



*Rewarding Learning*

General Certificate of Secondary Education  
2023

Centre Number

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Candidate Number

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# Home Economics: Food and Nutrition

Written Paper



**[G9521]**

\*G9521\*

**FRIDAY 2 JUNE, AFTERNOON**

## TIME

2 hours.

## INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

**You must answer the questions in the spaces provided.**

**Do not write outside the boxed area on each page or on blank pages.**

Complete in black ink only. **Do not write with a gel pen.**

Answer **all twelve** questions.

## INFORMATION FOR CANDIDATES

The total mark for this paper is 120.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **10, 11, and 12.**



**This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.**

Read the following statements and tick the box beside each correct answer.  
Tick [✓] only **one** box for each statement.

**1 (a)** Which **one** of the following vitamins is fat-soluble?

- |                      |                          |     |
|----------------------|--------------------------|-----|
| <b>A</b> vitamin C   | <input type="checkbox"/> |     |
| <b>B</b> vitamin B12 | <input type="checkbox"/> |     |
| <b>C</b> vitamin B1  | <input type="checkbox"/> |     |
| <b>D</b> vitamin D   | <input type="checkbox"/> | [1] |

**(b)** Which **one** of the following practices is most likely to cause cross-contamination?

- |  |                          |     |
|--|--------------------------|-----|
| <b>A</b> using ready to eat foods before the use by date               | <input type="checkbox"/> |     |
| <b>B</b> placing ready to eat foods above raw foods in a fridge        | <input type="checkbox"/> |     |
| <b>C</b> using the same knife to cut raw and cooked chicken            | <input type="checkbox"/> |     |
| <b>D</b> storing raw meat on a glass shelf at the bottom of the fridge | <input type="checkbox"/> | [1] |

**(c)** Which **one** of the following foods does not belong to the Fruit and Vegetables section of the Eatwell Guide?

- |                          |                          |     |
|--------------------------|--------------------------|-----|
| <b>A</b> frozen peas     | <input type="checkbox"/> |     |
| <b>B</b> banana          | <input type="checkbox"/> |     |
| <b>C</b> boiled potatoes | <input type="checkbox"/> |     |
| <b>D</b> dried raisins   | <input type="checkbox"/> | [1] |



(d) Which **one** of the following factors is a personal factor affecting food choice?

A cost

☐

B animal welfare

☐

C likes and dislikes

☐

D health condition

☐

[1]

(e) Which **one** of the following foods cannot be eaten by an individual who is lactose intolerant?

A cheddar cheese

☐

B white bread

☐

C bacon

☐

D chickpeas

☐

[1]

(f) Which **one** of the following nutrients should be limited in the diet to reduce the risk of high blood pressure?

A calcium

☐

B fibre

☐

C sodium

☐

D vitamin A

☐

[1]

[Turn over



2 Draw lines between the two columns below to connect each food additive to its function.

Sweeteners

Replace flavour lost during processing

Antioxidants

Acts as a sugar replacement to sweeten food

Stabiliser

Prevents or slows down the oxidation process

Flavourings

Helps to preserve the structure of food

[4]



3 (a) (i) Identify **two** food sources of folate in the diet.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(ii) Explain the importance of folate during pregnancy.

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[2]

(b) (i) Explain **one** function of vitamin A in the diet.

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[2]

(ii) Discuss why a pregnant woman should limit the amount of vitamin A in her diet.

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[3]

[Turn over]



- 4 (a) Circle **three** foods which are high in saturated fat from the list below.

whole milk

couscous

butter

salami

haddock

green beans

[3]

- (b) The Eatwell Guide advises that we should eat fatty and sugary foods “less often and in smaller amounts”.

Discuss ways to reduce the amount of sugar consumed in the diet.

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[3]



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[6]

**[Turn over**

5 (a) Identify the amount of energy provided by each of the following nutrients:

1 g protein provides \_\_\_\_\_ kcal

1 g fat provides \_\_\_\_\_ kcal

1 g carbohydrate provides \_\_\_\_\_ kcal [3]

(b) Outline what is meant by the term energy balance.

\_\_\_\_\_  
\_\_\_\_\_ [2]

(c) Explain **two** reasons why the body needs energy.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]





(d) Explain the link between diet and rising obesity rates.

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[4]

(e) Discuss why older adults have reduced energy needs.

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[4]

[Turn over



6 (a) Identify **two** foods that are reared.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(b) Explain what the following labelling scheme tells consumers about foods that are reared.



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[2]



- (c) Explain how to maximise food safety and hygiene when storing and preparing meat.

Storing

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[2]

Preparing

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[2]

- (d) Meat is a good source of protein. Discuss the function of protein in the diet.

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[4]

[Turn over



**(e)** Analyse a range of strategies to reduce food waste in the home.

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[6]

[6]





**8 (a)** Describe a farm shop.

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[2]

**(b)** Identify **two** methods of payment that could be used at a farm shop.

1. \_\_\_\_\_ [1]

2. [1]

**(c)** Evaluate farm shops as a shopping option for a family with children.

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[6]

9 (a) Identify **two** barriers to being an effective consumer.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(b) Discuss why an adult with a physical disability may find being an effective consumer more challenging.

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[4]



**The quality of your written communication will be assessed in this question.**

**10** Suggest and justify dietary and lifestyle advice to reduce the risk of osteoporosis.

[illegible]



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[9]

**The quality of your written communication will be assessed in this question.**

**11** Analyse the benefits of eating breakfast for an adolescent.

[illegible]

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[9]

**The quality of your written communication will be assessed in this question.**

- 12** Discuss how an individual living alone can save money when buying, storing and preparing food.

[illegible]



Handwriting practice lines consisting of horizontal lines across the page.



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| For Examiner's use only |       |
|-------------------------|-------|
| Question Number         | Marks |
| 1                       |       |
| 2                       |       |
| 3                       |       |
| 4                       |       |
| 5                       |       |
| 6                       |       |
| 7                       |       |
| 8                       |       |
| 9                       |       |
| 10                      |       |
| 11                      |       |
| 12                      |       |

|             |  |
|-------------|--|
| Total Marks |  |
|-------------|--|

Examiner Number

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