

Monday 23 January 2012 – Afternoon

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



Candidate forename		Candidate surname	
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Centre number						Candidate number				
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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 pages at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

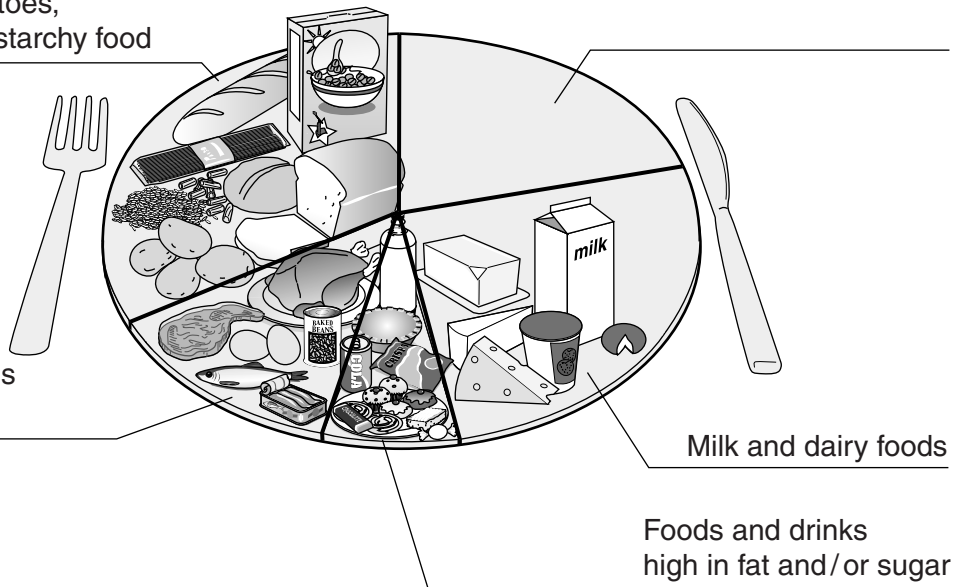
- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **80**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **16** pages. Any blank pages are indicated.

1 A balanced diet is essential for health.

(a) Name the missing label on the “eat well plate” pictured below.

Bread, rice, potatoes,
pasta and other starchy food

Meat, fish, eggs,
beans and other
non-dairy sources
of protein



[1]

(b) Meat is a good source of micronutrients.

Name **two** micronutrients found in meat.

1

2 [2]

(c) One reason for cooking meat is to make it tender.

(i) Give **two** other reasons why meat is cooked.

1

2 [2]

(ii) Explain **two** methods of preparing or cooking meat to make it tender.

1

.....

2

..... [4]

(iii) Describe **two** other changes to meat when cooked.

1
.....
.....
..... [2]

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

(d) What does the following symbol found on meat packaging mean?



..... [1]

(e) State **two** ways fat intake could be reduced when preparing and cooking meat.

1
2 [2]

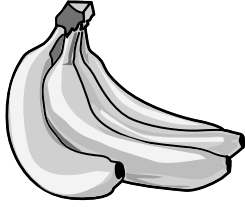
(f) State **four** ways to reduce the risk of food poisoning when preparing and cooking meat in the home.

1
2
3
4 [4]

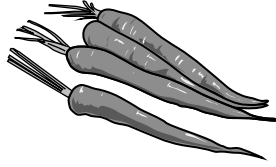
[Total: 20]

2 Vitamins and minerals are needed in the body in small amounts.

Look at the foods below.



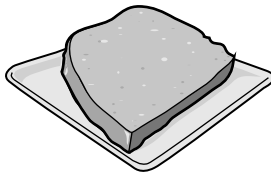
Bananas



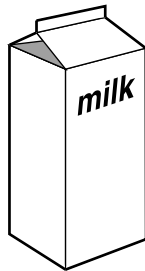
Carrots



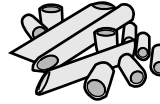
Honey



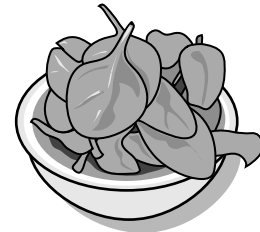
Liver paté



Milk



Pasta



Spinach

(a) (i) Identify **three** foods that contain vitamin A from the picture above.

- 1
- 2
- 3 [3]

(ii) Give **two** reasons why the body needs vitamin A.

- 1
-
- 2
- [2]

(b) Name **one** fat soluble vitamin other than vitamin A.

..... [1]

(c) (i) Give **one** reason why the body needs a regular supply of vitamin C.

..... [1]

(ii) Give **four** ways vegetables could be prepared or cooked to prevent the loss of vitamin C.

- 1
- 2
- 3
- 4 [4]

(d) Calcium is needed for strong bones and teeth.

(i) State the condition caused by a deficiency of calcium.

..... [1]

(ii) Identify **three** foods high in calcium that could be included in a packed lunch.

- 1
- 2
- 3 [3]

[Total: 15]

..... [15]

[Total: 15]

TURN OVER FOR EXTRA WRITING SPACE OR GO TO PAGE 10 FOR QUESTION 4

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.

A series of 25 horizontal dotted lines for writing.

TURN OVER FOR NEXT QUESTION

4 There are many different types of pastry.

(a) Complete the table below with a different product that could be made with each named pastry.

The first one has been completed for you.

Pastry	Product
Suet Crust	Steamed/boiled puddings
Shortcrust	
Filo	
Choux	
Flaky	

[4]

(b) Correct preparation is important for good quality shortcrust pastry.

Give **one** reason for each of the following:

Sieving the flour

.....

Using ½ lard/white vegetable fat

.....

Using ½ margarine/butter

.....

Adding water

..... [4]

(c) Give **one** reason why you blind bake shortcrust pastry.

.....

..... [1]

(d) Give **three** reasons why flaky pastry rises when baked.

1

2

3 [3]

(e) Give **three** qualities of successfully cooked flaky pastry.

1

2.....

3 [3]

[Total: 15]

5 People with diabetes are given specific dietary advice.

(a) Explain **four** pieces of dietary advice that should be given to people with diabetes.

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....

4

.....

.....

..... [8]

(b) State **three** risk factors for developing diabetes.

1

2

3 [3]

(c) People are influenced by a number of issues when they buy food.

Identify **four** different issues that influence people when buying food.

1

2

3

4 [4]

[Total: 15]

15
Additional Page

A page with 28 horizontal dotted lines for writing, arranged in a regular pattern from top to bottom.

