

<b>Candidate Forename</b>						<b>Candidate Surname</b>					
<b>Centre Number</b>						<b>Candidate Number</b>					

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS  
GENERAL CERTIFICATE OF SECONDARY EDUCATION**

**1973/02**

**HOME ECONOMICS  
(FOOD AND NUTRITION)**

**Paper 2 (Higher Tier)**

**TUESDAY 18 MAY 2010: Morning  
DURATION: 2 hours**

**SUITABLE FOR VISUALLY IMPAIRED CANDIDATES**

**Candidates answer on the Question Paper**

**OCR SUPPLIED MATERIALS:**

**None**

**OTHER MATERIALS REQUIRED:**

**None**

**READ INSTRUCTIONS OVERLEAF**

## **INSTRUCTIONS TO CANDIDATES**

- **Write your name clearly in capital letters, your Centre Number and Candidate Number in the boxes on the first page.**
- **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.**
- **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.**

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## **SECTION A**

**Answer ALL questions.**

**1 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.**

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**[4]**

**(b) What is meant by the term ‘balanced diet’?**

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**[2]**

(c) Look at the menu below.

<b><u>MENU</u></b>
<b>Tuna and sweetcorn baked jacket potato</b> <b>Green salad</b> <b>Fresh fruit</b> <b>Water</b>

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** \_\_\_\_\_

\_\_\_\_\_

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**Point 4** \_\_\_\_\_

\_\_\_\_\_

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**Point 5** \_\_\_\_\_

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\_\_\_\_\_ **[5]**



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

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**[4]**

**[Total: 20]**

## 2 Throughout life people's energy needs differ.

<b><u>ESTIMATED AVERAGE REQUIREMENTS (EAR) FOR ENERGY</u></b>		
<b><u>AGE</u></b>	<b><u>MALE (kJ)</u></b>	<b><u>FEMALE (kJ)</u></b>
<b>11-14 years</b>	<b>9,270</b>	<b>7,720</b>
<b>15-18 years</b>	<b>11,510</b>	<b>8,830</b>
<b>19-50 years</b>	<b>10,600</b>	<b>8,110</b>
<b>51-59 years</b>	<b>10,600</b>	<b>8,000</b>
<b>60+ years</b>	<b>8,770</b>	<b>7,610</b>

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]**

**3 A shopping basket contains the following foods:**

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

**Describe the points to consider when buying these foods.**

**Explain how to store these foods correctly at home.**

[illegible]

[illegible]



## **SECTION B**

**Answer ALL questions.**

**4 Eggs are an important component in cooking.**

**(a) Name FOUR main nutrients found in eggs.**

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[4]

**(b) Suggest ONE reason why the sale of free range eggs is increasing.**

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[1]



**(c) Describe TWO methods of testing eggs for freshness.**

**Method 1**

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**[2]**

**Method 2**

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**[2]**

**(d) When eggs are used in the preparation and cooking of food, the following can take place**

### (i) Coagulation

## (ii) Emulsification

**Explain, with examples of dishes, how these processes occur.**

[illegible]



- 5 The following information is taken from the label on a breakfast food.

Ingredients
Wheat flour, dextrose, hydrogenated vegetable oil, glucose syrup, whole wheat flour, whey powder, honey, molasses, fat reduced cocoa powder, milk chocolate, flavourings, raising agent (sodium hydrogen carbonate, diphosphates), salt, starch, lactose, modified starch, emulsifier (soy lecithin), dried egg white, titanium dioxide, beef gelatin, stabiliser (xanthan gum)
Store in a cool dry place

(a) Using the information above answer the following questions.

- (i) Identify THREE sugars found in this breakfast food.

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[3]

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**[2]**

[illegible]

[illegible]

**[Total: 15]**

## 6 Micro-organisms can affect the quality of food.

- **Describe how micro-organisms can influence, both positively and negatively, the foods we eat.**
- **Explain, with examples, the principles involved in the preservation of food at home.**

[illegible]

[illegible]



[illegible]

[illegible]

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**[Total: 20]**

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