

**Wednesday 23 January 2013 – 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 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 Fruit and vegetables are an important part of a balanced diet.



A small survey was conducted to see where people obtained their fruit and vegetables.

Look at the table below:

Place	Number of people	Percentage (%) of people
Market/farm	10	14
Grow their own	7	10
Supermarket	46	64
Local store	9	12

(a) (i) State how many people buy fruit and vegetables from a local store.

..... [1]

(ii) What percentage (%) of people grow their own fruit and vegetables?

..... [1]

(iii) Identify the most popular place to buy fruit and vegetables.

..... [1]

(b) Explain **three** factors that influence where people choose to obtain their fruit and vegetables.

1 .....

.....

.....

2 .....

.....

.....

3 .....

.....

.....

[6]

(c) Give **four** ways a school canteen could encourage teenagers to eat more fruit and vegetables.

- 1 .....
  - .....
  - 2 .....
  - .....
  - 3 .....
  - .....
  - 4 .....
  - .....
- [4]**

(d) State **two** preservation methods used to preserve vegetables.

- 1 .....
  - 2 .....
- [2]**

(e) Identify **three** signs of spoilage in fruit.

- 1 .....
  - 2 .....
  - 3 .....
- [3]**

Functional foods are becoming more available.

(f) State **two** roles of functional foods for the consumer.

- 1 .....
  - .....
  - 2 .....
  - .....
- [2]**

**[Total: 20]**

2 (a) (i) Give **three** reasons why eating a balanced diet is important.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

(ii) State **three** reasons why someone may **not** eat a balanced diet.

1 .....

.....

2 .....

.....

3 .....

.....

[3]

(b) Identify **two** sources of protein suitable for a vegetarian.

1 .....

2 .....

[2]

(c) (i) State how much fibre adults are recommended to eat on a daily basis.

..... [1]

(ii) Identify **two** foods that are a good source of fibre.

1 .....

2 .....

[2]

(d) Many families have a limited income.

Give **four** ways of saving money when planning and cooking family meals.

1 .....

.....

2 .....

.....

3 .....

.....

4 .....

..... [4]

[Total: 15]

3 Food advertising can influence people's food choices.

(a) State **four** ways a new food could be advertised.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

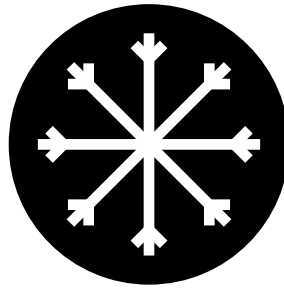
[4]

(b) Explain **four** reasons for the changes in food shopping trends over the last 25 years.

- 1 .....  
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- 2 .....  
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- 3 .....  
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- 4 .....  
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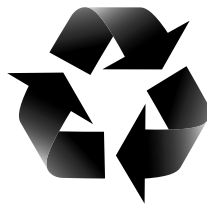
[8]

(c) (i) State what the following symbols mean.



..... [1]

(ii)



..... [1]

(d) Identify **one** right of a consumer when buying a food product of unsatisfactory quality.

..... [1]

[Total: 15]

4\* Diet during pregnancy is important for the mother and the development of the baby.

- Describe why certain foods should be avoided during pregnancy.
- Explain the nutritional needs during pregnancy.

[15]

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EXTRA WRITING SPACE OVER THE PAGE OR GO TO PAGE 11 FOR QUESTION 5

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5 Foods can be eaten raw or cooked.

(a) State **four** reasons for cooking food.

- 1 .....
  - 2 .....
  - 3 .....
  - 4 .....
- [4]**

Eggs are a versatile food.

(b) State **three** ways eggs could be cooked.

- 1 .....
  - 2 .....
  - 3 .....
- [3]**

(c) Explain the use of eggs in the following food products:

(i) Breaded chicken .....

.....

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

(ii) Meringue .....

.....

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

(iii) Mayonnaise .....

.....

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

(iv) A sausage roll .....

.....

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

**[Total: 15]**

**END OF QUESTION PAPER**

**ADDITIONAL ANSWER SPACE**

If additional answer space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

A large area of lined paper for writing answers. It features a vertical margin line on the left side and horizontal dotted lines for writing. The lines are evenly spaced and extend across the width of the page.





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