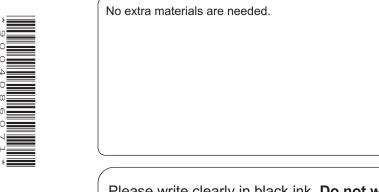


Monday 29 November 2021 - Afternoon GCSE (9-1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes





Please write clearly in black ink. Do not write in the barcodes.										
Centre number						Candidate number				
First name(s)										
Last name										

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 (*).
- This document has 12 pages.

ADVICE

· Read each question carefully before you start your answer.



Answer **all** the questions.

Food is often cooked before we eat it.								
(a)	Give two reasons for cooking food.							
	1							
	2							
	[2							
(b)	Name the three methods of transferring heat to food.							
	1							
	2							
	3							
	[3	\$]						
Who	eat can be processed and made into different types of flour.							
	[6	3]						
	(b)	(a) Give two reasons for cooking food. 1						

(b)	Flou	ur is used to make pasta.	
	Des	cribe how to make fresh pasta.	
			[4]
(c)	Flou	ur and pasta have a high starch content.	
	(i)	Name two other foods that have a high starch content.	
		1	
		2	
	(ii)	State two functions of starch in the diet.	[2]
		1	
		2	
			[2]

Discuss the dietary advice you would give to teenagers to ensure a healthy diet.

•	discussion should include: nutritional needs government guidelines.	
		[42]

4	(a)	Foo	od labels can provide important information for the consumer.	
		(i)	Additives used in food products must be stated on the label.	
			Give one reason why additives are used in food products.	
				. [1]
		(ii)	Explain the meaning of the use by date on food labels.	
				[2]
	(b)	It is	recommended that a visual check is made on food we buy.	
		Exp	plain one visual check that is important when buying fresh fruit.	
				[2]

(c)	(i)	Mould is a micro-organism that causes food spoilage.	
		Give three conditions needed for mould to grow.	
		1	
		2	
		3	
			[3]
	(ii)	Name two other micro-organisms that cause food spoilage.	
		1	
		2	
			[2]
(d)	Pre	paring and cooking chicken safely is important.	
	(i)	Identify one personal hygiene rule that should be followed when preparing fresh chicken and explain how the rule helps protect against indirect contamination.	
		Personal hygiene rule	
		Explanation	
			[2]
	(ii)	Cooked chicken is a high risk food.	
		Explain one way of reducing the risk of food poisoning when reheating cooked chick	en.
			[2]

5

vve	are a	advised to eat a nealthy diet to avoid diet related nealth issues.
(a)	Des	scribe the dietary advice you would give to a person who is obese.
		[3]
(b)	Nar	me one diet related health issue other than obesity.
		[1]
(c)	(i)	Explain why water is needed in the body.
(-)	(-)	
		[3]
	(ii)	State two foods that have a high water content.
		1
		2 [2]

(d)*	Healthy eating is not only about choosing food wisely but also about how we cook our food.							
	Discuss how different cooking methods can help to support healthy eating.							
	[8]							

6 Micronutrients are essential in the diet.

Complete the table below by identifying a good food source and the result of deficiency for **each** micronutrient.

Micronutrient	Good food source	Result of deficiency
Calcium		
Iron		
Vitamin C		

FUC	ou co	mes from a variety of sources.	
(a)	Des	scribe the following terms:	
	Sea	sonal foods	
	Free	e range products	
	Sus	tainable fish supply	
			[6]
(b)	Nan	ne one type of	[~]
()		Oily fish	
	(-)		[1]
	(ii)	White fish	
	()		[1]
	(iii)	Poultry	1
	. 7		[1]
			- J

	e how the fo	ollowing religious and cul	tural beliefs influence food	choices.
Hinduis	m			
Protein	and fat are	macronutrients.		
(a) (i)	State thre	e functions of protein in t	he body.	
	1			
	2			
	3			
	3			
(ii)			biological value (HBV) pro	
(ii)				
(ii)		Protein food Nuts	biological value (HBV) pro	
(ii)		ne box to identify the high	biological value (HBV) pro	

	(b)	(i)	One function of fat in the diet is to protect our vital organs. State two other functions fat in the diet.	of
			1	
			2	 [2]
		(ii)	Give one example of visible animal fat.	[2]
				[1]
		(iii)	Give one example of invisible animal fat.	
				[1]
10	Ser	nses	work together so we can enjoy the food we eat.	
	(a)	Nar	me the five senses.	
	/ L\	(:)	Name are suitable gamich that sould make a shape and wish tosts more appealin	[5] ~
	(b)	(i)	Name one suitable garnish that could make a cheese sandwich taste more appealing	_
		(ii)	Identify one technique that could be used to make the pastry on an apple pie more attractive.	
				[1]
		(iii)	Identify two different ways of improving the flavour of a savoury sauce.	
			1	
			2	
				[2]

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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