

Candidate Name	Centre Number	Candidate Number
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**GCSE**

4301/01

**HOME ECONOMICS: FOOD AND
NUTRITION****UNIT 1: PRINCIPLES OF FOOD AND
NUTRITION**

A.M. TUESDAY, 17 May 2011

1½ hours

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen.

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.

INFORMATION FOR CANDIDATES

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

You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing.

For Examiner's use only	
Number	Mark
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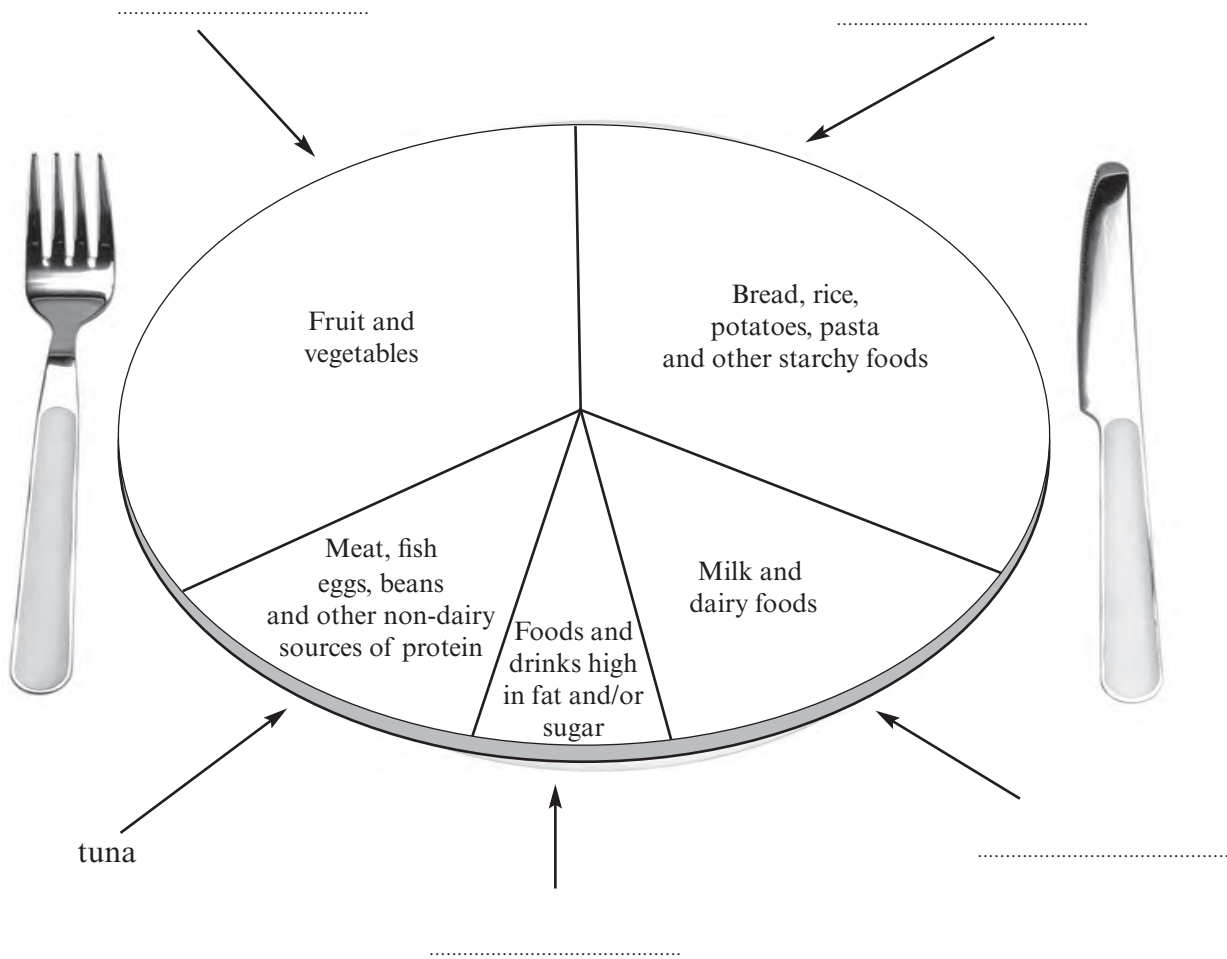
Answer **all** questions in the spaces provided.

1. Match the food to the correct section on the **EATWELL PLATE**.

[4]

An example has been completed for you.

tuna	doughnut	spaghetti	tomato	natural yogurt
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2. Frozen food must be stored at the correct temperature.

(a) State the correct temperature for a freezer. [1]

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(b) Name **two** types of packaging material suitable for storing food in a freezer. [2]

(i)

(ii)

(c) Suggest **four** ways of ensuring frozen foods **do not defrost** during the journey home from the shops. [4]

(i)

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(ii)

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(iii)

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(iv)

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3. (a) Name the main function of fat in the diet. [1]

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(b) Explain the difference between saturated and unsaturated fat. [2]

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7. Study the following label:-

Ingredients:

water, butter, wheat flour, whipping cream, brown sugar, sugar, dark chocolate

Allergy advice: Contains Egg, Gluten, Milk, Soya, Wheat.
May contain traces of nuts.



Chocolate pudding

(a) Name the **two** main ingredients in this product. [2]

(i)

(ii)

(b) State why there is allergy advice on the label. [1]

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(c) Explain the difference between the date codes – “use-by” and “best-before”. [4]

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(d) Discuss why many families choose to buy ready-made puddings.

[6]

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9.



(a) State **three** nutrients found in milk. [3]

(i)

(ii)

(iii)

(b) Supermarkets sell a wide range of different milks.
Discuss the reasons why such a wide range is now available. [6]

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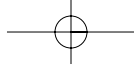
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