Surname	Centre Number	Candidate Number
Other Names		0

GCSE

C560UA0-1

S19-C560UA0-1

FOOD PREPARATION AND NUTRITION
Component 1
Principles of Food Preparation and Nutrition

MONDAY, 10 JUNE 2019 – MORNING

1 hour 45 minutes

For Examiner's use only		
Question	**Maximum Mark**	**Mark Awarded**
1.	**15**	
2.	**17**	
3.	**10**	
4.	**14**	
5.	**15**	
6.	**8**	
7.	**9**	
8.	**12**	
Total	**100**	

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INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Answer **all** questions.

Write your name, centre number and candidate number in the spaces at the top of this page.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.

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SECTION A VISUAL STIMULI

Methods of cooking





















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Section A

Answer **all** *questions*

1. *(a)* Tick (✓) the box next to each statement to show if it is **True** or **False**. [4]

Methods of cooking	True	False
(i) Poaching, frying, steaming and boiling are cooking methods using the hob.		
(ii) When boiling potatoes the water boils at 100 °C.		
(iii) Roasting, braising and casseroling can be used for meat and vegetables.		
(iv) Toasting and grilling are moist methods of cooking.		

(b) Outline **three** safety rules to follow when shallow frying fish. [3]

(i) .....

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(ii) .....

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(iii) .....

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(c) Name **two** methods of heat transference used during cooking. [2]

(i) .....

(ii) .....

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(d) Give **two** techniques that could be used to improve the palatability of meat when preparing a stir fry. [2]

(i) .....

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(ii) .....

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(e) Describe **one** advantage of using a microwave oven when preparing family meals. [2]

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(f) Describe **one** effect that cooking has on the nutritional value of foods. [2]

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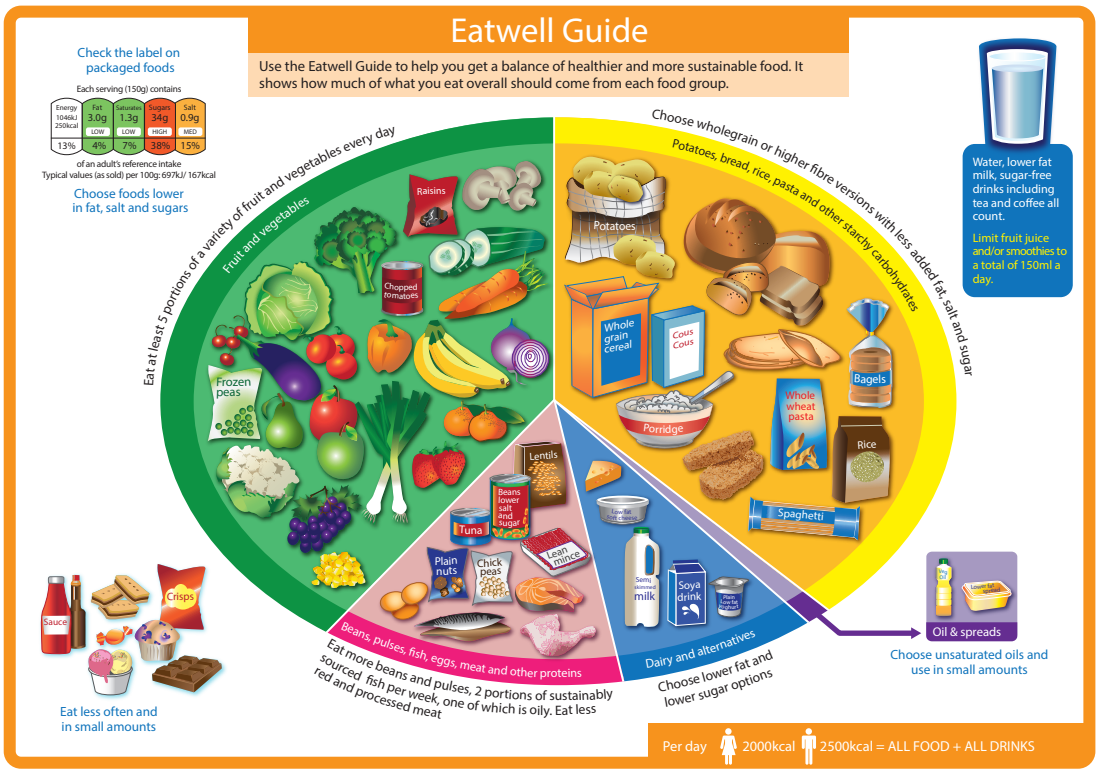
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Section B

Answer **all** *questions*

2. The Eatwell Guide is used to define recommendations on healthy eating and nutritional intake.



(a) State how many glasses of water should be consumed daily. [1]

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(b) Give **three** functions of water in our daily diet. [3]

(i) .....

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(ii) .....

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(iii) .....

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(c) Describe **one** nutritional benefit of eating 2-3 portions of fish per week. [2]

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(d) Explain **two** reasons why a third of our daily intake should be based on starchy carbohydrates. [4]

(i) .....

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(ii) .....

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(e) Evaluate the consequences of a diet that is high in fat. [7]

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3. *(a)* Eggs are rich in nutrients.
Name **two** nutrients found in eggs. [2]

(i) .....

(ii) .....

(b) Poultry can be reared in different ways.
Explain **one** reason why people may choose to buy free range eggs. [2]

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(c) Describe the functions of eggs when making baked products, using examples in your answers. [6]

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4. Modern technology can be used to create new food products.

(a) Give **two** reasons why safety standards are needed for genetically modified foods. [2]

(i) .....

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(ii) .....

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(b) Packaging materials must conform to safety standards.

Explain the use of **one** safety feature found on packaging for food products. [2]

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(c) Discuss and evaluate the role of food packaging to ensure food remains in prime condition for the consumer. [10]

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5. *(a)* Sensory perception influences food choices.
Name **three** senses. [3]

(i) .....

(ii) .....

(iii) .....

(b) Discuss *other* factors that influence food choice. [6]

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(c) Explain the role of sensory evaluation testing in food production. [6]

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6. *(a)* What is meant by the following:

(i) Food provenance [1]

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(ii) Food security [1]

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(iii) Sustainability [1]

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(b) Explain how food waste can be reduced when buying and cooking food. [5]

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7. Assess how a refrigerator can be best used to store food successfully. [9]

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8. Nutritional needs change during various life stages.
Discuss the nutritional needs of the following groups: [12]

- Pre-school children
- Teenagers
- Later adulthood

(i) Pre-school children .....

(ii) Teenagers .....

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(iii) Later adulthood .....

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END OF PAPER

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