

Candidate Name	Centre Number	Candidate Number
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GCSE

169/02

**HOME ECONOMICS
(FOOD AND NUTRITION)**

PAPER 2

Higher 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.



(a) Name **one** food you would test with a food probe. [1]

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(b) Give **one** reason why a food probe should be used when cooking food. [1]

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(c) State a safe temperature and time for reheating foods. [2]

(i) Temperature

(ii) Time

2. Identify **two** nutrients that are particularly important for small children and state **one** of their functions. [4]

(i) Name of nutrient

Function

(ii) Name of nutrient

Function

3. 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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4. 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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5. Name the method of heat transfer used and explain how to ensure a quality result when cooking the following foods;

(i) a grilled pork chop, [3]

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(ii) a baked potato. [3]

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7. (a) Discuss the nutritional value of including fruit and vegetables in the diet.

[4]

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(b) Evaluate the effect of preparation and cooking techniques on the vitamin content of fresh fruit and vegetables.

[6]

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8. Either,

(a)



Some fat is needed in the diet to maintain health.

- (i) Explain the role of fat in the diet [6]
- and
- (ii) discuss the choice of fats available for food preparation and cooking. [6]

Or,

(b)



“Appropriate packaging and clear labelling of food is essential to the consumer.”
Discuss this in relation to;

- (i) types of food packaging [6]
- and
- (ii) food labelling. [6]

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