

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Tuesday 17 June 2025 – Afternoon

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

**Time allowed: 1 hour 30 minutes
plus your additional time allowance**

No extra materials are needed.

Please write clearly in black ink.

Centre number

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Candidate number

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First name(s) _____

Last name _____

READ INSTRUCTIONS OVERLEAF



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 (*).

ADVICE

Read each question carefully before you start your answer.

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1 The Eatwell Guide and the 8 tips for healthy eating outline the government's recommendations for healthy eating.

(a) State the recommended number of glasses of fluid you should drink each day.

_____ [1]

(b) Water is one of the recommended fluids that you can drink.

(i) Identify ONE OTHER recommended fluid that you can drink.

_____ [1]

(ii) State TWO functions of water in the body.

1 _____

2 _____ [2]

(c)

(i) State TWO recommendations given for eating fruit and vegetables.

1 _____

2 _____

_____ [2]

(ii) Vegetables are classified into different groups.

Identify ONE vegetable for each of these groups.

Root _____

Flower _____

Seeds or pods _____ **[3]**

(iii) Fruits and vegetables are good sources of fibre.

Identify ONE OTHER good source of fibre.

_____ **[1]**

(d) Describe the government guidelines for eating fish.

_____ **[2]**

(e) Explain why government guidelines recommend that fats and oils are eaten in small amounts.

_____ **[2]**

2 Vitamins are fat soluble or water soluble.

(a) Identify TWO fat-soluble vitamins.

- 1 _____
- 2 _____ [2]

(b) Identify ONE disease caused by a lack of each of these water-soluble vitamins in the diet.

Vitamin B1 _____

Vitamin C _____ [2]

(c) State the other name for vitamin C.

_____ [1]

(d) Some foods are fortified.

State THREE advantages of fortification.

- 1 _____
- _____
- 2 _____
- _____
- 3 _____
- _____ [3]

(e) Textured Vegetable Protein (TVP®) is fortified.

State THREE OTHER reasons why people choose to eat TVP®.

1 _____

2 _____

3 _____

[3]

3* Choose ONE international cuisine you have studied.

Describe the culinary traditions of your chosen international cuisine. [8]

Your description must include:

**the traditional ingredients used
cultural and religious factors
cooking methods.**

International cuisine chosen _____

4 After food is grown it is often processed.

(a) Explain what PRIMARY PROCESSING of food means.

[2]

(b) Identify the type of wheat usually used to make pasta.

[1]

(c) Describe how flour is made into pasta.

[4]

Explain the nutritional advice that should be followed to prevent osteoporosis.

[6]

6

- (a) Glazes are a decorative technique used to improve the appearance of a food product.**

Complete the table below to:

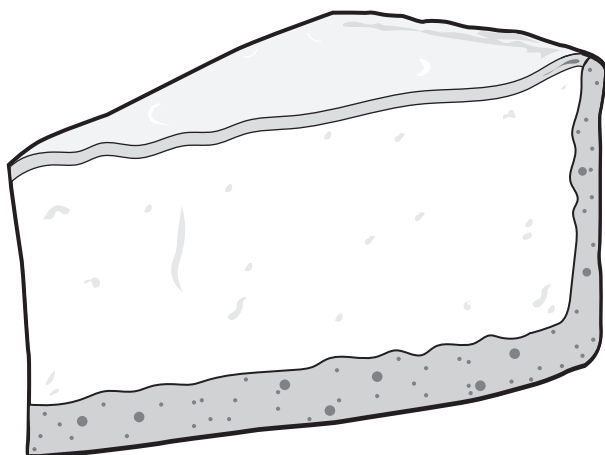
**identify the type of glaze and
give ONE example of a food product, other than a
cheesecake, where the glaze could be used.**

**Use the types of glazes in the list below. Use each
type once or not at all.**

**Cornflour
Egg wash
Jam [4]**

Description	Type of glaze	Food product where the glaze could be used
Applied to a product before baking to give a shiny finish.		
It is warmed and brushed on cooked food.		

(b) Cheesecake is a layered dessert.



(i) A glaze can be used to improve the appearance of a cheesecake.

Describe THREE OTHER decorative techniques that could be used to enhance the appearance of a cheesecake.

1 _____

2 _____

3 _____

[3]

(ii) Identify ONE type of cheese that would be suitable for making a cheesecake filling.

_____ **[1]**

(c) Food manufacturers use additives in food production.

(i) What specific texture do emulsifiers and stabilisers create in a cheesecake?

_____ [1]

(ii) What do emulsifiers and stabilisers prevent happening in a cheesecake?

_____ [1]

(iii) Give TWO examples of food products, other than a cheesecake, that require the use of thickeners.

1 _____

2 _____ [2]

(iv) Explain why food manufacturers use antioxidants in food production.

_____ [2]

7* Discuss the environmental issues that food manufacturers need to consider when producing food.

Your discussion must consider:

food waste

carbon footprint

transportation of materials and goods

sustainability of resources. [12]

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[illegible]

[illegible]

8 A sponge cake can be made using the creaming method.

(a) Explain why the following ingredients are used when making a sponge cake using the creaming method.

(i) Butter

[2]

(ii) Self-raising flour

[2]

(b) A sponge cake has the following faults.

(i) State TWO reasons why a sponge cake has sunk in the middle.

1

2

[2]

(ii) State TWO reasons why a sponge cake has a heavy texture.

1 _____

2 _____

[2]

(iii) State ONE reason why a sponge cake has risen unevenly.

_____ **[1]**

(c) Describe TWO ways to check that a sponge cake is cooked and ready to be removed from the oven.

1 _____

2 _____

[2]

- 9 The ingredients listed below are used to make a home-made pasta dish.**

Bacon

Cheese

Eggs

Garlic

Olive oil

Salt

Spaghetti pasta

- (a) Explain why the pasta dish is NOT suitable for someone who is lactose intolerant.**

[2]

- (b) Sensory feedback shows that the pasta dish looks unappealing.**

- (i) Explain ONE way to improve the appearance of the pasta dish.**

[2]

- (ii) Sensory feedback shows that the texture of the pasta dish is too soft.**

Explain ONE way to improve the texture of the pasta dish.

[2]

- (c) Sensory feedback is analysed using a star profile.**

Explain how a sensory star profile could be used to evaluate the pasta dish.

[3]

(d) Describe ONE OTHER test that could be used to evaluate food.

[2]

10

(a) Explain ONE way you can prevent food poisoning when preparing high-risk foods.

[2]

(b) Describe how you should store fresh meat in a refrigerator.

[2]

(c) State TWO ways you can try to ensure the quality of the food you buy.

1

2

[2]

END OF QUESTION PAPER

EXTRA ANSWER SPACE

If you need extra space use these lined pages. You must write the question numbers clearly in the margin.



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