

Surname	Centre Number	Candidate Number
Other Names		0



**GCSE**

4301/01



S15-4301-01

**HOME ECONOMICS: FOOD AND NUTRITION**  
**UNIT 1: Principles of Food and Nutrition**

P.M. WEDNESDAY, 10 June 2015

1 hour 30 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	8	
2.	6	
3.	6	
4.	9	
5.	13	
6.	10	
7.	8	
8.	8	
9.	12	
<b>Total</b>	<b>80</b>	

**INSTRUCTIONS TO CANDIDATES**

Use black ink or black ball-point pen. Do not use pencil or gel pen. Do not use correction fluid.

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.

If you run out of space, use the continuation pages at the back of the booklet, taking care to number the question(s) correctly.

**INFORMATION FOR CANDIDATES**

The maximum mark for this paper is 80.

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

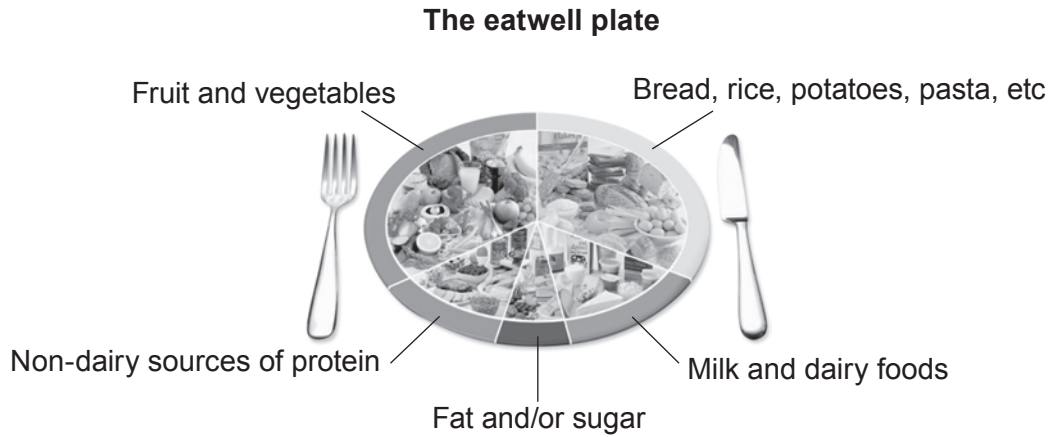
You are reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing.



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Answer all questions in the spaces provided.

1. (a) Identify **two** food groups from the eatwell plate that should be eaten in the largest amount. [2]



- (i) .....
- (ii) .....

- (b) Match the correct nutrient to the food item. [3]

If you think the answer to (i) is A write A in the box.  
 An example has been completed for you.

milk	A
(i) oranges	
(ii) wholemeal bread	
(iii) margarine	

A	calcium
B	carbohydrate
C	fat
D	vitamin C

- (c) Tick (✓) the box next to each statement to show whether it is **true** or **false**. [3]

STATEMENT	True	False
(i) Pulses, beans and lentils are a good source of dietary fibre		
(ii) Fruit and vegetable intake must come from fresh produce only		
(iii) Adults should consume no more than 6g of salt a day		



2. Studies show that many kitchens contain the most germs in the home.

For each of the following, list **two** rules to help prevent the spread of germs.

(a) Personal hygiene [2]

(i) .....

.....

(ii) .....

.....

(b) Kitchen hygiene [2]

(i) .....

.....

(ii) .....

.....

(c) Storage of foods [2]

(i) .....

.....

(ii) .....

.....



3. (a) Name **two** nutrients that are important during pregnancy.

Give reasons for your answers.

(i) Nutrient ..... [2]

Reason .....

.....

.....

(ii) Nutrient ..... [2]

Reason .....

.....

.....

(b) Name **two** foods that should be avoided during pregnancy. [2]

(i) .....

.....

(ii) .....

.....





5. (a) Identify the following labels and explain what they mean.

<p>(i)</p> 	<p>Name</p> <p>.....</p> <p>Meaning</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>[2]</p>
<p>(ii)</p> 	<p>Name</p> <p>.....</p> <p>Meaning</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>[2]</p>

(b) State **three** items of information that **must** be included on a food label. [3]

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















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Examiner  
only

Area with horizontal dotted lines for writing.

**END OF PAPER**



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ON THIS PAGE**





