



Oxford Cambridge and RSA

Monday 10 June 2019 – Morning

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes



- No additional material is required for this Question Paper.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

Last name

INSTRUCTIONS

- Use black ink.
- Answer **all** the questions.
- Write your answer to each question in the space provided. If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.

INFORMATION

- The total mark for this paper is **100**.
- The marks for each question are shown in brackets [].
- Quality of extended responses will be assessed in the questions marked with an asterisk (*).
- This document consists of **16** pages.

Answer **all** the questions.

1 Meat is a good source of protein.

(a) (i) State **two** functions of protein in the diet.

- 1
- 2 [2]

(ii) Explain **one** difference between high biological value protein (HBV) and low biological value protein (LBV).

-
-
-
- [2]

(b) Beef contains micronutrients.

Complete the table below to show **two** micronutrients in beef.
Give **one** different function for each micronutrient.

Micronutrient	Function of the micronutrient

[4]

(c) Meat can be put into a marinade before it is cooked.

Give **two** reasons for putting meat into a marinade before it is cooked.

- 1
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- 2
- [2]

(d) Explain **one** change that takes place when meat is cooked.

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..... [2]

3 Fig. 1 shows the ingredients used in a Victoria sponge made by the creaming method.

150 g self raising flour 150 g caster sugar 150 g butter 3 eggs
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Fig. 1

(a) Explain scientifically what happens when the butter and sugar are creamed together.

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..... [2]

(b) Explain scientifically what happens to the sponge mixture when it is baked in the oven.

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..... [4]

(c) State **two** qualities of a successful Victoria sponge.

1
2 [2]

(d) Victoria sponge cakes are often decorated to make them look more attractive.

Give **three** ways the Victoria sponge cake could be decorated.

1
2
3 [3]

4 Some complex carbohydrates are a good source of energy.

(a) (i) Name **three** foods which are a good source of complex carbohydrates.

- 1
- 2
- 3 [3]

(ii) Explain why some complex carbohydrates are a good source of energy.

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

(b) Explain what is meant by the term energy balance.

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

(c) People have different energy needs.

(i) State what is meant by the term BMR (Basal Metabolic Rate).

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

(ii) State what is meant by the term PAL (Physical Activity Level).

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

5 Consumers throw away millions of tonnes of food a year.

(a) One way to reduce food wastage is to use leftover food in a new dish.

Complete the table below to suggest **three** different dishes that could be made using the leftover food.

An example has been completed using the grated cheese.

Leftover food	Dish
Grated cheese	Cheese scones
Mashed potato	
Cooked peas and green beans	
Cooked chicken	

[3]

(b)* Other than using leftover food, explain ways consumers could reduce the amount of their food waste.

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[8]

6 Fig. 2 shows the meals eaten by a vegetarian teenage girl for one day.

Breakfast	White toast with butter Orange squash
Lunch	Cheddar cheese sandwich (white bread and butter) Packet of crisps Shortbread biscuit Orange fizzy drink
Evening meal	Shop-bought cheese and tomato pizza Chips Doughnut
Other snacks and drinks	Packet of crisps Orange fizzy drink 3 Shortbread biscuits

Fig. 2

(a) State **two** nutrients that are lacking in this diet for a teenage girl.

1

2 [2]

(b) Give **three** changes which could be made to the diet so that it meets the current government nutritional advice.

1

2

3 [3]

(c) Give **three** reasons why some teenage girls may choose to follow a vegetarian diet.

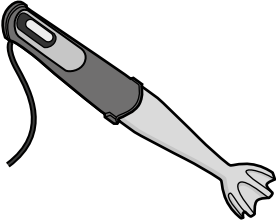
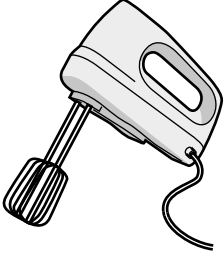

1

2

3 [3]

7 A variety of electrical equipment can be used when preparing and cooking food.

(a) Complete the table below to give the name of each piece of equipment.

Equipment	Name of the equipment
	
	
	

[3]

(b) Give **four** reasons why steaming is a popular method of cooking food.

- 1
- 2
- 3
- 4

[4]

(c) Explain **two** factors that could influence the way consumers choose to cook food.

- 1
-
-
- 2
-
-

[4]

8 A wide range of milks and alternative milk products are available.

(a) Complete the table below to identify **one** different type of milk suitable for each of the consumers.

Consumer	Suitable type of milk
Two year old child	
Lactose intolerant adult	
Vegan	

[3]

(b) Yoghurt is made from milk.

Describe how milk is made into yoghurt.

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..... [4]

(c) Give **one** reason a use-by date is on a yoghurt container.

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

9 Since 1996, the number of people diagnosed with diabetes in the UK has more than doubled from 1.4 million to almost 3.5 million.

(a) Explain the difference between type 1 diabetes and type 2 diabetes.

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..... [2]

(b)* Explain the dietary advice that you would give to a person who has type 2 diabetes.

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..... [6]

(c) There has been an increase in the number of children who have tooth decay.

Explain how tooth decay is caused.

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..... [2]

10 (a) Temperature control is important when cooking and serving food.

(i) State the correct temperature for keeping food hot in a school canteen.

..... °C [1]

(ii) State the correct temperature to which a shepherd's pie should be reheated.

..... °C [1]

(b) If food is not stored correctly bacteria will grow.

State **three** conditions bacteria need to grow.

1

2

3

[3]

(c) Give **three** signs of food spoilage.

1

2

3

[3]

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 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 extending across the width of the page, providing space for writing answers.

The page contains a large grid for data entry. It consists of 30 rows. Each row is bounded by a solid vertical line on the left and a dotted horizontal line on the top and bottom. The right side of the grid is open. The grid is currently empty.

A large rectangular area with a solid vertical line on the left and horizontal dotted lines across the rest of the page, intended for writing answers.



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