

Candidate Name	Centre Number	Candidate Number

WELSH JOINT EDUCATION COMMITTEE
General Certificate of Secondary Education



CYD-BWYLLGOR ADDYSG CYMRU
Tystysgrif Gyffredinol Addysg Uwchradd

169/02

HOME ECONOMICS (FOOD AND NUTRITION)

PAPER 2

Higher Tier – Grades D to A*

P.M. THURSDAY, 22 June 2006

(1 hour 30 minutes)

No additional requirements needed

Examiner only

TOTAL MARK	
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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) Suggest **four** ways of increasing dietary fibre (NSP) in the diet. [4]

(i)

(ii)

(iii)

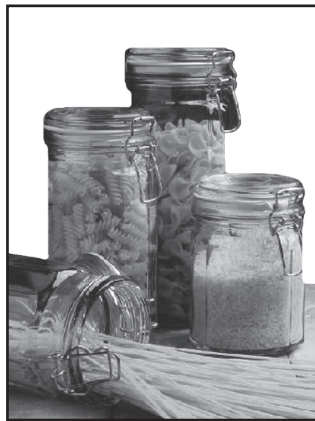
(iv)

(b) Identify **one** food that is low in dietary fibre.
Give a reason why this food is low in dietary fibre. [2]

Food:

Reason:

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



(a) Give **three** reasons why pasta and rice have increased in popularity in recent years. [3]

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(b) Many people find pasta and rice dishes bland.
Suggest **three** ways in which pasta or rice based dishes can be made tasty and appealing. [3]

(i)

(ii)

(iii)

3.

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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6. A number of pieces of equipment are now being advertised promoting healthier cooking methods.

(a) Identify two pieces of equipment and explain the principles underlying their use. [4]

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(b) Explain how cooking using the microwave can affect the quality of food products (your answer should make reference to consistency, palatability and sensory qualities of the food). [6]

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