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General Certificate of Secondary Education 2023

## 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		nultiple choice section. You are advised to spend no more tha ction.	ท 5 minเ	ıtes
		ollowing statements and tick the box beside each correct answer. ly <b>one</b> box for each statement.		
1 (a	) Wł	nich <b>one</b> of the following vitamins is fat-soluble?		
	A	vitamin C		
	В	vitamin B12		
	С	vitamin B1		
	D	vitamin D		[1]
(b	•	nich <b>one</b> of the following practices is most likely to cause oss-contamination?		
	A	using ready to eat foods before the use by date		
	В	placing ready to eat foods above raw foods in a fridge		
	С	using the same knife to cut raw and cooked chicken		
	D	storing raw meat on a glass shelf at the bottom of the fridge		[1]
(c		nich <b>one</b> of the following foods does not belong to the Fruit and Vection of the Eatwell Guide?	getables	;
	Α	frozen peas		
	В	banana		
	С	boiled potatoes		
	D	dried raisins		[1]
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	(d)	Wh	ich <b>one</b> of the following factors is a personal factor affecting food	choice?	
		Α	cost		
		В	animal welfare		
		С	likes and dislikes		
		D	health condition		[1]
	(e)		ich <b>one</b> of the following foods cannot be eaten by an individual whose intolerant?	no is	
		Α	cheddar cheese		
		В	white bread		
		С	bacon		
		D	chickpeas		[1]
	(f)		ich <b>one</b> of the following nutrients should be limited in the diet to read of high blood pressure?	educe the	Э
		Α	calcium		
		В	fibre		
		С	sodium		
		D	vitamin A		[1]
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**2** Draw lines between the two columns below to connect each food additive to its function.

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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 <b>two</b> food sources of folate in the diet.	
			1	_ [1]
			2	_ [1]
		(ii)	Explain the importance of folate during pregnancy.	
				<del></del>
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				<del></del>
				_ [2]
	(b)	(i)	Explain <b>one</b> function of vitamin A in the diet.	
				[2]
		(ii)	Discuss why a pregnant woman should limit the amount of vitamin A in her diet.	
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				<del></del>
				[3]
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4	(a)	Circle three foods whic	h are high in saturate	ed fat from the list below.	
		whole milk	couscous	butter	
		salami	haddock	green beans	[3]
	(b)	The Eatwell Guide advis		at fatty and sugary foods "	less often
		Discuss ways to reduce	the amount of sugar	consumed in the diet.	
					<del> </del>
					[3]

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(c)	Discuss the dietary and lifestyle factors that contribute to the development of dental caries.	
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 5	(a)	Identify the amount of energy provided by each of the following nutrients:	
	, ,	1g protein provides kcal	
		1g fat provides kcal	
		1g carbohydrate provides kcal	[3]
	(b)	Outline what is meant by the term energy balance.	
			[2]
	(c)	Explain <b>two</b> reasons why the body needs energy.	
		1	
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		2	
			[2]
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	(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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6	(a)	Identify <b>two</b> foods that are reared.	
		1	[1
		2	[1
	(b)	Explain what the following labelling scheme tells consumers about foods that are reared.	
		SSOCIAL STATES	
		© soilassociation.org	
			[2

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



(e)	Analyse a range of strategies to reduce food waste in the home.
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(a)	Identify <b>two</b> types of advertising.	
	1	[1]
	2	[1]
(b)	Assess how food advertisements can influence consumer food choice.	
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(a)	Describe a farm shop.	
(b)	Identify <b>two</b> methods of payment that could be used at a farm shop.	
	1	
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(c)	Evaluate farm shops as a shopping option for a family with children.	
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9 (	a) Identify two barriers to being an effective consumer.	
	1	[1
	2	[1
(1	<b>b)</b> Discuss why an adult with a physical disability may find being an effective consumer more challenging.	
		[4
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Suggest and just	illy dietary and life	estyle advice to	reduce the risk of o	steoporosis
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Discuss how an	individual living alone	e can save money v	vhen buying, storing a
preparing food.			

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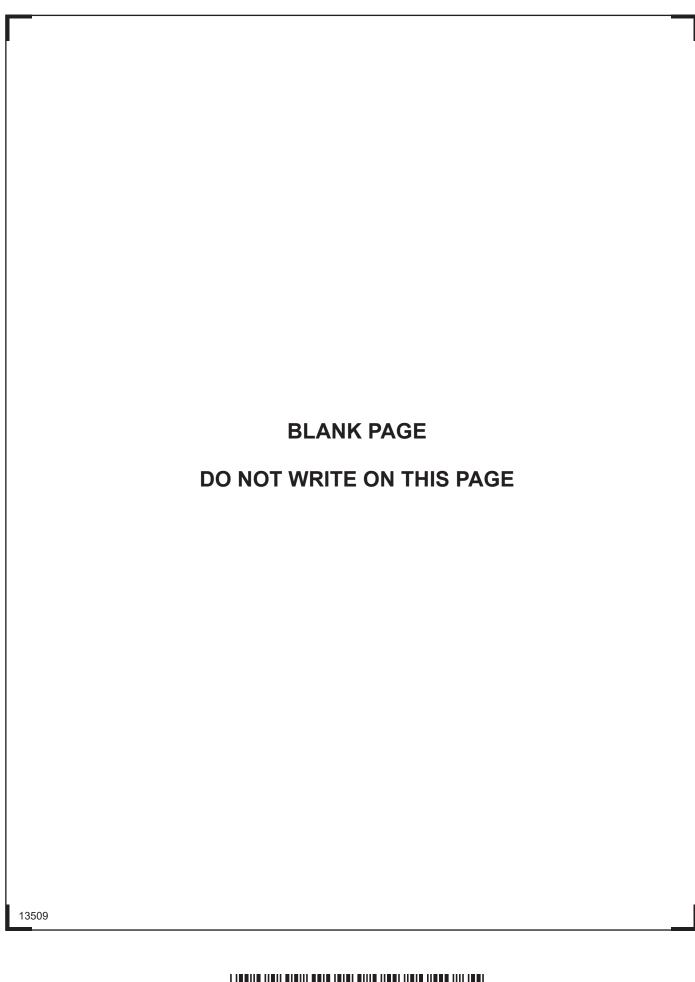
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