

# OCR

Oxford Cambridge and RSA

## Friday 16 June 2017 – 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

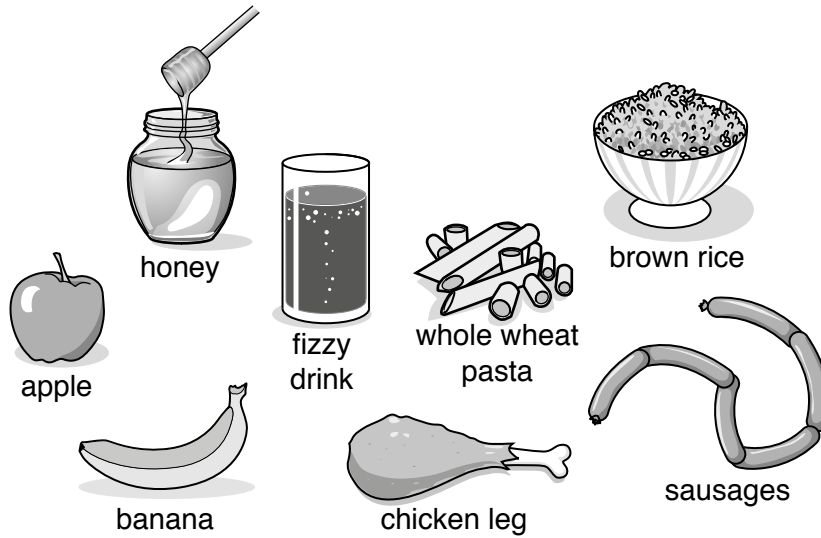
- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting 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 barcodes.

#### 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.

Answer **all** the questions.

1 The food plate and healthy eating guidelines help people make healthy choices.



(a) (i) From the pictures above, identify **two** carbohydrates as sugars.

1 .....

2 .....

[2]

(ii) From the pictures above, identify **two** carbohydrates as starch.

1 .....

2 .....

[2]

(iii) Give **three** different reasons with explanations why carbohydrates are important in the diet.

1 .....

.....

.....

2 .....

.....

.....

3 .....

.....

[6]

(b) (i) State **two** functions of protein.

1 .....

2 .....

[2]

(ii) Identify **two** sources of protein suitable for a vegan.

.....

..... [2]

(c) Identify and explain **three** ways the recipe below could be adapted to meet different current healthy eating guidelines.

**Recipe for Lasagne**

- Olive oil
- ½ a red onion
- 200g mushrooms diced
- 500g minced beef (10% fat)
- 1 can of chopped tomatoes
- 1 tsp dried oregano
- 1 stock cube
- ½ tsp salt
- 200g dried white lasagne sheets
- 100g cheddar cheese
- 500ml full fat milk
- 50g butter
- 50g plain white flour

1 .....

.....

.....

2 .....

.....

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3 .....

.....

.....

[6]

[Total: 20]

2 The prevention of food poisoning is important.

Complete the table below.

(a) Match the descriptions given below to the following terms in the table.

**Descriptions**

The food must be eaten before this date.
The food is at its best condition before this date.
After this date the food is not recommended to be eaten, it may contain bacteria.

Terms	Descriptions
Use by date	
Sell by date	
Best before date	

[3]

(b) Identify **three** signs a food has gone off, and should not be consumed.

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

[3]

(c) (i) What is meant by the term “perishable food?”

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

(ii) Identify **two** perishable foods.

- 1 .....
- 2 .....

[2]

(d) State **two** methods of commercial food preservation.

1 .....

2 .....

[2]

(e) What is meant by the term “cross-contamination?”

..... [1]

(f) Additives are used by food manufacturers for a variety of reasons.

Complete the table below.

Give a reason for each of the additives listed in the table being used by food manufacturers.

An example has been provided.

Additive	Reason it is used by food manufacturers
Preservatives	To increase the shelf life of the product
Colourings	
Emulsifiers and stabilisers	

[2]

[Total: 15]

3 Food is cooked in a variety of ways.

(a) Give **two** reasons why food is cooked.

1 .....

2 .....

[2]

(b) Identify **three** methods of heat transference.

1 .....

2 .....

3 .....

[3]

Steaming is a popular way to cook food.

(c) Give **two** advantages of steaming as a cooking method.

1 .....

2 .....

[2]

Scones are usually oven baked.

**Scone Recipe**

- 200 g Self raising flour
- ¼ tsp salt
- 50 g Salted butter
- 25 g caster sugar
- 110 ml Semi skimmed milk

(d) (i) Explain **three** changes that occur when a scone is oven baked.

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

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

3 .....  
.....  
.....  
..... [2]

Use the scone recipe.

(ii) Name **one** group of people who **cannot** eat these scones.  
..... [1]

(iii) State **why** the group you have named **cannot** eat these scones.  
..... [1]

[Total: 15]

4 Many factors can influence people's choice of food.

(a) Identify **three** ways that supermarkets/food manufacturers can make food products appeal to children.

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

(b) (i) Identify **two** pieces of information that **by law** must appear on a food label. Describe why a consumer may need these pieces of information.

Information 1 .....

Why the consumer needs it .....

..... [2]

Information 2 .....

Why the consumer needs it .....

..... [2]

(b) (ii) Identify **two** organisations who enforce regulations relating to food hygiene and safety.

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



(c) **Other than advertising**, explain **three** factors that may influence a person's food choice.

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

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

3 .....  
.....  
.....  
..... [2]

**[Total: 15]**

5\* Young pre-school children (1–4 years) have specific nutritional and dietary needs.

- Describe the nutritional requirements of young pre-school children.
- Explain how good eating habits can be encouraged in this group of children.

[15]

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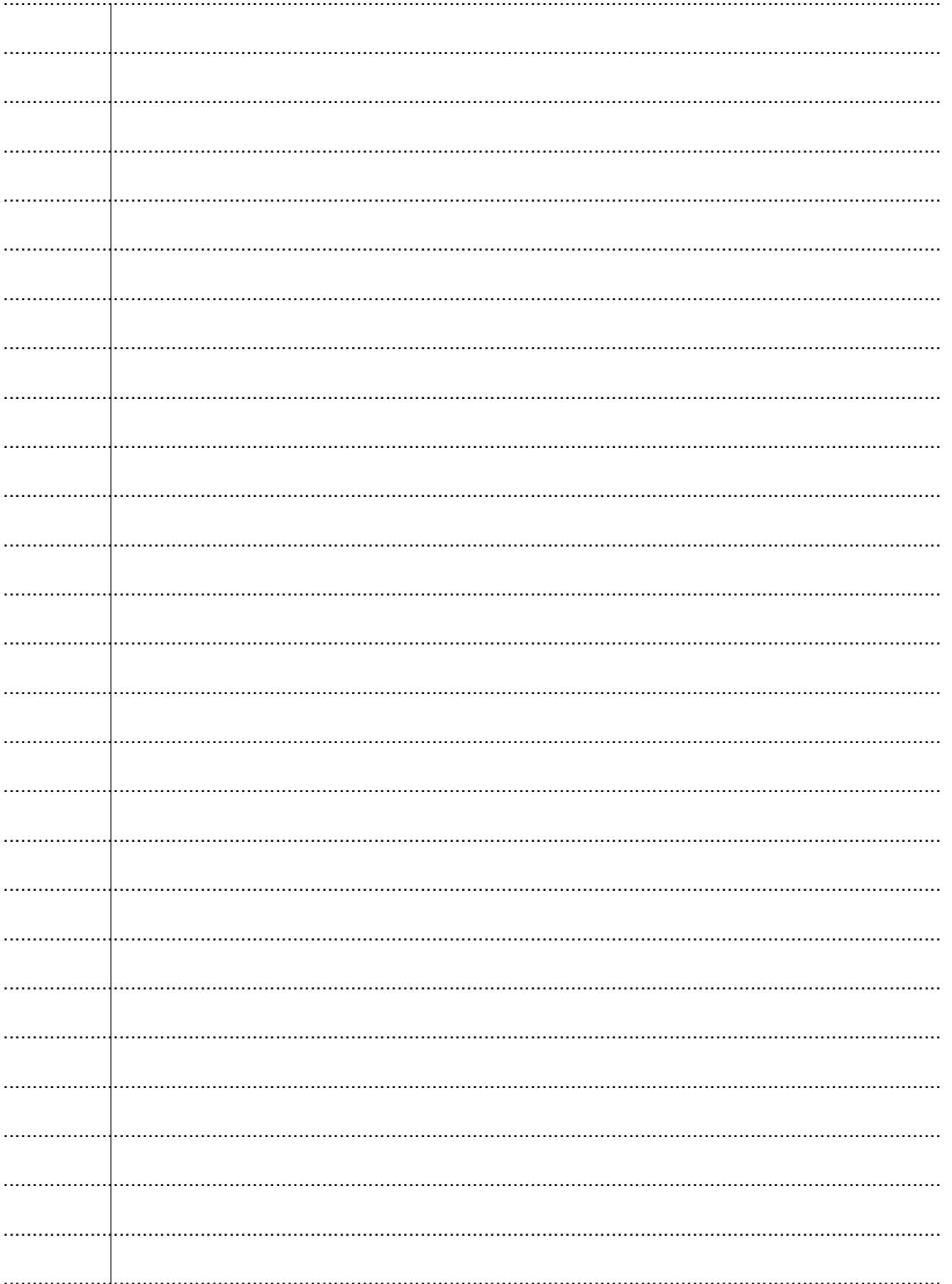


**ADDITIONAL ANSWER SPACE**

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

A large area of lined paper for writing. It consists of a vertical solid line on the left side, creating a margin. To the right of this line, there are numerous horizontal dotted lines spaced evenly down the page, providing a guide for handwriting.

A series of horizontal dotted lines for writing, with a solid vertical line on the left side.



The page contains a vertical solid line on the left side, extending from the top to the bottom of the page. To the right of this line, there are 28 horizontal dotted lines spaced evenly down the page, providing a guide for writing.

**PLEASE DO NOT WRITE ON THIS PAGE**



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