

Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

GCSE FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Monday 10 June 2019

Morning

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:

- a black pen
- a pencil.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
TOTAL	



Section A consists of multiple choice questions.

Answer **all** questions in this section.

There are 20 marks available.


Only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD 

WRONG METHODS 

If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

For each question you should shade in **one** box.


An example is shown below.

Which food is high in protein?

- A Cabbage 
- B Cheese 
- C Oranges 
- D Cucumber 

0 1 . 1

Which food is a good source of energy from carbohydrates?

- A Pasta 
- B Fish 
- C Broccoli 
- D Cheese 

[1 mark]



0 1 . 2

Amino acids are the components of

[1 mark]

- A fats.
- B vitamins.
- C carbohydrates.
- D proteins.

0 1 . 3

Which food is a good source of low biological value protein?

[1 mark]

- A Soya
- B Eggs
- C Nuts
- D Fish

0 1 . 4

Which **one** of the following sugars is found in cow's milk?

[1 mark]

- A Fructose
- B Sucrose
- C Maltose
- D Lactose

0 1 . 5

The body needs dietary fibre for

[1 mark]

- A strong teeth and bones.
- B growth and repair.
- C removal of waste.
- D clear vision.

Turn over ►



0 1 . 6

Which **one** of the following is a quick method of cooking?**[1 mark]**

- A Stir frying
- B Roasting
- C Braising
- D Baking

0 1 . 7

Providing a reliable supply of safe, nutritious and affordable food is a definition of

[1 mark]

- A organic food.
- B Fairtrade food.
- C food miles.
- D food security.

0 1 . 8

The effect of dry heat on starch is called

[1 mark]

- A caramelisation.
- B dextrinisation.
- C shortening.
- D fermentation.



0 1 . 9

Which **one** of the following uses a biological raising agent?

[1 mark]

- A Scones
- B Doughnuts
- C Gingerbread
- D Eclairs

0 1 . 1 0

The term given to the softening, shaping or spreading of fats is

[1 mark]

- A emulsification.
- B plasticity.
- C shortening.
- D oxidation.

0 1 . 1 1

Campylobacter is a type of food poisoning bacteria commonly found in

[1 mark]

- A raw chicken.
- B cooked vegetables.
- C boiled pasta.
- D baked apples.

Question 1 continues on the next page

Turn over ►



0 1 . 1 2

Which **one** of the following can often show signs of food spoilage by yeasts?**[1 mark]**

- A Beef
- B Fish
- C Biscuits
- D Tomatoes

0 1 . 1 3

Microorganisms are used in the production of

[1 mark]

- A mayonnaise.
- B jam.
- C cheese.
- D pasta.

0 1 . 1 4

Raw fish should be prepared on a chopping board of which colour?

[1 mark]

- A Green
- B Red
- C Blue
- D Yellow



0 1 . 1 5 A diet deficient in Vitamin D may lead to

[1 mark]

A scurvy.

B anaemia.

C rickets.

D night blindness.

0 1 . 1 6 Which **one** of the following is the raising agent in meringues?

[1 mark]

A Yeast

B Air

C Baking powder

D Bicarbonate of soda

0 1 . 1 7 An example of an emulsion is

[1 mark]

A tomato sauce.

B hollandaise sauce.

C roux sauce.

D velouté sauce.

Question 1 continues on the next page

Turn over ►



0 1 . 1 8 The process when starch granules swell and thicken a sauce is

[1 mark]

- A** caramelisation.
- B** emulsification.
- C** gelatinisation.
- D** aeration.

0 1 . 1 9 The function of iodine in the body is to

[1 mark]

- A** enable iron to be absorbed.
- B** strengthen bones and teeth.
- C** help blood to clot.
- D** control the metabolic rate.

0 1 . 2 0 Enzymes are biological catalysts made from

[1 mark]

- A** proteins.
- B** fats.
- C** carbohydrates.
- D** vitamins.

20



Turn over for the next question

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outside the
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ANSWER IN THE SPACES PROVIDED**

Turn over ►



Section BAnswer **all** questions in this section.

There are 80 marks available.

0 2 . 1Give **three** different reasons why food is cooked.**[3 marks]**

- 1 _____

- 2 _____

- 3 _____

0 2 . 2State **four** different factors that influence food choice when planning a meal.**[4 marks]**

- 1 _____

- 2 _____

- 3 _____

- 4 _____



0 2 . 3

Potatoes can be cooked in different ways.

Explain how each cooking method in the table below affects the nutritional value and the colour, flavour and texture of potatoes.

[6 marks]

Cooking method	Effect on nutritional value	Effects on colour, flavour and texture
Boiling		
Baking		
Shallow frying		



0 3 . 1

Bradley, a 25-year-old active male tries to make healthy choices using the Eatwell guide when planning meals.

Information about two meals is given below. Using this information and your knowledge of healthy eating, nutrition and energy balance:

- assess the suitability of each meal for Bradley
- evaluate which is the healthier choice, justifying your reasons.

[12 marks]

Table 1: Ingredients and percentages of recommended intake of nutrients for Bradley

	Choice A: Spaghetti bolognese	Choice B: Cheese and onion pasty and chips with tomato ketchup
Ingredients	Wholewheat pasta, lean minced beef, tomatoes, onions, green peppers, mushrooms, parmesan cheese, celery, vegetable oil, basil, salt, pepper	Potato, wheat flour, lard, vegetable oil, Cheddar cheese, tomato ketchup, onion, salt, pepper
Nutrients	% Recommended Intake	% Recommended Intake
Energy (kcal)	33	52
Fibre (g)	54	22
Vitamin B1 (mg)	89	116
Vitamin C (mg)	80	48
Calcium (mg)	61	72
Salt (g)	32	161

Table 2: Percentage of energy provided by each nutrient

	Spaghetti bolognese	Cheese and onion pasty and chips with tomato ketchup
Nutrients (g)	% Energy Breakdown	% Energy Breakdown
Total carbohydrate (of which sugar)	51 (6)	38 (11)
Total fat (of which saturated)	29 (9)	55 (20)
Protein	20	7



0 3 . 2

Give **three** functions of water in the body.

[3 marks]

1 _____

2 _____

3 _____

Turn over ▶



0 3 . 3

The table below lists six micronutrients. Give **one** function of each.

[6 marks]

Micronutrient	Function
A	
B1 (thiamin)	
C (ascorbic acid)	
K	
Calcium	
Fluoride	

0 3 . 4

Denaturation and coagulation are processes that occur when some foods are heated.

Describe the process of denaturation and coagulation when cooking eggs.

You may use diagrams to support your answer.

[6 marks]



0 3 . 5

Describe the controlled conditions when carrying out sensory testing.

[4 marks]

Turn over ▶



0 4 - 1

The table below shows some problems seen when food is prepared.

Complete the table to explain **two** different causes of each problem and **two** ways to prevent this occurring.

[8 marks]

Problem	Causes of problem	Prevention
Fresh pasta dough has a crumbly texture and could not be shaped	1 2	1 2
An all-in-one Victoria sandwich cake has a dense texture	1 2	1 2



0 4 . 2

Suggest **four** ways supermarkets and shops could reduce food waste.

[4 marks]

- 1 _____

- 2 _____

- 3 _____

- 4 _____

12

Turn over for the next question

Turn over ►



0 5 . 1

Explain the nutritional and health benefits of fortified foods. Give examples in your answer.

[4 marks]

0 5 . 2

Type 2 diabetes is associated with lifestyle factors and is on the increase. Analyse and evaluate the reasons for this increase and the impact on health.

[8 marks]



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