

Monday 14 May 2012 – Morning

GCSE HOME ECONOMICS
Food and Nutrition

B003/01 Principles of Food and Nutrition

Candidates answer on the Question Paper.

OCR supplied materials:
None

Other materials required:
None

Duration: 1 hour 30 minutes



Candidate forename		Candidate surname	
Centre number		Candidate number	

MODIFIED LANGUAGE

INSTRUCTIONS TO CANDIDATES

- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. If additional space is required, you should use the lined pages at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

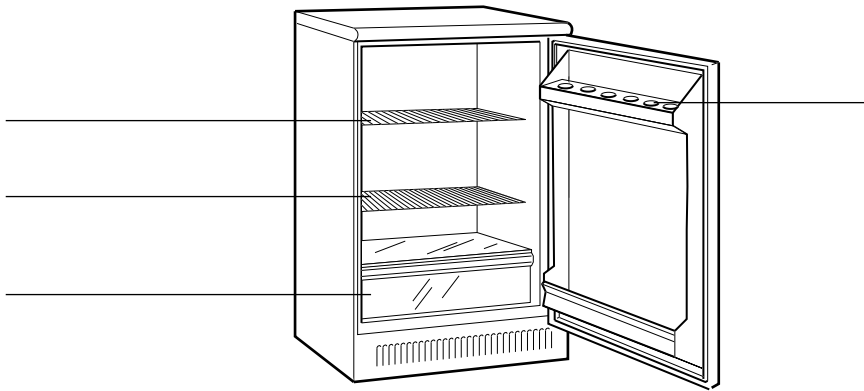
INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **80**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **16** pages. Any blank pages are indicated.

1 It is important to store food correctly.

(a) Look at the picture of a refrigerator. Label where you should store the following foods in the refrigerator:

- Eggs
- Mango
- Raw fish
- Chocolate éclairs



[4]

(b) Fish is an important source of nutrients.

(i) Name **three** examples of oily fish.

- 1
- 2
- 3 [3]

(ii) State **three** nutrients, other than omega-3, found in fish.

- 1
- 2
- 3 [3]

(iii) Give **two** reasons why people are recommended to increase their oily fish intake, other than nutrients.

- 1
- 2 [2]

(c) (i) Name **one** way you can preserve fish at home.

..... [1]

(ii) State **three** methods of cooking fish.

- 1
- 2
- 3 [3]

(d) Some people have an allergic reaction to shellfish.

Name **two** other foods that could cause an allergic reaction in people.

- 1
- 2 [2]

(e) Give **two** other reasons why people may not eat fish.

- 1
.....
- 2
..... [2]

[Total: 20]

2* People have different lifestyles and religions that may affect their food choices and eating patterns.

- Describe how people's food choices can be influenced by different religions.
- Explain how people's lifestyle could affect their eating patterns.

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Turn over

- 3 (a) (i) Give the meaning of the term “use by date”.

.....
..... [1]

- (ii) State **two** signs of food spoilage.

1
.....
2
..... [2]

- (iii) Give **two** conditions that bacteria need to grow.

1
.....
2
..... [2]

- (iv) Some foods have a high risk of causing food poisoning if not stored or cooked correctly.

Name **two** high risk foods.

1
2 [2]

- (b) Describe how each of the following preservation methods help to preserve food.

Using high temperature
.....
..... [2]

Drying food
.....
..... [2]

- (c) Explain **two** ways you can reduce the risk of food poisoning when cooking on a barbeque (BBQ).

1

.....

.....

.....

2

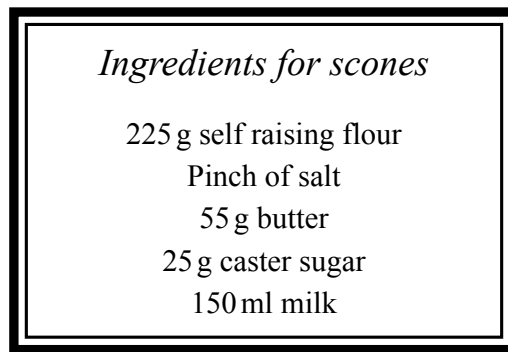
.....

.....

..... [4]

[Total: 15]

- 4 Scones are a popular snack that can be made at home.



- (a) (i) Explain why this scone recipe is **not** suitable for someone who is lactose intolerant.

.....

.....

..... [2]

- (ii) Give **one** way you can adapt this recipe to make the scones suitable for someone who is lactose intolerant.

.....

..... [1]

- (b) State **two** ways you could adapt this recipe to make it higher in fibre.

1

.....

2

..... [2]

- (c) Give the name of **two** raising agents that help scones to rise.

1

2 [2]

(d) Describe **two** changes that take place when a scone is cooked.

- 1
-
-
-
- 2
-
-
- [4]

(e) Give **four** ways a supermarket could advertise a new scone in their store.

- 1
-
- 2
-
- 3
-
- 4
- [4]

[Total: 15]

5 People have different energy requirements.

(a) Give **three** reasons why people have different energy requirements.

- 1
-
- 2
-
- 3
- [3]

(b) Give the meaning of the term “energy dense”.

.....

..... [1]

(c) Look at this nutritional label.

Oaty Biscuits		
	Per 100 g	Per two biscuits (42 g)
Energy	1858 kJ/443 kcal	779 kJ/185 kcal
Protein	8.0 g	3.4 g
Carbohydrate	65.4 g	27.4 g
of which are sugars	25.2 g	10.6 g
Fat	16.5 g	6.9 g
of which are saturates	1.9 g	0.8 g
Fibre	6.0 g	2.5 g
Sodium	0.29 g	0.12 g

(i) How much energy is found in 100 g of the biscuits?

..... [1]

(ii) How much protein is found in two biscuits?

..... [1]

(iii) How much saturated fat is found in 100 g of the biscuits?

..... [1]

Additional Page

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[illegible]

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Additional Page



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