

Thursday 16 June 2016 – 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 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 Milk and cheese are important food commodities.

(a) State where cheese should be stored and give a reason for your answer.

Where [1]

Reason
..... [1]

(b) Complete the table below, matching the type of cheese to the examples provided.

Examples

Blue Stilton
Cheddar cheese
Cottage cheese

Type of cheese	Example
Hard cheese	
Soft cheese	
Veined cheese	

[3]

(c) Identify **three** nutrients found in cheese.

1

2

3

[3]

(d) (i) State the type of cow's milk that should be given to toddlers.

..... [1]

(ii) Give **one** reason why toddlers should drink this type of milk.

.....

..... [1]

(e) Identify the condition associated with an intolerance of cow's milk.

..... [1]

(f) Describe **two** ways schools could encourage children to consume more milk.

1

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2

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.....

[4]

[Total: 15]

2 (a) Food is cooked by different methods of heat transfer.

Complete the table below by matching the cooking method to the main method of heat transference. Only use each method once.

Method of heat transfer

Radiation
Convection
Conduction

Cooking method	Method of heat transfer
Roasting	
Boiling	
Grilling	

[3]

(b) Meat can be cooked in a variety of ways.

Give **two** advantages of grilling rather than frying meat.

1

2

[2]

(c) Identify **two** ways to tenderise meat before cooking.

1

2

[2]

(d) Explain **two** changes that occur when meat is cooked.

1

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2

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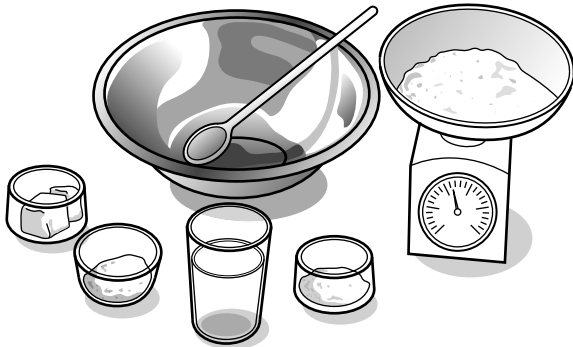
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[4]

Baking is another method of cooking.

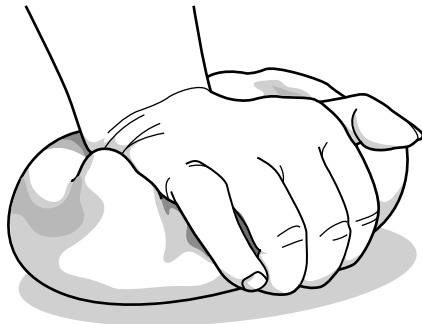
(e) Look at the following pictures of some of the steps in making bread. Identify why each step is important in bread making.

(i) Accurately weighing and measuring ingredients



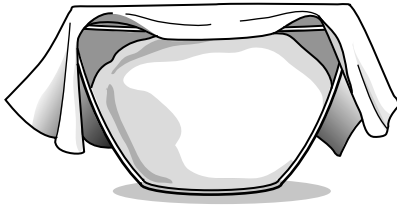
..... [1]

(ii) Kneading the dough



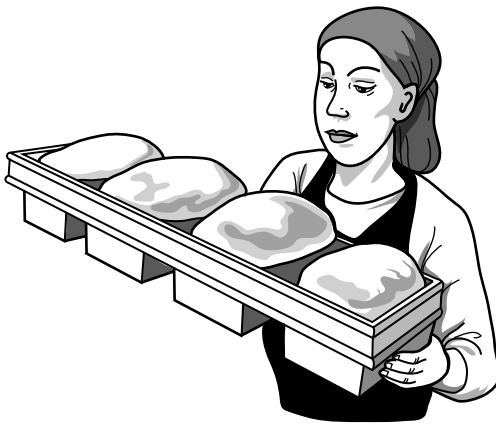
..... [1]

(iii) Proving



..... [1]

(iv) Bake at a high temperature



..... [1]

(f) Give **one different** function of each of the following ingredients used in cake making.

Fat [1]

Sugar [1]

Egg [1]

(g) Identify **two** ways air could be incorporated into a cake mixture.

1

2

[2]

[Total: 20]

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

4 Read the following case study.

James, aged 19, is a university student who enjoys an active lifestyle.

Typical daily food intake

Breakfast - Coffee with two sugars and a plain bagel.

Snack - Energy drink.

Lunch - A banana, a bag of crisps and an energy drink.

Snack - Coffee with two sugars.

Dinner - Take away meal with a pint of beer.

Water during day - 500ml

(a) Using the above case study:

Explain the changes that James could make to his diet so that it meets government dietary guidelines.

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[8]

(b) Give **two** reasons why people should eat a balanced diet.

- 1
- 2 [2]

(c) (i) State **three** pieces of information that are required, by law, on a food label.

- 1
- 2
- 3 [3]

(ii) Identify **two** reasons why food labelling is important for the consumer.

- 1
- 2 [2]

[Total: 15]

5 Convenience and preprepared foods often contain high levels of salt.

(a) (i) Identify **two** reasons why people are advised to eat less salt.

- 1
- 2 [2]

(ii) State **one** ingredient, other than salt, that could be used to flavour savoury food.

- [1]

Fish can be bought pre-prepared.

(b) Complete the following table with the function of each of these nutrients found in fish. An example has been completed for you.

Nutrient	Function
Iodine	Makes thyroid hormones
Protein	
Calcium	
Vitamin A	

[3]

(c) Identify **one** food poisoning bacteria associated with fish.

..... [1]

(d) Describe **four** ways to reduce the risk of food contamination when storing, preparing and cooking fresh fish.

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[8]

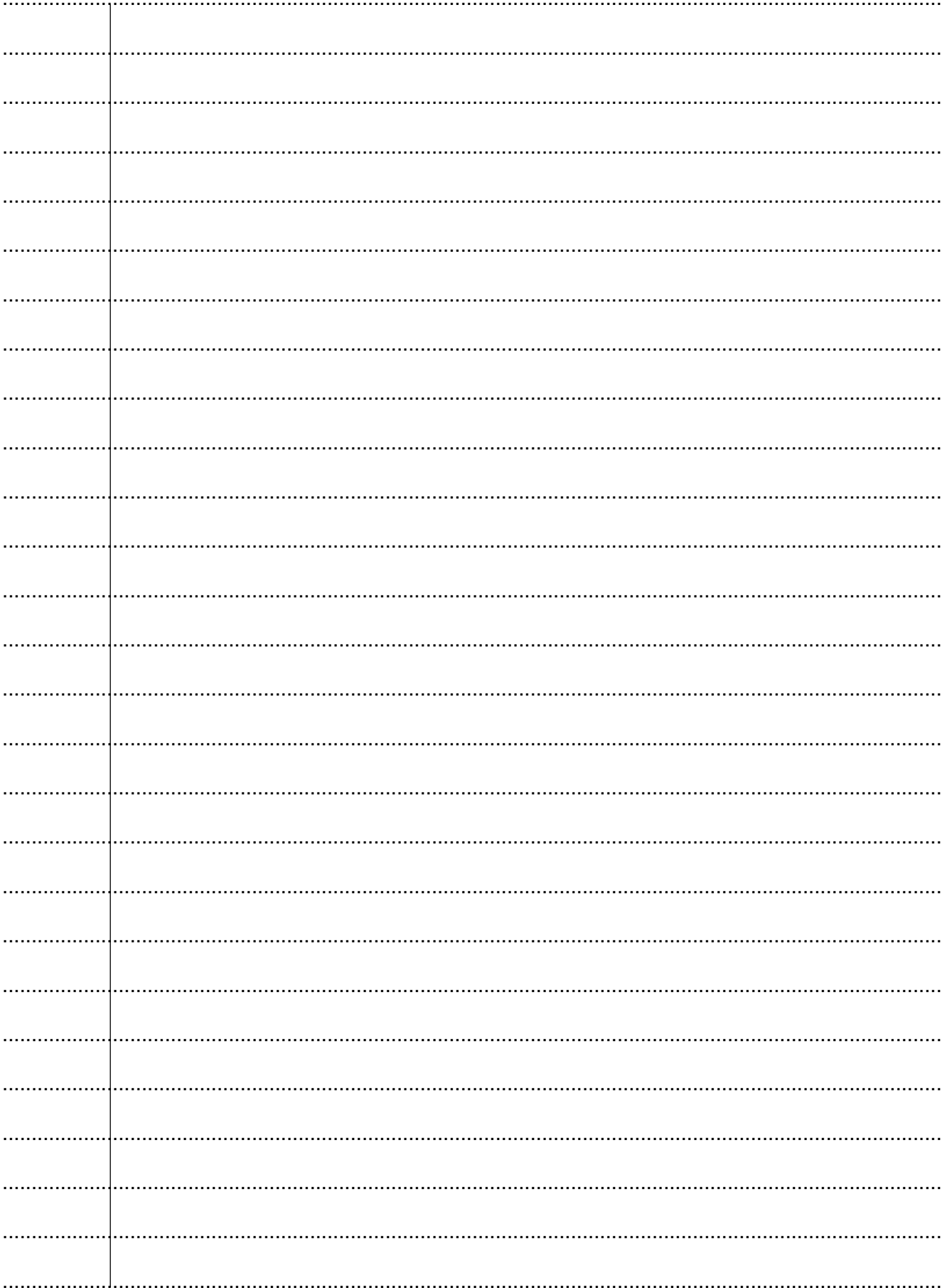
[Total: 15]

END OF QUESTION PAPER

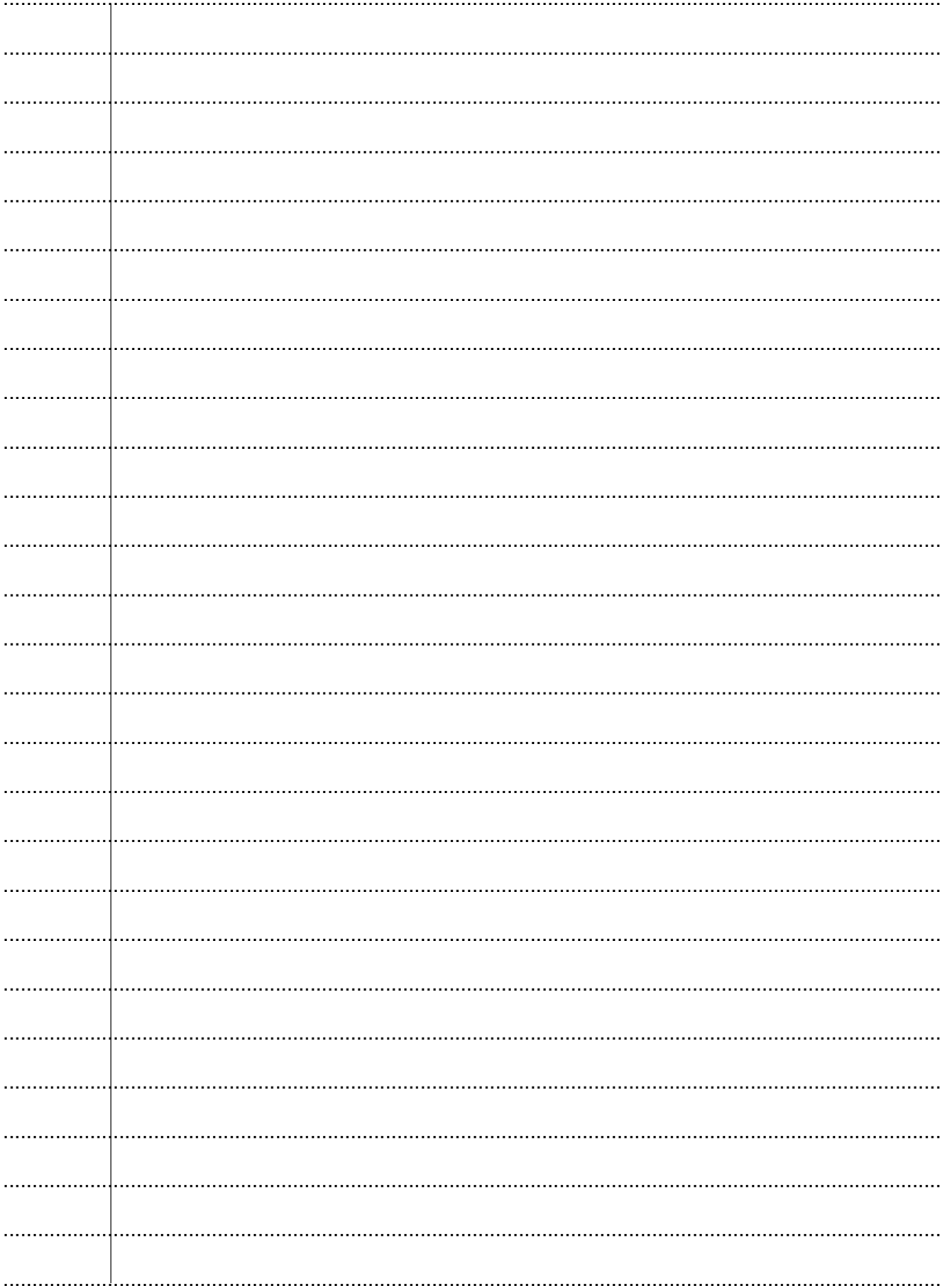
ADDITIONAL ANSWER SPACE

If additional 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 solid line on the left side, creating a margin. The rest of the page is filled with horizontal dotted lines, providing space for writing. The lines are evenly spaced and extend across the width of the page.



A large grid of dotted lines for handwriting practice. The grid consists of 24 horizontal rows, each separated by a dotted line. A solid vertical line runs down the left side of the grid, creating a margin. The rest of the page is filled with these dotted lines, providing a guide for letter height and placement.



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