

GCSE

FOOD PREPARATION AND NUTRITION

8585

Specimen 2015

Morning

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:

- a black pen
- a pencil.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the bottom of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this answer book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The maximum mark for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in question 6.5.

Please write clearly, in block capitals, to allow character computer recognition.

Centre number

Candidate number

Surname

Forename(s)

Candidate signature _____

Section A consists of multiple choice questions.
There are 20 marks available.

Answer all questions. You are advised to spend about 20 minutes on this section.

For each question you should shade in **one** box.
An example is shown below.

Which food is high in protein?

A Cabbage

☐

B Cheese

☒





C Oranges

☐

D Cucumber

☐

Question 1 is about food, nutrition and health and relates to the images shown below.

			
A 50g cheese on toast	B 50g apricot jam on toast	C 50g beans on toast	D 50g poached egg on toast

Question 1

1 . **1** Which **one** of the toppings is the highest in fat?

A Cheese

☐

B Apricot jam

☐

C Beans

☐

D Poached egg

☐

[1 mark]

1 . **2** Which **one** of the toppings is best for a high fibre diet?

A Cheese

☐

B Apricot jam

☐

C Beans

☐

D Poached egg

☐

[1 mark]

1 . **3** Which **one** of the toppings is a preserved food that is rich in vitamin C?

A Cheese

☐

B Apricot jam

☐

C Beans

☐

D Poached egg

☐

[1 mark]

1 . **4** Which **one** of the dishes shown is an example of protein complementation?

A Cheese on toast

☐

B Apricot jam on toast

☐

C Beans on toast

☐

D Poached egg on toast

☐

[1 mark]

Question 2 is about food safety.

2 . **1** The correct temperature for a domestic freezer is:

A 0°C

☐

B -5°C

☐

C -10°C

☐

D -18°C

☐

[1 mark]

2 . **2** Where is the best place to keep uncooked meat in the refrigerator?

A Top shelf

☐

B Middle shelf

☐

C Bottom shelf

☐

D Salad drawer

☐

[1 mark]

2 . **3** Complete this sentence correctly:
Most bacteria in food

A are active when food is defrosted

☐

B are inactive when food is defrosted

☐

C multiply when food is frozen

☐

D are killed when food is frozen

☐

[1 mark]

2 . **4** Complete this sentence correctly:
A food that is at a high risk of contamination is:

A low in protein, moist and cold

☐

B low in protein, dry and warm

☐

C high in protein, moist and warm

☐

D high in protein, dry and cold

☐

[1 mark]

Question 3 is about food science and bread making.

3 . **1** Which type of flour is best to use for a well risen loaf of bread?

A Cornflour

☐

B Plain flour

☐

C Self-raising flour

☐

D Strong plain flour

☐

[1 mark]

3 . **2** Which **one** of the following is true about gluten?

A It is the starch in flour

☐

B It is the protein in flour

☐

C It is the fibre in flour

☐

D It is the fat in flour

☐

[1 mark]

3 . **3** Complete this sentence correctly:
The main function of salt in bread making is:

A to improve flavour

☐

B to add colour

☐

C to weaken the gluten

☐

D to enrich the mixture

☐

[1 mark]

3 . **4** Which is the best temperature of water used to activate yeast?

A Cold water

☐

B Warm water

☐

C Hot water

☐

D Boiling water

☐

[1 mark]

Question 4 is about food provenance.

4 . **1** Which **one** of the following is a **primary source** of food?

A Vegetable oil

☐

B Wheat

☐

C Jam

☐

D Butter

☐

[1 mark]

4 . **2** Which **one** of the following is **not** an example of secondary processing of food?

A Yoghurt

☐

B Cheese

☐

C Milk

☐

D Double cream

☐

[1 mark]

4 . **3** Complete this sentence correctly:
Foods that are produced without the use of chemical fertilisers are called

A free range

☐

B farm assured

☐

C genetically modified

☐

D organic

☐

[1 mark]

4 . **4** Identify **one** food below that would show a 'use by' date?

A Carton of UHT milk

☐

B Can of sliced peaches

☐

C Tub of fresh prawn salad

☐

D Bar of chocolate

☐

[1 mark]

Question 5 is about food choices.

5 . **1** Which **one** of the following foods is **not** suitable for a vegetarian?

A Baked beans

☐

B Fried rice

☐

C Stewed apples

☐

D Roast beef

☐

[1 mark]

5 . **2** Which **one** of the following must be included on a food label?

A A picture of the food

☐

B A list of ingredients

☐

C Special offers

☐

D The price

☐

[1 mark]

5 . **3** Which **one** of the following shows the current healthy eating guidelines?

A Eat less salt, sugar and fat and more fibre

☐

B Eat less salt, sugar, fat and fibre

☐

C Eat less salt and sugar and more fat and fibre

☐

D Eat less salt and more sugar, fat and fibre

☐

[1 mark]

5 . **4** When carrying out a tasting panel which **one** of these tests will find 'the odd one out'?

A Ranking test

☐

B Rating test

☐

C Difference test

☐

D Profiling test

☐

[1 mark]

Section B

Answer all questions in this section. There are 80 marks available.

Question 6 is a case study related to children's dietary needs.

You are advised to spend about 25 minutes on this question.



Joe is an active 7 year old.
He takes a packed meal to school each day.

Today Joe has the following packed meal:

- a cream cheese sandwich (using white bread and butter)
- salt and vinegar crisps
- a chocolate biscuit
- a sweet, fizzy orange drink

6 . **1** Describe how the packed meal will provide Joe with energy.

[3 marks]

6 . **2** Why is it important for active children like Joe to have the right amount of energy giving foods in their diet?

[4 marks]

6 . 3

Joe's school asks parents to send in healthy packed meals.

Explain why Joe's packed meal is not healthy.

[4 marks]

6 . 4

Suggest **three** different food items that would make a healthy packed meal for Joe to take to school the following day.

In each case give a reason for your food choice.

[6 marks]

Food item 1

Reason
for choice

Food item 2

Reason for
choice

Food item 3

Reason for
choice

Explain how Joe's diet can help to keep his teeth healthy.

In your answer you must include information on:

- eating habits
- nutrients needed for healthy teeth.

Quality of written communication will be assessed in this question.

[9 marks]

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Question 7 is about cooking food.

You are advised to spend about 15 minutes on this question.

The information below shows a recipe for a batch of vegetarian burgers.

Vegetarian burgers**Ingredients:**

- Sunflower oil for shallow frying
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 400g can chickpeas
- 1 tsp ground cumin
- 1 tsp fresh coriander
- 20g parsley
- 1 egg, beaten

Other information:

Not suitable for vegans.

Method:

1. Fry the onion and garlic
2. Mix all ingredients together in a food processor
3. Shape into 6 balls
4. Flatten into burgers
5. Shallow fry for 3 minutes on each side

Using the information above, answer the following questions.

7 . **1**

“This dish is very tasty. Which herbs and spices were used in this recipe?”

[2 marks]

Herb

Spice

7 . **2**

“I’m a vegan. Explain why I can’t eat this.”

[2 marks]

7 . **3**

“What does shallow frying mean and why do the burgers have to be fried on both sides?”

[3 marks]

Draft

7 . 4

The table below shows dishes that use eggs as an ingredient.

For each dish describe a different function of eggs.

Functions may only be used once. An example is given.

Dish that uses eggs	Describe the different functions of eggs
<p>Example: Burgers</p> 	<p>Function: Binding</p> <p>The egg holds the dry ingredients together so the burgers do not fall apart when cooked.</p>
<p>Cheese flan</p> 	<p>Function:.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Lemon meringue pie</p> 	<p>Function:.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
<p>Fishcakes</p> 	<p>Function:.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

[3 x 2 marks]

[8 marks]

Draft

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Turn over ►

Question 9 is about understanding recipes.

You are advised to spend about 15 minutes on this question.

Information about two recipes for tomato and basil soup is given below.

You should use this information when answering the questions that follow.

Ingredients	Nutrients (per 100 ml serving)						
	Energy	Protein	Carbohydrates	Fat	Fibre	Sugar	Salt (sodium)
Recipe A fresh tomatoes onion carrot celery olive oil basil sugar vegetable stock cubes	123kcal	4g	12g	7g	5g	1g	1.08g
Recipe B canned tomatoes sundried tomatoes in oil butter soured cream basil onion garlic vegetable stock cubes	213kcal	8g	14g	14g	4g	13g	1.15g

9 . **1** Tick true **or** false to each of the following statements about salt (sodium).

[2 marks]

The vegetable stock cubes used in both recipes are high in salt (sodium).	True		False	
The fresh tomatoes used in Recipe A are higher in salt (sodium) than canned tomatoes.	True		False	

[1 mark]

[2 mark]

[6 marks]

Blank lined paper with a large diagonal watermark reading "Draft".

Question 10 is about food preparation and food safety.

You are advised to spend about 15 minutes on this question.

1 0 . **1** The table below shows some problems seen when food is prepared.

Complete the table to show different causes of each problem.

Problem	Causes
Apples prepared for a fruit salad turn brown.
White sauce in fish pie is thin and lumpy.
Choux pastry buns are flat after baking.
The oil and vinegar separate when making salad dressing.

[4 x 2 marks]

Question 10 continued

10 . **2** A family enjoys a roast chicken dinner.



But later, the family show symptoms of food poisoning.

Name **two** of the main symptoms of food poisoning.

[2 marks]

Question 10 continues on the next page

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