

Oxford Cambridge and RSA Examinations
General Certificate of Secondary Education

HOME ECONOMICS (FOOD AND NUTRITION)
PAPER 2
HIGHER TIER

1973/2

Specimen Paper 2003

Additional materials: None
 Candidates answer on the question paper.

TIME 2 hours

Candidate Name	Centre Number	Candidate Number										
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; height: 20px;"></td> </tr> </table>						<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; height: 20px;"></td> </tr> </table>					

INSTRUCTIONS TO CANDIDATES

- Write your name in the space above.
- Write your Centre number and Candidate number in the boxes above.
- *Answer all the questions.*
- Write your answers, in blue or black ink, in the spaces provided on the question paper.
- Read each question carefully and make sure you know what you have to do before starting your answer.

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 100.
- *You will be awarded marks for the quality of written communication where an answer requires a piece of extended writing.*

Question number	For examiner's use only
1	
2	
3	
4	
5	
6	
TOTAL	

[Turn over

This specimen question paper consists of 14 printed pages

SECTION A

Answer **all** questions.

1 The range of food and drink products developed for young children is increasing.

(a) Explain why these products appeal to the young consumer.

[4]

(b) Suggest **two** places to advertise food and drink products for children, giving reasons for your choice.

[4]

(c) How is the consumer protected from misleading advertising?

[2]

(d) Explain the marketing methods that supermarkets use to sell food products in their stores.

[5]

Total [15]

- 2 (a) There is an increase in the number of children and teenagers who choose to follow a vegetarian diet.

Give **three** reasons for this trend.

[6]

- (b) Identify the dietary requirements of a teenager and explain the problems they may have in providing themselves with a balanced diet.

[6]

SECTION B

Answer **all** questions.

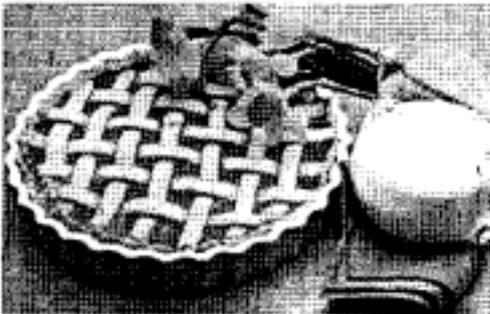
4 You have been asked to make a Lattice Apple Pie using this recipe and method.

LATTICE APPLE PIE

RECIPE	
200 g plain flour	} Pastry
50 g lard	
50 g margarine	
90 ml cold water	
pinch of salt	
500 g cooking apples	} Filling
75 g sugar	

METHOD

1. Pre-heat oven, Reg 6, 200 °C.
2. Make pastry, divide dough in half.
3. Roll, and lie the pie dish with half of the pastry, leave to relax in a cool place.
4. Peel and core apples, slice and cook gently in a pan with 150 ml water for 5 minutes until slightly softened.
5. Place apples into prepared pie dish.
6. Roll out remaining pastry. Cut into strips and decorate the top of the pie in a lattice pattern. Decorate the edges.
7. Bake for 30-40 minutes until golden brown.



(a) Read the recipe and method carefully to help you to answer this question.

Which type of pastry is likely to be made from these ingredients?

[1]

Explain the function of the **five** pastry ingredients in a successful pastry.

[5]

(b) Look at method point 3. Why was the pastry base left to relax in a cool place whilst the apples were prepared?

[2]

(c) If the apples had not been cooked straight away they would have changed colour and browned. Name and explain this change and describe how it can be prevented if such a delay occurs.

Change _____

Prevented by _____

1 _____

2 _____

[4]

(d) The pie is placed in a pre-heated oven. Why is this essential to the success of the pie?

[3]

Total [15]

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MARK SCHEME

Specimen Paper 2003

[Turn over

This specimen mark scheme consists of 12 printed pages

PAPER 1 – SECTION A
HIGHER TIER

Question	Expected Answer	Mark	Total
1	<p>(a) Any four points explained small size to be handled by child attractive packaging appealing flavours role model identity e.g. Mr Men yoghurts reduced versions of grown up food any other valid response</p>	4x1	4
	<p>(b) Two from: television children’s comics/magazines sides of buses billboards/hoardings sponsorship material for children activities e.g. swimming Explanation for choice of place Must be related to chosen site and be a valid reason</p>	2x1 2x1	4
	<p>(c) Any two points from: Complaints can be referred to Trading Standards department Complaints can be referred to Advertising Standards Authority (ASA) ASA is an independent body which regulates the advertising industry ASA code of practice says an advert must be <i>‘legal, decent, honest and truthful’</i></p>	2x1	2
	<p>(d) High Level response 5 marks Can identify and explain at least three ways that marketing strategies are used to sell food. Explanation is supported by examples or facts.</p> <p>Mid level response 3-4 marks Can name at least two ways with some description/examples of how food is marketed to encourage sales</p> <p>Low level response 0-2 marks Can list two or three ways that supermarkets market food products, no explanation or supporting examples given.</p> <p>Answer may include: Loyalty cards Special offers/ two for one/ money back etc Loss leader – selling price less than cost price to encourage customers to buy more food Shelf positioning at eye level Display tactics to catch the eye/seasonal displays Special facilities in supermarket such as crèche or coffee shop Promotions on reverse of sales receipt Any other valid marketing strategy used in supermarkets</p>		5
Total 15			

Question	Expected Answer	Mark	Total
<p>2 (b) (continued)</p> <p>(c)</p>	<p>Problems arising from vegetarian diet: Protein provision from complementary protein can be complex involving mixing grains and pulses Iron intake more difficult to source Can experience a lack of variety and choice Particular problem with vitamin B12 Greater volume of food needs to be eaten to obtain same amount of certain nutrients e.g. iron sources Too high intake of protein foods from dairy sources can lead to high cholesterol levels Specialist vegetarian products are more expensive</p> <p>High level response 7-8 marks The candidate can identify the main factors which influence their choice of food, factors are well explained and supported by examples/facts. The explanation is logical and well thought out using subject specific terminology.</p> <p>Mid level response 4-6 marks The candidate can identify some factors which influence their choice of food, some factors are explained but not always supported by examples or facts.</p> <p>Low level response 0-3 marks The candidate can state some factors with little supporting examples or facts, limited explanation.</p> <p>Information may include: Money available for food purchase Lifestyle led by individual/ at school/work Personal preference and taste Cultural background/parental influence/ peer groups Time available for food preparation Equipment available to cook food Patterns of eating within family/household Perception of food Other valid points made.</p>		<p>6</p> <p>8</p>
			Total 20

Question	Expected Answer	Mark	Total
3	<p>Criteria Marking</p> <p>A high level of response 12-15 The candidate can demonstrate an understanding of both energy provision and dietary imbalance and recognise how both affects the maintenance of the energy balance in the body. The explanation is developed logically and supported by relevant and appropriate information. A wide range of specialist terms are used with precision. The candidate can demonstrate the accurate use of spelling, punctuation and grammar.</p> <p>Subject specific material which may be covered by the candidate: Energy from carbohydrate, fat, protein Awareness of the healthiest sources Related problems RDA Need for healthy snacks and drinks Impact of peers and school meals Understanding of energy balance How to achieve this balance Related problems Underweight interrelated problems</p> <p>Mid-range response 6-11 The candidate can demonstrate understanding of both energy provision and dietary imbalance but will not link these issues to the maintenance of the energy balance in the body. Some basic information may be offered to support the answer but in general terms with little detail. There may be occasional errors in spelling, punctuation and grammar. The candidate can use a good range of specialist terms with facility.</p> <p>Subject specific material which may be covered by the candidate: Energy from a variety of sources Health sources of energy Related problems Awareness of the need for balance How balance may be achieved Problems of overweight</p> <p>Low-level response 0-5 The candidate can make basic comments about energy provision and/dietary imbalance without detail or supporting evidence. The comments will be simply expressed; there will be errors in spelling, punctuation and grammar which may be intrusive. The candidate can use a limited range of specialist terms.</p>		

3 (continued)	Subject specific material which may be covered by the candidate: Energy from fat Energy from carbohydrate Vague awareness of problems Leading to overweight		15
			Total 15

PAPER 2 – SECTION B

HIGHER TIER

Question	Expected Answer	Mark	Total
4 (a)	<p>shortcrust</p> <p>Plain flour avoids excess gluten development, absorbs fat crisp, light, not rise and spongy, able to stretch, provides structure</p> <p>Lard short pastry, light, crumbly, easy to handle, thin film around flour particles</p> <p>Margarine add some flavour, colour, thin film around flour particles (accept once only)</p> <p>Water works with gluten to enable dough to stretch, cold to prevent stickiness, binds together, raising agent</p> <p>Salt works with gluten, adds flavour</p> <p>Look for 5 different correct facts, to gain maximum marks all 5 ingredients must have been considered.</p>	1	1
(b)	Prevent shrinkage once trimmed, gives lighter pastry	5x1	5
(c)	<p>Change Enzymic browning = (1) -- air reacting with surface of fruit, oxidation, loss of vitamin C</p> <p>Prevented by use of acid -- citric, lemon juice, acetic, placed in cold water, placed in boiling water, wrap in cling film</p>	2x1	2
(d)	<p>Three from: pastry crisp, no oozing out of fat, cooks straightaway, pastry not overcooked or heavy, golden brown, crisp top, not greasy, water vapour heated quickly encourages light pastry which separates into layers will be cooked in the time stated</p>	2x1	4
		3x1	3
			Total 15

Question	Expected Answer	Mark	Total
<p>5 (a)</p> <p>(b)</p>	<p>Four from:</p> <p>reduce fat, especially saturated, sugar, especially non-milk extrinsic (NME), salt/sodium intake, alcohol, smoking,</p> <p>increase fibre intake, increase starch, increase exercise lower estimates for energy requirements Estimates energy and nutrient needs DRVs, RNIs, EARs Needs of groups -- elderly and infants Effect of diet on heart disease/cancer</p> <p>Must have correctly identified recommendation in (a) to gain mark here.</p> <p>To gain full marks one recommendation should have been covered fully.</p> <p>Look for a clear understanding of why it should be done to award full marks.</p> <p>3-5 marks – recommendation clearly known supported by factual data</p> <p>1-2 marks – limited response with little factual accuracy</p> <p>For example:</p> <p>Fat - link with heart disease, HBP, obesity, less saturated fats / cholesterol etc. Sugar - dental decay, obesity, overweight. Link with heart disease, diabetes etc. Fibre - constipation, diverticulitis, digestive disorders, link with bowel cancer etc.</p>	<p>4x1</p> <p>5</p>	<p>4</p> <p>5</p>

Question	Expected Answer	Mark	Total
5 (c)	<p>Any six points made</p> <ul style="list-style-type: none"> • DRV = Dietary Reference Value • DRVs act as guidelines for groups, not individuals • awareness of concept of DRV • DRV for a group given as example • awareness that DRVs provide estimate of nutritional requirement of • a group and therefore can be seen as guidelines for family meals • with any specific individual requirement needing a simple • modification • practical application statements can be credited if they make • reference to a DRV or RNI / EAR for example a comment of the • energy level of family meals to meet the estimated average • requirement for energy • reference to the importance of a variety of food for family meals to include all the RNI required nutrients • importance of energy balance to maintain appropriate healthy weight by reference to EARs 	6x1	6
Total 15			

Question	Expected Answer	Mark	Total
6	<p>Criteria Marking</p> <p>A high response 14-20 Both aspects of the question will have been considered in depth. Information will be specific with sound recall and application of knowledge. Clear reasons for the increase in the number of cases will be given with specific information to support points made. Actions suggested will be appropriate and related to specific hazards e.g. cross contamination. Practical experience may have been drawn upon. Information will be detailed and specific.</p> <p>A mid range response 7-13 Both aspects considered but responses may be more superficial and lacking in depth. Information is reasonably well organised but may be repetitive. Evidence of understanding reasons for the increase and some knowledge of actions that can be taken. Less factual data given to support points made.</p> <p>A low response 0-6 Both aspects may not have been covered. Obvious facts will be given and tend toward generalities, i.e. more likely to refer to germs. Information may be muddled and confused and not used to support points made.</p> <p>Subject specific material which may be covered by the candidate</p> <p>Reasons for the trend Increase in the amount of prepared food products consumed in the home which could be more likely to cause food poisoning Temperature changes when carrying cook/chill foods home from shops. Incorrect storage of food products Increase in the amount of takeaway foods purchased for home consumption, these may not be properly reheated Lack of competence in using microwave to cook/reheat foods. Reliance on 'use by' dates on products to guarantee safety of foods Any other valid reason</p> <p>Actions that can be taken Any correct information about actions that can be taken in the home to reduce the risks. Candidates may refer to specific food poisoning bacteria and relate to specific food products e.g. salmonella and chicken</p> <p>Bacteria single celled, air, soil, body, most killed by heat especially listeria, campylobacter, salmonella</p>		

Question	Expected Answer	Mark	Total
<p>6 (continued)</p>	<p>Taking action to prevent the growth by controlling the conditions under which they thrive, such as removal of moisture, lowering of temperature. Practical actions should include reference to methods of transference of bacteria, air, water, soil etc.</p> <p>Other relevant issues include time delay in getting fresh and prepared foods home from shops, cool, dry place, clean conditions, appropriate to type of food, cross contamination, refrigerator correct temperature, not over stocked, rotation of food, adherence to sell by dates etc.</p>		<p>20</p>
Total			20

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