

Candidate Name	Centre Number	Candidate Number
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GCSE

169/01

**HOME ECONOMICS
(FOOD AND NUTRITION)**

PAPER 1

Foundation Tier

P.M. WEDNESDAY, 18 June 2008

1½ hours

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.

Answer **all** the following questions.

1. Study the picture.



Give **four** rules that could **prevent** food poisoning.

[4]

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

2. It is important for young children to have the correct nutrients in their diet.



(a) Why do young children need

[2]

(i) protein,

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(ii) calcium?

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(b) Give an example of a food containing

[2]

(i) protein,




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(ii) calcium.

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.....

3. Complete the following chart on methods of cooking.
One example has been completed for you.

[4]

	Method of cooking	Method of heat transfer
Fan oven 	<i>baking</i>	<i>convection</i>
Saucepan on hob 	(i)	(ii)
Grill 	(iii)	(iv)

4. (a) Using the words below, complete the following paragraph.

[3]

bowel disorders, wheat, dietary fibre (NSP).

..... is milled to make flour. Wholemeal flour has a high amount
of which is needed to prevent

(b)



Suggest **three** ways to make a cheese and tomato pizza higher in dietary fibre (NSP). [3]

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

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6. (a) Explain the benefits of the following features of food packaging.

[3]

(i)



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(ii)



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(iii)



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8. Many people are choosing not to include meat in their diet.

(a) Explain the reasons for not including meat in the diet. [4]

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(b) Tom has decided not to eat meat. Give him advice on how to maintain a balanced diet. [4]

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9. The range of cook chill ready meals available is increasing.
Discuss this in relation to the reasons for their popularity and value for money.

(i) Reasons for popularity of cook chill ready meals. [4]

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(ii) Value for money. [4]

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The following information was used in this paper.

Q1 Illustration from Food Technology: An Introduction by Anita Tull (OUP, 2002)
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