

Monday 14 May 2012 – 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



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.

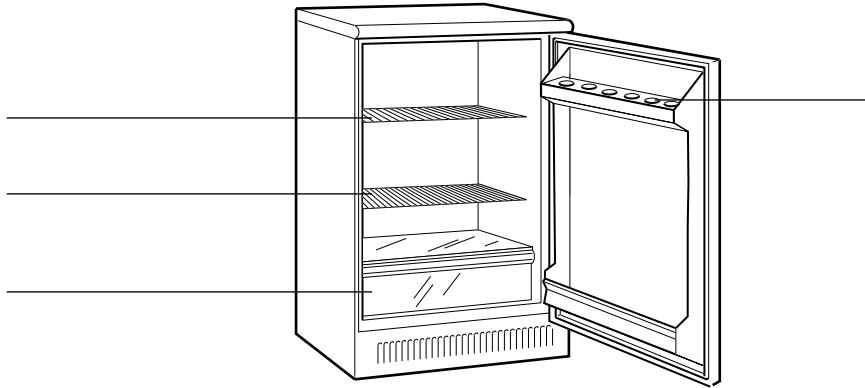
INFORMATION FOR CANDIDATES

- 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 It is important to store food correctly.

(a) Look at the refrigerator below and label where the following foods should be stored:

- Eggs
- Mango
- Raw fish
- Chocolate éclairs



[4]

(b) Fish is an important source of nutrients.

(i) Name **three** examples of oily fish.

- 1
- 2
- 3 [3]

(ii) State **three** nutrients, other than omega-3, found in fish.

- 1
- 2
- 3 [3]

(iii) Give **two** reasons, other than nutrients, why people are recommended to increase their oily fish intake.

- 1
- 2 [2]

(c) (i) Name **one** way fish could be preserved at home.

..... [1]

(ii) State **three** methods of cooking fish.

- 1
- 2
- 3 [3]

(d) Some people have an allergic reaction to shellfish.

Name **two** other foods that could cause an allergic reaction in people.

- 1
- 2 [2]

(e) Give **two** other reasons why people may not eat fish.

- 1
-
- 2
- [2]

[Total: 20]

..... [15]

[Total: 15]

TURN OVER FOR EXTRA WRITING SPACE OR GO TO PAGE 8 FOR QUESTION 3

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

A series of 25 horizontal dotted lines spanning the width of the page, intended for writing an answer.

TURN OVER FOR NEXT QUESTION

3 (a) (i) What is meant by the term “use by date”?

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

(ii) State **two** signs of food spoilage.

1

.....

2

..... [2]

(iii) Give **two** conditions bacteria need to grow.

1

.....

2

..... [2]

(iv) Some foods carry a high risk of causing food poisoning if not stored or cooked correctly.

Name **two** high risk foods.

1

2 [2]

(b) Describe how each of the following preservation methods work to preserve food.

Using high temperature

.....

.....

..... [2]

Drying food

.....

.....

..... [2]

(c) Explain **two** ways to reduce the risk of food poisoning when cooking on a barbeque (BBQ).

1

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.....

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2

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.....

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..... [4]

[Total: 15]

4 Scones are a popular snack that can be made at home.

<p><i>Ingredients for scones</i></p> <p>225 g self raising flour Pinch of salt 55 g butter 25 g caster sugar 150 ml milk</p>
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(a) (i) Explain why the scone recipe is **not** suitable for someone who is lactose intolerant.

.....

.....

.....

..... [2]

(ii) Give **one** way this recipe could be adapted to make the scones suitable for someone who is lactose intolerant.

.....

..... [1]

(b) State **two** ways the above recipe could be adapted to make it higher in fibre.

1

.....

2

..... [2]

(c) Give **two** raising agents that help scones to rise.

1

2 [2]

5 People have different energy requirements.

(a) Give **three** reasons why people have different energy requirements.

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

(b) What is meant by the term “energy dense”?

.....

..... [1]

(c) Look at the nutritional label shown below:

Oaty Biscuits		
	Per 100 g	Per two biscuits (42 g)
Energy	1858 kJ/443 kcal	779 kJ/185 kcal
Protein	8.0 g	3.4 g
Carbohydrate	65.4 g	27.4 g
of which are sugars	25.2 g	10.6 g
Fat	16.5 g	6.9 g
of which are saturates	1.9 g	0.8 g
Fibre	6.0 g	2.5 g
Sodium	0.29 g	0.12 g

- (i) How much energy is found in 100 g of the biscuits?
..... [1]
- (ii) How much protein is found in two biscuits?
..... [1]
- (iii) How much saturated fat is found in 100 g of the biscuits?
..... [1]

(iv) How much carbohydrate is found in two biscuits?

..... [1]

(d) What is meant by the term “basal metabolic rate (BMR)”?

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

(e) Describe **three** effects of an energy imbalance.

- 1.....
.....
.....
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 - 2.....
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.....
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.....
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 - 3.....
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.....
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- [6]

[Total: 15]

