

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE

B003/01

HOME ECONOMICS

Food and Nutrition

Principles of Food and Nutrition

WEDNESDAY 10 JUNE 2015: Afternoon

DURATION: 1 hour 30 minutes
plus your additional time allowance

MODIFIED ENLARGED

Candidate forename		Candidate surname	
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Centre number						Candidate number				
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Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number in the boxes on the first page. 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.

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 questions marked with an asterisk (*).

Any blank pages are indicated.

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1 Flavoured milk drinks are popular with children.

Read the product details and nutritional information below:

PRODUCT DETAILS

Flavoured milk drink

No artificial sweeteners or flavours

Made using skimmed milk

Keep refrigerated

NUTRITIONAL INFORMATION

TYPICAL VALUE	PER 100 ml
Energy	260 kJ/60 kcal
Protein	3.1 g
Carbohydrates	9.5 g
Fat	1.2 g
Fibre	Trace
Sodium	0.005 g
Calcium	15% RDA (120 mg)

Answer the following questions referring to the product details and nutritional information.

- (a) (i) State how much fat is provided in 100 ml of the flavoured milk drink.**

_____ [1]

- (ii) What do the initials 'RDA' stand for?**

_____ [1]

- (iii) What percentage (%) of the RDA of calcium is provided by 100 ml of the flavoured milk drink?**

_____ [1]

- (iv) Identify TWO reasons why calcium is needed in a child's diet.**

1 _____

2 _____

_____ [2]

- (v) State how the flavoured milk drink should be stored.**

_____ [1]

[illegible]

(c) Identify three types of milk that do not need to be stored in a refrigerator.

1 _____

2 _____

3 _____

[3]

Milk drinks can be fortified.

(d) What is meant by the term 'fortified'?

_____ **[1]**

(e) Describe two ways food labelling could be useful for the consumer.

[4]

[TOTAL: 20]

2 Fried battered fish and chips are a popular choice for a take-away meal.

(a) Give ONE reason why fish is deep fried in batter.

_____ [1]

(b) Identify THREE ways deep fried battered fish and chips could be changed to meet current healthy eating guidelines.

1 _____

2 _____

3 _____

[3]

(c) (i) Identify the THREE main ingredients of batter.

1 _____

2 _____

3 _____

[3]

(ii) Identify TWO other dishes that use batter.

1 _____

2 _____

[2]

(iii) Describe what happens to the following when a batter is cooked:

The liquid _____

The protein _____

The starch _____

[6]

[TOTAL: 15]

3* Some people choose to become a vegetarian.

Describe why someone may choose to become a vegetarian.

Explain how a vegetarian could ensure they have a balanced diet. [15]

[illegible]

[illegible]

[illegible]

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4 Coronary heart disease (CHD) is one of the major diet related health issues.

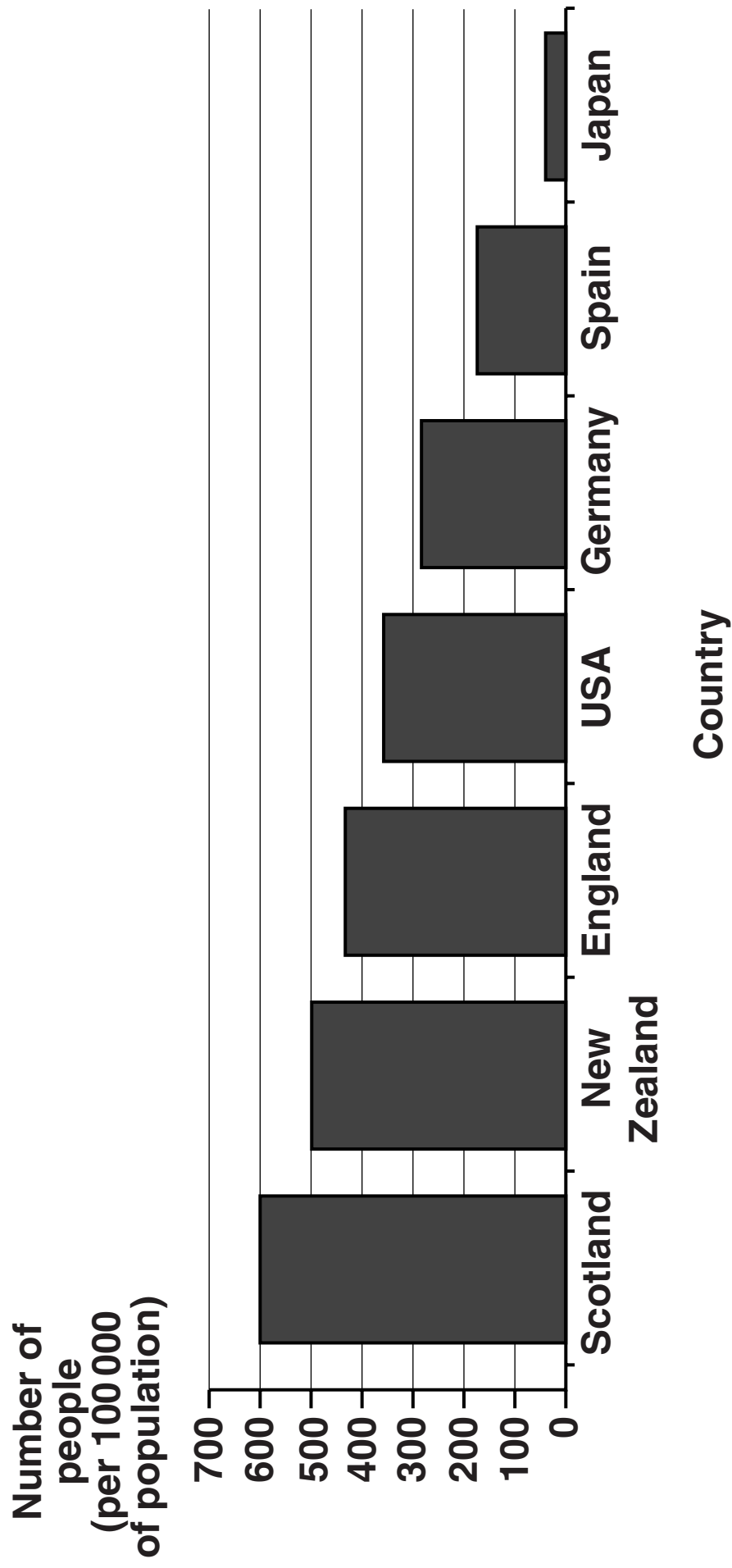
The graph opposite shows the total number of people with coronary heart disease (CHD) per 100 000 of the population, in 7 countries.

- (a) (i) Identify which country has the lowest number of people (per 100 000 of population) with coronary heart disease (CHD).**

_____ [1]

- (ii) State the number of people (per 100 000 of population) with coronary heart disease (CHD) in New Zealand.**

_____ [1]



(b) Describe FOUR ways people could change their diet to reduce the risk of developing coronary heart disease (CHD).

1 _____

2 _____

3 _____

4 _____

[8]

The eatwell plate shows the food portions needed for good health.

(c) Identify TWO food groups found on the eatwell plate.

1 _____

2 _____

[2]

(d) Other than coronary heart disease (CHD), identify THREE major diet related health issues.

1 _____

2 _____

3 _____

[3]

[TOTAL: 15]

5 Micro-organisms can have positive and negative effects on food.

(a) State TWO qualities a consumer may look for when buying fruit and vegetables.

- 1 _____
- 2 _____
- [2]**

(b) Identify TWO products that use micro-organisms in food production.

- 1 _____
- 2 _____
- [2]**

(c) Give THREE conditions that slow or stop the growth of micro-organisms.

- 1 _____
- 2 _____
- 3 _____
- [3]**

(d) Identify TWO bacteria that could cause food poisoning.

- 1 _____
- 2 _____
- [2]**

(e) Describe THREE different ways to reduce the risk of food poisoning when preparing, cooking and storing meat.

1 _____

2 _____

3 _____

[6]

[TOTAL: 15]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional answer space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

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