

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, 21 June 2007

(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

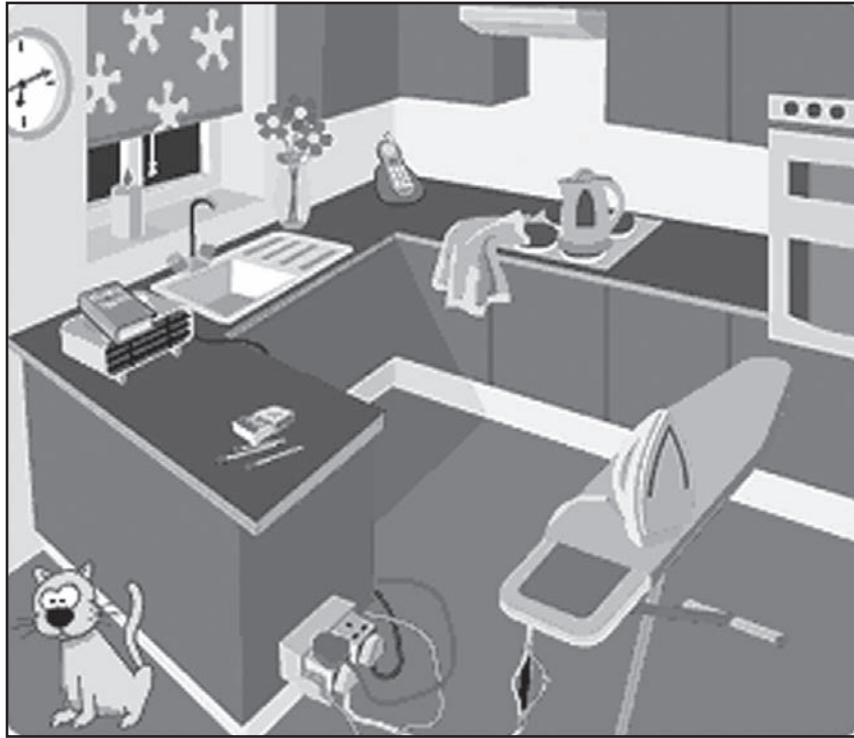
The number of marks is given in brackets at the end of each question or part-question.

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

Answer **all** the following questions.

1. Safety is important. List **four** dangers shown in the picture below.

[4]



- (i)
- (ii)
- (iii)
- (iv)

2. The following drinks are available in the school drinks vending machine.

Orange and mango juice



Kcals:	52 Kcal
Vitamin C:	40mg

Nutritional information per 100g

Strawberry milk shake



Kcals:	66 Kcal
Vitamin C:	0.9mg

Nutritional information per 100g

Which drink is

- (i) highest in calories,
- (ii) highest in calcium,
- (iii) highest in vitamin C?

[3]

3. Multi-cultural foods are very popular.
Match the dish to the country. An example has been completed for you.

[3]

Country	Dish
<input type="text" value="B"/> Mexico	A Sushi
<input type="text"/> Italy	B Tortillas
<input type="text"/> Japan	C Chicken Tikka
<input type="text"/> India	D Lasagne

4. (a) Name **two** groups of people who need extra calcium in their diet.

[2]

- (i)
- (ii)

- (b) Complete the sentences.

[3]

- (i) Calcium works with vitamin for strong bones and teeth.
- (ii) Two good sources of calcium are and
..... .

5. Flours are used for different reasons in food preparation.

(a) Complete the chart.

Name a different **flour** for each food item and give **reasons** for your choice.

[6]

Food Item	Flour	Reasons
(i) Bread rolls	<p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p>
(ii) Shortcrust pastry	<p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p>
(iii) Fairy cakes	<p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p>

(b) Give **two** reasons why wholemeal flour may be chosen instead of white flour for use when baking. [2]

(i)

.....

(ii)

.....

6. You plan to make a Creamy Chicken and Mushroom Casserole in the morning to eat in the evening.

The main ingredients in the recipe are

Chicken, mushrooms, onion, milk, stock, cream, seasoning.

(a) Identify how the main food poisoning hazards can be controlled when

(i) shopping for the ingredients, [2]

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(ii) preparing the casserole, [2]

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(iii) reheating the casserole in the evening. [2]

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(b) Suggest **two** suitable accompaniments to the casserole, giving reasons for each choice. [2]

Accompaniment	Reason
(i)
(ii)

7. (a) Correct preparation and cooking of food is important for the quality of the finished food item.

Explain how this applies when

[4]

(i) preparing and cooking broccoli,

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(ii) stir frying.

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(b) Explain how using labour saving kitchen equipment can help to improve the quality of the finished dishes. [5]

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8.



Sally is expecting her first baby. She has been advised to take extra care to eat well during the pregnancy. Give her advice on

(i) **foods to eat,** [6]

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(ii) **foods to avoid.** [4]

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