

Tuesday 17 November 2020 – Afternoon

GCSE (9-1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes

No extra materials are needed.



Please write clearly in black ink. Do not writ Centre number	ce in the barcodes. Candidate number

INSTRUCTIONS

Last name

First name(s)

- 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 (*).
- This document has 12 pages.

ADVICE

· Read each question carefully before you start your answer.

Answer **all** the questions.

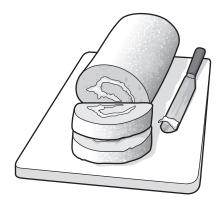
гац	is ai	ressertial part of a balanced diet.	
(a)	(i)	Name two different foods which are good sources of animal fat.	
		1	
		2	
			[2]
	(ii)	Name two different foods which are good sources of vegetable fat.	
		1	
		2	
			[2]
(b)	Giv	e three functions of fat in the body.	
	1		
	2		
	3		
			[3]
(c)	Des	scribe two health issues that could result from a diet high in saturated fat.	
	1		
	2		
			[4
(d)	Fat	s have different properties in food preparation.	
	Exp	lain how the following properties help when making shortcrust pastry:	
	(i)	Shortening	
			[2]
	(ii)	Plasticity	
	` '		
			1')

(e) The table below shows a breakfast menu.

Cornflakes and whole milk	Pork sausage
Nuts and yogurt	Streaky bacon
Croissants	Fried egg
Toast, butter and jam	Fried hash browns
Hot chocolate with whipped cream	Fried tomato

	Suggest three different ways the fat content could be reduced in this breakfast menu.
	1
	2
	3 [3]
2*	Discuss the advantages and disadvantages of using a microwave oven to cook food.
	FOI
	[8]

3 A Swiss roll is made by the whisking method.



Explain **one** function of each of the following ingredients when making a Swiss roll by the whisking method.

(i)	Caster sugar
	[2]
(ii)	Eggs
	[2]
(iii)	Plain flour
	[2]

4 Complete the table identifying one function and one different good food source of each vitamin.

Vitamin	Function	Good food source
Vitamin A		
Vitamin D		
Vitamin E		
Vitamin K		
		[8]

[2]

(d)	Describe the process of blast chilling food.
	[3]
(e)	Identify three advantages of cook-chill foods.
	1
	2
	3
	[3]

Discuss the factors that influence consumers' food choice.

7	Son	ne pe	eople are choosing a vegan diet.	
	(a)	Sta	te what is meant by a vegan diet.	
	(b)	Ide	ntify three low biological value sources of protein for vegans.	
	(c)		Name one vitamin that is often lacking in a vegan diet.	[3
		(ii)	Name one mineral that is often lacking in a vegan diet.	[1]
		(11)		[1]
	(d)	(i)	Explain what is meant by protein complementation.	
		(ii)	Describe one example of protein complementation.	

8

(a)	(i)	Identify the five basic tastes that are recognised by receptors on the tongue.
		1
		2
		3
		4
		5
	(ii)	Explain how the senses work together to influence our enjoyment of food.
(b)		
(b)	con	scribe three different food tasting tests which could be used to find out the views
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*	Explain the points to consider when buying fresh meat to ensure that it is of high quality.
	[6]

10	(a)	Ехр	lain what is meant by intensive farming.
			[2
	(b)	The	Soil Association logo can be found on organic foods.
			PSSOCIALION OF THE PROPERTY OF
		(i)	Give two advantages of organic foods for the consumer.
			1
			2
			[2
		(ii)	Give one disadvantage of organic foods for the consumer.

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).		

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