

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**Monday 20 June 2022 – Afternoon**

**GCSE (9–1) Food Preparation and Nutrition**

**J309/01 Food preparation and nutrition**

**Time allowed: 1 hour 30 minutes  
plus your additional time allowance**

**No extra materials are needed.**

**Please write clearly in black ink.**

**Centre number**

**Candidate number**

**First name(s)** \_\_\_\_\_

**Last name** \_\_\_\_\_

**READ INSTRUCTIONS OVERLEAF**



## **INSTRUCTIONS**

**Use black ink.**

**Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.**

**Answer ALL the questions.**

## **INFORMATION**

**The total mark for this paper is 100.**

**The marks for each question are shown in brackets [ ].**

**Quality of extended response will be assessed in questions marked with an asterisk (\*).**

## **ADVICE**

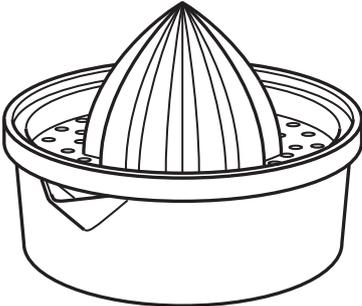
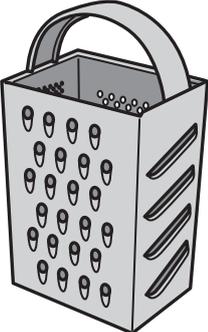
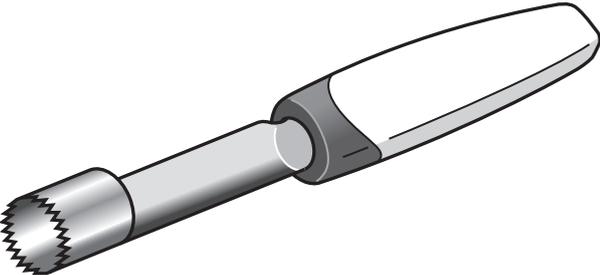
**Read each question carefully before you start your answer.**

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Answer ALL the questions.

1 (a) Different equipment is used when preparing fruit and vegetables.

Complete the table below with the name of each piece of equipment.

Equipment	Name of equipment
	
	
	
	

**(b) State THREE ways fresh fruit can be processed to increase shelf life.**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

**[3]**

**(c) (i) Name ONE hard fruit.**

\_\_\_\_\_ **[1]**

**(ii) Name ONE soft fruit.**

\_\_\_\_\_ **[1]**

**(iii) Name ONE citrus fruit.**

\_\_\_\_\_ **[1]**

**(d) Knife skills are required for vegetable preparation.**

**Describe how to chop an onion.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[4]**



**(b) Explain the term FOOD SECURITY.**

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**[2]**

**(c) (i) State TWO advantages of genetically modified (GM) foods.**

1 

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2 

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**[2]**

**(ii) State ONE DISADVANTAGE of genetically modified (GM) foods.**

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**[1]**

**(d) Describe TWO ways consumers can reduce the carbon footprint of the food they choose to eat.**

1 

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2 

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**[4]**

**3 (a) Anaemia is a health condition that can be diet related.**

**(i) Identify the mineral that would be lacking in the diet to cause this condition.**

\_\_\_\_\_ [1]

**(ii) Identify TWO foods that can help prevent anaemia.**

**1** \_\_\_\_\_

**2** \_\_\_\_\_ [2]

**(iii) Identify ONE group of people who are most at risk of developing anaemia.**

\_\_\_\_\_ [1]

**(iv) State ONE symptom of anaemia.**

\_\_\_\_\_ [1]

**(b) State FOUR ways to reduce salt intake in the diet.**

**1** \_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

**3** \_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

**[4]**

**4 (a) Identify TWO foods which are often protected using controlled atmosphere packaging (CAP).**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

**[2]**

**(b) Describe how food should be stored in a refrigerator.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[4]**

**5 (a) State TWO conditions required for yeast to grow.**

1 \_\_\_\_\_

2 \_\_\_\_\_

[2]

**(b) Identify ONE sign of food spoilage.**

\_\_\_\_\_ [1]

**(c) Explain TWO ways food poisoning can be prevented when preparing food.**

1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[4]

**6 To make successful choux pastry the recipe instructions should be followed carefully.**

**(a) Identify ONE reason for each of the following instructions.**

**(i) Measure the ingredients accurately.**

\_\_\_\_\_ [1]

**(ii) Sieve the flour.**

\_\_\_\_\_ [1]

**(iii) Allow the mixture to cool before adding the eggs.**

\_\_\_\_\_ [1]

**(iv) Bake in a hot oven.**

\_\_\_\_\_ [1]

**(b) Name the raising agent used in choux pastry.**

\_\_\_\_\_ [1]

**(c) State TWO qualities of successful choux pastry.**

1 \_\_\_\_\_

2 \_\_\_\_\_ [2]





**8 (a) Explain scientifically how a white sauce thickens when heated.**

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**[4]**

**(b) Explain scientifically how mayonnaise is made.**

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**[4]**

**(c) Describe how boiling can affect the consistency and taste of a reduction sauce.**

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**[2]**

**9 (a) Describe the difference between a vegan diet and a lacto-ovo vegetarian diet.**

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**[2]**

**(b) Identify TWO dishes suitable for a lacto-ovo vegetarian to eat.**

1 

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2 

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**[2]**

**(c)\* Discuss the factors that influence an individual's energy requirements. [6]**

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**10 Complete the table below with ONE function and ONE good food source for each named micronutrient. [8]**

<b>Micronutrient</b>	<b>Function</b>	<b>Good food source</b>
<b>Folic acid/folate (vitamin B9)</b>		
<b>Sodium</b>		
<b>Fluoride</b>		
<b>Iodine</b>		

**END OF QUESTION PAPER**





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