

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, 21 June 2007

(1 hour 30 minutes)

No additional requirements needed
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**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.

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

Answer **all** the following questions.

1. The following are popular breakfast cereals.



500g

Whole grain cereals like Bitesize from Shredded Wheat may help keep your heart healthy as part of a heart-healthy diet.

NSP(Fibre):	11.9g
Salt:	0.2g
Sugar:	0.9g

(Nutritional data per 100g)




120g

SNAP! CRACK! POP! Comp Microp

NSP(Fibre):	1.00g
Salt:	1.65g
Sugar:	10.0g

(Nutritional data per 100g)



10g

The Original & Best.

NSP(Fibre):	3.0g
Salt:	0.6g
Sugar:	8.9g

(Nutritional data per 100g)

Which breakfast cereal would you choose as a healthy option for young children?  
Give **two** reasons for your choice.

[3]

Cereal .....

Reasons

(i) .....

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(ii) .....

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2. (a) A range of flours are used for baking. Name **three** different types of flours and suggest when and why they are used.

(i) Type of flour .....  
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(ii) Type of flour .....  
.....  
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(iii) Type of flour .....  
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.....

[6]

(b) Starchy foods change during cooking.

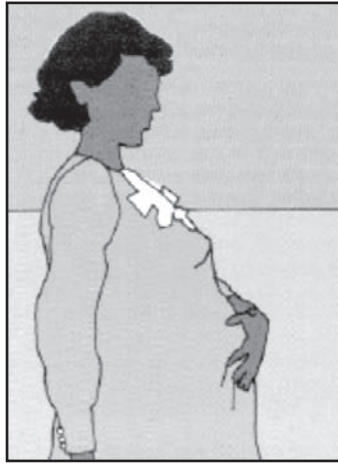
Explain what happens when you make

(i) toast,  
.....  
.....  
.....

(ii) a roux sauce.  
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.....  
.....

[4]

3.



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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4.



Buying food can be one of the highest expenses in the family budget but there are ways to save money. Discuss this with reference to

(i) the choice of places to buy food,

[5]

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(ii) the choice of food items.

[5]

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5.



Over 25% of household rubbish is made up of food packaging material and there is growing concern over this issue.

Discuss ways of reducing household packaging and rubbish for

(i) the retailer,

[3]

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(ii) the consumer.

[4]

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**7. Either,**

(a) "You are what you eat."  
Discuss this statement in relation to

(i) eating habits,

and

(ii) health and lifestyle.

[12]

**Or,**

(b) Despite recent efforts to promote consumption of fish, many people are still not eating fish on a regular basis.

Write an article for a supermarket magazine promoting fish with reference to

(i) its value in the diet,

and

(ii) the variety of preparation and cooking methods that can be used to make interesting fish dishes.

[12]

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The following sources have been used in this paper:

- Q.1      *Shredded Wheat* name and image is reproduced with the kind permission of Société des Produits Nestlé S.A.