dishes.

[2]

(i) .....

.....

(ii) .....

.....

3. Pasta and rice are popular food choices for many families.

(a) Name **two** dishes that use pasta or rice as the main ingredients.

[4]

FOOD	DISH 1	DISH 2
Pasta		
Rice		

(b) Give **three** reasons why many families use ready-made sauce in pasta and rice dishes.

[3]

(i) .....

(ii) .....

(iii) .....

4. (a) Why is iron important for 11-14 year olds?

[2]

.....  
.....

(b) Give **two** examples of foods rich in iron.

[2]

(i) .....

(ii) .....

5. (a) The following items of equipment can be used to cook a variety of foods.  
Discuss the benefits of using each.

[4]

(i) A contact grill



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(ii) A steamer



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(b)



Give advice for reheating a Cottage Pie in a microwave oven.

[3]

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7.



(a) What information would a consumer expect to find on an egg box? [4]

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(b) Eggs have many functions in food preparation. Explain the function of eggs when making the following: [6]

(i) A quiche

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(ii) A creamed cake mixture

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8.

E - Coli hits South Wales schools.

(a) State the conditions which food poisoning bacteria need in order to multiply. [3]

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(b) Explain how food poisoning bacteria can be transferred during food preparation. [4]

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