

GENERAL CERTIFICATE OF SECONDARY EDUCATION
HOME ECONOMICS (FOOD AND NUTRITION)
 Paper 1 (Foundation Tier)

1973/01

Candidates answer on the Question Paper

OCR Supplied Materials:
None

Other Materials Required:
None

Tuesday 18 May 2010
Morning

Duration: 1 hour 30 minutes



Candidate Forename		Candidate Surname	
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Centre Number						Candidate Number				
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INSTRUCTIONS TO CANDIDATES

- Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes above.
- Use black ink. Pencil may be used for graphs and diagrams only.
- Read each question carefully and make sure that you know what you have to do before starting your answer.
- Answer **all** the questions.
- Do **not** write in the bar codes.
- Write your answer to each question in the space provided, however additional paper may be used if necessary.

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.
- This document consists of **16** pages. Any blank pages are indicated.

Examiner's Use Only:			
1			
2			
3			
4			
5			
6			
Total			

Section A

Answer **all** questions.

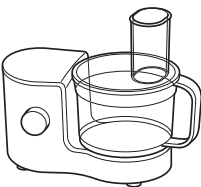
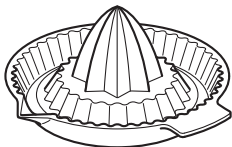
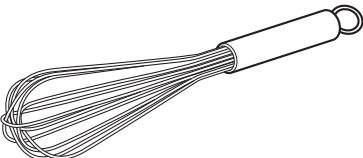

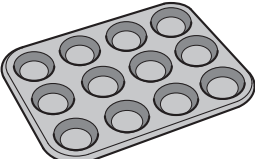
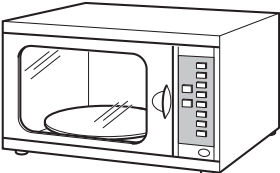
- 1 Different tools and equipment can be used to prepare and cook foods.

In the table below:

(a) identify each piece of equipment.

(b) describe **one** task it can perform.

The first one has been done for you.

Tool/Equipment	(a) Name	(b) Task that it can perform
	Food processor	Rubbing fat into flour
		
		
		
		
		

[10]

When food is cooked several changes take place.

(c) (i) Give **two** reasons why food is cooked.

Reason 1

.....

Reason 2

..... [2]

(ii) Look at the table below.

State **one** change that takes place when the foods are cooked.

The first one has been done for you.

Food	A change that takes place when cooked
Cheese on toast	<i>Cheese melts</i>
Boiling an egg	
Baking a cake	
Making a sauce	

[3]

[Total: 15]

2 There are many types of fish available for us to eat.

(a) The different types can be divided into three groups.

In the table below:

- name the group of fish.
- give two examples for each group.

The first one has been completed for you.

Group of fish	Example 1	Example 2
Oily	Herring	Salmon

[6]

(b) Give **two** nutrients found in oily fish.

1. [1]

2. [1]

(c) Give **three** methods of cooking fish.

1. [1]

2. [1]

3. [1]

(d) Supermarkets can use different ways to promote the sale of fish.

How could a supermarket encourage shoppers to buy more fish?

.....

.....

.....

.....

.....

.....

.....

.....

..... [4]

[Total: 15]

3 Look at the table below.

The nutritional value of 100g of meat and meat alternatives				
Per 100g	Skinless Chicken	Minced Beef	Tofu	Quorn
Carbohydrates (g)	0	0	0.7	1.9
Dietary Fibre (g)	0	0	0	4.8
Energy (kcal)	108	229	73	92
Fat (g)	2.1	15.2	4.2	3.2
Protein (g)	22.3	23.1	8.1	14.1

(a) Name the food with the lowest fat content.

..... [1]

(b) 100g of Tofu contains 0.7g of which nutrient?

..... [1]

(c) Which food contains the most protein?

..... [1]

(d) Give **two** reasons why protein is needed by the body.

Reason 1

.....

Reason 2

..... [2]

(e) Meat and meat alternatives are examples of protein foods with a High Biological Value (HBV). Name **two** other protein foods with a High Biological Value.

Example 1

Example 2 [2]

(f) Give **two** examples of protein foods with a Low Biological Value (LBV).

Example 1

Example 2 [2]

(g) What is Tofu made from?

.....
 [1]

(h) What is Quorn made from?

.....
 [1]

(i) Many people are vegetarian.

Give **four** reasons why people may be vegetarian.

Reason 1

Reason 2

Reason 3

Reason 4
 [4]

(j) Explain what is meant by the term vegan.

.....

 [2]

(k) Suggest vegan alternatives for the following foods:

<i>Original</i>	<i>Alternative</i>	
Cows milk	
Butter	[2]

(l) Name **one** other type of vegetarian.

..... [1]

[Total: 20]

Section B

Answer **all** questions.

4 To maintain good health people are advised to follow the current dietary guidelines.

(a) Give **four** current dietary guidelines which should be followed to maintain good health.

.....

.....

.....

.....

.....

.....

.....

..... **[4]**

(b) What is meant by the term 'balanced diet'?

.....

.....

.....

..... **[2]**

(c) Look at the menu below.

Menu
Tuna and sweetcorn baked jacket potato Green salad Fresh fruit Water

Give **five** reasons why this menu follows current dietary guidelines.

Reason 1

.....

.....

Reason 2

.....

.....

Reason 3

.....

.....

Reason 4

.....

.....

Reason 5

.....

..... [5]

- (d) Nutritional guidelines are one point to consider when planning meals for a family.

Give **five** other points to consider when planning family meals.

Point 1

.....

.....

Point 2

.....

.....

Point 3

.....

.....

Point 4

.....

.....

Point 5

.....

..... [5]

- (e) Give **four** ways schools encourage pupils to follow current dietary guidelines.

.....

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.....

.....

..... [4]

[Total: 20]

- 5 Throughout life people's energy needs differ.

Estimated Average Requirements (EAR) for Energy		
Age	Male (kJ)	Female (kJ)
11-14 years	9,270	7,720
15-18 years	11,510	8,830
19-50 years	10,600	8,110
51-59 years	10,600	8,000
60+ years	8,770	7,610

Using the table above.

- (a) (i) What are the estimated average requirements (EAR) for energy of males and females aged 15-18 years?

Male kJ [1]

Female kJ [1]

- (ii) Give **two** reasons why males have different energy needs to females.

Reason 1 [1]

Reason 2 [1]

- (iii) Give **one** reason why people aged 60+ years need less energy than 15-18 year olds.

..... [1]

- (b) What happens to the body if we eat more food than we need?

..... [1]

- (c) State the meaning of the term 'Basal Metabolic Rate' (BMR).

..... [2]

(d) Name **two** nutrients that give the body energy.

.....
..... [2]

(e) Give **three** reasons why the body needs energy.

Reason 1
.....
.....

Reason 2
.....
.....

Reason 3
.....
..... [3]

(f) Name **two** groups of people who need to increase their energy intake above the EAR.

Group 1 [1]

Group 2 [1]

[Total: 15]

- Fresh fruit and vegetables
- Raw meat
- A cook/chill ready meal

Explain how to store these foods correctly at home.

[illegible]

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.

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You may use these lined pages as additional answer paper.

Lined area for additional answer paper.

[illegible]

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