

Thursday 16 May 2013 – Morning

GCSE HOME ECONOMICS
Food and Nutrition

B003/01 Principles of Food and Nutrition

Candidates answer on the Question Paper.

OCR supplied materials:
None

Other materials required:
None

Duration: 1 hour 30 minutes
MODIFIED LANGUAGE



Candidate forename		Candidate surname	
Centre number		Candidate number	

INSTRUCTIONS TO CANDIDATES

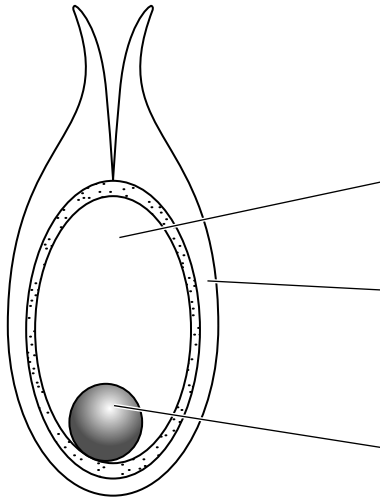
- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

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 **80**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **16** pages. Any blank pages are indicated.

- 1 Cereals are an important part of a balanced diet.

The following diagram shows a wheat grain.



- (a) Label the following parts of the wheat grain using the words given below:

Endosperm	Bran	Germ
-----------	------	------

[3]

- (b) Identify **two** other types of cereal grain.

1

2

[2]

- (c) State **three** nutrients found in cereals.

1

2

3

[3]

(d) A survey was carried out to see which type of bread people usually buy.

Look at the following table.

Type of bread	Number of people	Percentage (%) of people
White	135	60
Wholemeal	45	20
Seeded	34	15
Flat/unleavened	11	5

(i) State which type of bread is the most popular.

..... [1]

(ii) How many people buy seeded bread?

..... [1]

(iii) Give the percentage (%) of people who buy wholemeal bread.

..... [1]

(iv) State which type of bread is the least popular.

..... [1]

(e) State **one** nutrient added to white flour that is required by law.

..... [1]

Some people make bread at home.

(f) Give **two** reasons why people choose to make bread at home.

1

.....

2

.....

[2]

[Total:15]

2 Everyone requires nutrients in different amounts.

(a) Design a packed lunch for a 10 year old child that meets current dietary guidelines.

Give reasons for your choices.

[6]

(b) The lack of a certain nutrient can lead to a deficiency disease.

Complete the following table.

The first one has been done for you.

Lack of nutrient	Deficiency disease
Calcium	Osteoporosis
Iron	
Vitamin C	
Iodine	

[3]

(c) Some people choose to follow a vegetarian or vegan diet.

(i) Give **four** reasons why people choose a vegetarian diet.

- 1
-
- 2
-
- 3
-
- 4
-
- [4]

(ii) Give the meaning of the term 'vegan'.

-
-
- [2]

[Total: 15]

3 (a) State the **three** methods of heat transfer.

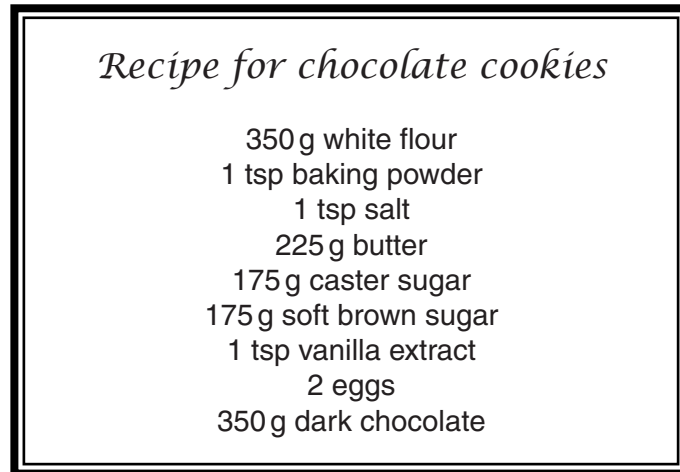
1

2

3

[3]

(b) Look at the following recipe below.



State **two** ways you could increase the fibre content in the recipe for chocolate cookies.

1

2

[2]

The cookies in the recipe contain salt.

(c) Give **two** reasons why it is recommended to reduce salt intake.

1

2

[2]

(d) Give **three** changes that occur when biscuits are cooked.

1

2

3

[3]

- (e) Air can be used as a raising agent in mixtures.

Give **three** ways air could be incorporated into mixtures.

- 1
- 2
- 3 [3]

- (f) State **two** functions of preservatives in food products.

- 1
- 2 [2]

[Total: 15]

4* There has been an increase in cases of food poisoning in recent years.

- Describe the main causes of food poisoning.
- Explain how you could reduce the risk of food poisoning when preparing, cooking and storing foods in the home. **[15]**

[illegible]

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Turn over

5 Food labels provide important information.

(a) Describe **three** functions of food labelling for the consumer.

- 1
-
-
-
-
- 2
-
-
-
-
- 3
-
-
-

[6]

(b) State **three** advertising methods used to attract children to a food product.

- 1
- 2
- 3

[3]

(c) State the meaning of the following symbols.

(i)



..... [1]

(ii)



..... [1]

(iii)



..... [1]

Some people are intolerant to lactose.

(d) Identify **two** alternatives to cow's milk.

1

2

[2]

Cancer is a major health issue.

(e) Give **two** ways of helping to reduce the risk of developing cancer.

1

.....

2

.....

[2]

(f) Explain **two** healthy eating guidelines.

1

.....

.....

.....

2

.....

.....

.....

[4]

[Total: 20]

END OF QUESTION PAPER

This image shows a blank sheet of white paper designed for handwriting practice. It features a solid black vertical line on the left side, creating a narrow margin. The rest of the page is filled with evenly spaced, horizontal dashed lines. There are no other markings, text, or illustrations on the page.



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