GCSE Food Preparation and Nutrition

Topic: Commodities

Past paper questions
The aim of this document is to provide students with a bank of past paper questions on a specific topic. The questions have been gathered from GCSE WJEC Eduqas Food Preparation and Nutrition past papers.

Name:

Table of contents:

Past paper	Pages
June 2018	-
June 2019	-
November 2020	-
November 2021	2
June 2022	2
June 2023	3

Paper: November 2021

1. Complete the table below, giving one example for each of the following. [4]

Type	Example
Citrus fruit	i.
Tropical fruit	ii.
Leafy green vegetables	iii.
Root vegetables	iv.

2. Fats and oils are food commodities used in food preparation and cooking.
    a. Name **one** fat. [1]

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    b. Name **one** oil. [1]

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    c. Describe the difference between fats and oils. [2]

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Paper: June 2022

1. Give **two** reasons why bread is a popular commodity. [2]

    a. ……

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    b. ……

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Paper: June 2023

1. Cereals are one of the major food commodity groups.
    a. Define the term cereals. [1]

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    b. Wheat is an example of a cereal grown in the UK. Name **one other** cereal grown in the UK. [1]

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GCSE Food Preparation and Nutrition

Topic: Principles of nutrition

Past paper questions
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Name:

Table of contents:

Past paper	Pages
June 2018	2 – 3
June 2019	4
November 2020	4 – 6
November 2021	7 – 8
June 2022	9 – 10
June 2023	11 – 12
June 2024	12 – 13
June 2025	13 – 15
June 2026	15 – 19

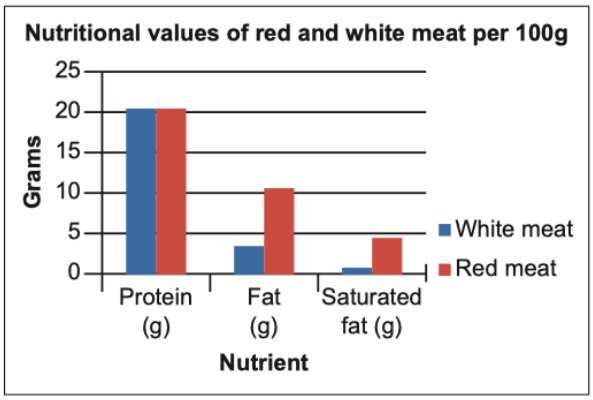
Paper: June 2018

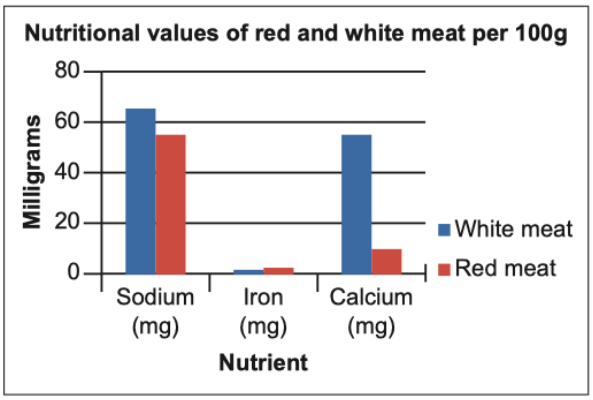
1. Bread is rich in B vitamins. State **two** other nutrients found in bread. [2]

   a. ……

   b. ……

2. The graphs below compare the nutritional values of red and white meat.





   a. Identify the meat with the highest fat content. [1]

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   b. State **one** mineral found in meat. [1]

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   c. Explain the protein values found in meat. [4]

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3. Nutrition is the study of nutrients.
    a. Describe the difference between a macro- and micro-nutrient. [2]

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    b. Name the process by which carbohydrate is produced in plants. [1]

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    c. Outline the differences between soluble and insoluble fibre and discuss their impact on health. Use examples to support your answer. [6]

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Paper: June 2019

1.

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

i. ……

ii. ……

Paper: November 2020

1. Many supermarket cafés offer 'Meal Deals' where children can choose one item from each category.

Main meals	Snacks	Drinks
Mini cheese and tomato pizza Pasta Bolognese Ham sandwich	Crisps Biscuit Yoghurt	Cola Lemonade Orange juice

a. Evaluate the nutritional value of the food choices available as part of the meal deal shown above. [4]

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2. Wheat is one of the main cereal crops grown in the UK.
    a. Identify **one** macro-nutrient found in wheat. [1]

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    b. Identify **one** micro-nutrient found in wheat. [1]

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3. Some health organisations are promoting a reduction in the amount of meat people consume.
    a. Discuss the nutritional effects of reducing the intake of meat. [6]

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    b. Identify **two** non-animal sources of protein alternatives used to replace meat. [2]

    i. ……

    ii. ……

c. Describe why the use of protein alternatives is on the increase. [4]

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4. During processing, raw foods lose some nutrients. Food manufacturers can add these nutrients back during secondary processing.
   a. State the term used when adding the lost nutrients back into food. [1]

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   b. The law requires that certain nutrients are added to margarine or spreads. Name **one** nutrient that is added to margarine or spreads. [1]

……

   c. Antioxidants are also added to many processed foods. Give **two** reasons why food manufacturers use antioxidants in their products. [2]

      i. ……

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      ii. ……

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Paper: November 2021

1. The label below lists the nutritional values for raw potatoes.



   a. Identify **one** macronutrient found in potatoes. [1]

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   b. Identify **one** micronutrient found in potatoes. [1]

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2. Milk is a highly nutritious, useful and valuable food.
   a. Explain the difference in nutritional content between whole milk and skimmed milk. [2]

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b. Discuss the nutritional importance of milk in the diet of pre-school children. [5]

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Paper: June 2022

1. Look at the table below.

Serving size: 2 slices	White bread	Wholemeal bread
Energy	150 Kcal	187 Kcal
Protein	5.6 g	10.2 g
Total Fat	1.0 g	2.2 g
Carbohydrate	31.2 g	34.5 g
Dietary fibre	1.4 g	4.9 g
Sodium	249.7 mg	234.8 mg
Vitamin B1 Thiamine	0.44 mg	0.61 mg
Vitamin B2 Riboflavin	0.27 mg	0.29 mg
Vitamin B3 Niacin	2.88 mg	4.28 mg
Calcium	97.52 mg	86.25 mg
Iron	2.58 mg	3.75 mg

a.

i. State which bread has the most energy value per serving size. [1]

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ii. State which bread has the highest protein content. [1]

……

iii. Name **two** minerals found in bread. [2]

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iv. Describe why wholemeal bread has more dietary fibre (NSP) content than white bread. [2]

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2.

a. Name **two** functions of protein in the diet. [2]

i. ……

ii. ……

b. Proteins can be High Biological Value (HBV) or Low Biological Value (LBV).

i. State what is meant by Low Biological Value. [1]

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3. Describe **two** health problems that may be caused by a protein deficiency. [4]

i. ……

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ii. ……

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Paper: June 2023

1.

a. Identify **two** different ways to increase the dietary fibre (NSP) content when making shortcrust pastry.
[2]

i. ……

ii. ……

b. State **one** mineral provided by cheese in a vegetable quiche. [1]

……

2.

a. Carbohydrates are found in cereals. State **two other** nutrients found in wholegrain cereals.
[2]

i. ……

ii. ……

b. Monosaccharides and disaccharides are simple carbohydrates. Explain, with examples, the differences between monosaccharides and disaccharides. [4]

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3. Vitamin C is an essential micronutrient needed by the body.
    a. Give **two** reasons why vitamin C is needed by the body. [2]

i. ……

ii. ……

    b. Name **two** food sources **rich** in vitamin C. [2]

i. ……

ii. ……

    c. Identify **two** problems caused by a lack of vitamin C in the body. [2]

i. ……

ii. ……

Paper: June 2024

1. Vitamin D is an essential micronutrient needed by the body.
    a. Name **one** good **food** source of vitamin D. [1]

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    b. State **one** mineral which works with vitamin D in the body. [1]

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    c. Name **one** group of people who may be at risk of a vitamin D deficiency. [1]

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    d. Outline the functions of vitamin D in the body and explain the problems caused by a vitamin D deficiency. [4]

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Paper: June 2025

1. Chicken is a high biological value (HBV) food. Describe what is meant by high biological value. [2]

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2. Micronutrients are required by the body in small amounts.
    a. Name **one** micronutrient. [1]

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b. Dietary recommendations state we should eat **two** portions of fish per week, including oily fish.

i. Name **two** oily fish. [2]

I. ……

II. ……

ii. Give **two** nutritional benefits of including oily fish in the diet. [2]

(i) ……

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(ii) ……

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3. Energy needs vary according to different life stages.

a. State **three** ways the body uses energy. [3]

i. ……

ii. ……

iii. ……

b. Explain the meaning of the term physical activity level (PAL). [2]

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c. Analyse the different energy needs of a 15-year old and an 80-year old. [6]

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Paper: June 2026

1. State **one** unit used to measure the energy content in foods. [1]

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2. Name **one** ingredient found in a fish pie that is a source of carbohydrate. [1]

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3. Discuss the benefits of using alternative protein foods when meal planning. [4]

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4. Micronutrients are essential for good health.
   a. Give **two** good sources of vitamin A. [2]

      i. ……

      ii. ……

   b. Outline the symptoms of iron-deficiency anaemia. [2]

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c. Using examples, describe how the loss of water-soluble vitamins can be reduced when preparing and cooking food. [6]

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5. Water is essential for life.

a. State the recommended intake of water per day. [1]

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b. Give **two** functions of water in our diet. [2]

(i) ……

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(ii) ……

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c. The body needs energy to function properly.
Name **two** nutrients that provide energy in the diet. [2]

(i) ……

(ii) ……

d. Explain how complementary nutrients work. Use examples in your answer. [8]

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GCSE Food Preparation and Nutrition

Topic: Diet and good health

Past paper questions
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Name:

Table of contents:

Past paper	Pages
June 2018	2 – 4
June 2019	5 – 8
November 2020	9 – 10
November 2021	11 – 13
June 2022	14 – 17
June 2023	17 – 20
June 2024	20 – 24
June 2025	24 – 27
June 2026	27 – 30

Paper: June 2018

1.

a. Define what is meant by a vegan diet. [2]

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b. Explain how following a vegan diet can affect food choices and nutrition. [6]

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2. Nutrition is the study of nutrients.
   a. Identify **three** consequences for health and wellbeing of a diet high in sugar. [3]

      (i) ……

      (ii) ……

      (iii) ……

3.
   a. Describe what is meant by lactose intolerance. [2]

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   b. The following recipe was used to produce a protype drink product.



300ml milk
50g strawberries
15g sugar

Suggest **one** modification that would make the drink product suitable for a consumer who is lactose intolerant. [5]

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4. Energy is needed in the body for many reasons.
   a. Name **one** unit of measurement for energy. [1]

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b. Explain the term ‘energy balance’. [2]

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c. Discuss reasons why individuals have different requirements for energy. [8]

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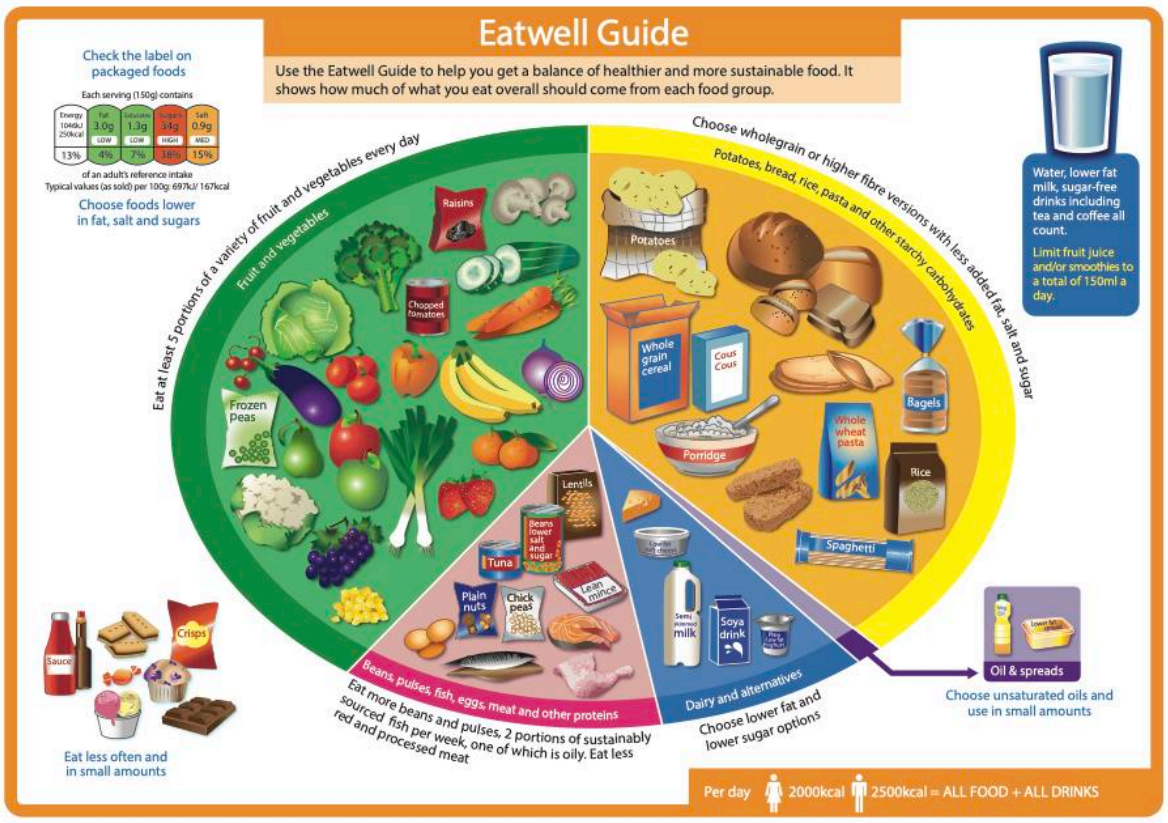
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Paper: June 2019

1. 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) ……

(ii) ……

(iii) ……

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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2. 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:

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ii. Teenagers:

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iii. Later adulthood:

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Paper: November 2020

1. Many supermarket cafés offer 'Meal Deals' where children can choose one item from each category.

Main meals	Snacks	Drinks
Mini cheese and tomato pizza Pasta Bolognese Ham sandwich	Crisps Biscuit Yoghurt	Cola Lemonade Orange juice

   a. Discuss how parents can establish healthy eating habits with their children. [5]

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2. Give **three** health benefits of eating wholegrain cereals. [3]
   a. ……

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   b. ……

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   c. ……

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3. Some people have to avoid eating products containing gluten.
   a. What is gluten? [1]

……

   b. Name the diet related condition that affects the immune system of some people when they eat gluten. [1]

……

   c. Identify **two** gluten-free cereal grains. [2]

      (i) ……

      (ii) ……

Paper: November 2021

1. Explain why it is important to include a variety of fruit and vegetables in the diet. [6]

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2. Many people suffer from food allergies.
    a. List **two** common food allergens. [2]

        (i) ……

        (ii) ……

b. State **two** symptoms that may be associated with allergic reactions. [2]

(i) ……

(ii) ……

3. The following meal diary is for a 16-year-old studying for examinations.

Typical daily diet

Breakfast
Cup of tea with milk and sugar

Mid-morning
Chocolate bar
Carton of fruit juice

Lunch
Ham sandwich
Cheese and onion crisps
Chocolate brownie
Apple

Afternoon
Cola and biscuits

Evening meal
Sausages, chips, baked beans
Yoghurt

Evening snack
Hot chocolate and biscuits

Evaluate the meal diary and suggest changes that could be made to meet current dietary recommendations. [8]

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Paper: June 2022

1.

a. Define what is meant by obesity. [2]

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b. Obesity is a national health issue. Discuss the consequences of obesity. [4]

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c. Explain the difference between the **two** types of cholesterol. [4]

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2.

a. Describe how a **vegan** can ensure they achieve their daily intake of protein. [5]

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3. The food diary below is for an 18-year-old student at college.

Typical daily diet

Breakfast
Cup of tea with milk and sugar

Mid-morning
Chocolate bar
Carton of fruit juice

Lunch
Sausage roll
Cheesy chips
Chocolate cookie
Apple

Afternoon
Cola and biscuits

Evening meal
Chicken curry, rice, poppadoms

Evening snack
Cola and popcorn

Evaluate the food diary and suggest changes that could be made to meet current dietary recommendations. [8]

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Paper: June 2023

1. Discuss why we should be eating more starchy carbohydrate foods and less sugar carbohydrate foods. [6]

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2. The UK has seen a rise in food poverty.
    a. Assess how food poverty is affecting the diet and health of some families. [8]

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b. Suggest **three** ways families experiencing food poverty can eat nutritious meals. [3]

(i) ……

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(ii) ……

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(iii) ……

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3.

a. Bread is made using strong plain flour and yeast.
Name **two other** ingredients that can be used when making bread. [2]

(i) ……

(ii) ……

b. Explain why strong white flour is used in breadmaking. [3]

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4. Give **three** nutritional benefits of including fish in the diet. [3]

(i) ……

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(ii) ……

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(iii) ……

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Paper: June 2024

1. A healthy diet is needed for good health and nutrition.
   a. Identify **three** healthy eating guidelines. [3]

(i) ……

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(ii) ……

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(iii) ……

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b. Water is essential for life. Assess the importance of including water in the daily diet. [4]

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2. Lactose intolerance is on the increase.
   a. List **two** symptoms of lactose intolerance. [2]

I. ……

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II. ……

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b. Lasagne is a popular meal. The ingredients are shown below.

Minced meat
Onion
Tinned tomatoes
Stock cube and water
Herbs
Flour
Butter
Milk
Cheese
Lasagne sheets

Explain **two** different modifications that could be made to the lasagne to ensure the recipe is lactose free. Give examples to support your response. [4]

Modification 1:

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Modification 2:

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3. A diet high in saturated fat is linked to many serious health issues.

Evaluate the health issues associated with a diet high in saturated fat and discuss how this can be prevented. [12]

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Paper: June 2025

1. Dietary guidelines recommend that we eat no more than 6g of salt a day. Discuss ways to reduce salt in the diet. [6]

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2. Healthy eating habits should be established at a young age.
   Discuss how parents of toddlers could introduce and encourage healthy eating patterns. [9]

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Paper: June 2026

1.

a. Mary is 65 years old and is worried about her health. The doctor has advised her to review her diet.

A sample of her food diary is shown below.

Breakfast	A fried egg and rasher of bacon 1 slice of toast with butter A cup of tea with milk and sugar
Mid-morning snack	A cup of coffee with milk and sugar 2 biscuits
Lunch	Cheese and tomato sandwich 1 apple A cup of tea with milk and sugar
Mid-afternoon snack	A cup of tea with milk and sugar A scone with butter and jam
Evening meal	Roast chicken Roast potatoes Cauliflower Gravy Seasoning Fruit crumble Custard A cup of tea with milk and sugar
Bedtime snack	A cup of tea with milk and sugar 2 biscuits

Suggest **four** modifications Mary could make to her food diary to make it more healthy. [4]

i. ……

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ii. ……

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iii. ……

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iv. ……

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b. Evaluate the consequences of poor nutrition ad discuss how following current **healthy eating guidelines** could help improve Mary's health. [10]

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2. Vegetarianism has become very popular.
   a. Give **two** reasons why people choose to follow a vegetarian diet. [2]

      i. ……

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      ii. ……

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b. Describe the differences between a vegan diet and a lacto-ovo diet. [4]

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GCSE Food Preparation and Nutrition

Topic: The science of food

Past paper questions
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Table of contents:

Past paper	Pages
June 2018	2 – 4
June 2019	5 – 6
November 2020	7 – 8
November 2021	9 – 11
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June 2023	13 – 15
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June 2026	23 – 25

Paper: June 2018

1. State **two** raising agents that can be used when bread making. [2]

   a. ……

   b. ……

2. Describe **two** conditions that affect the fermentation process when making bread. [4]

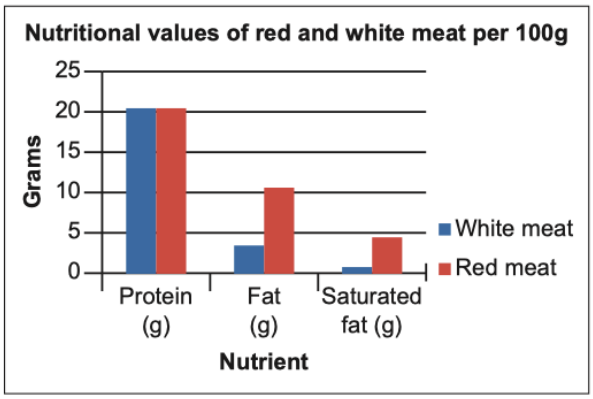
   a. ……

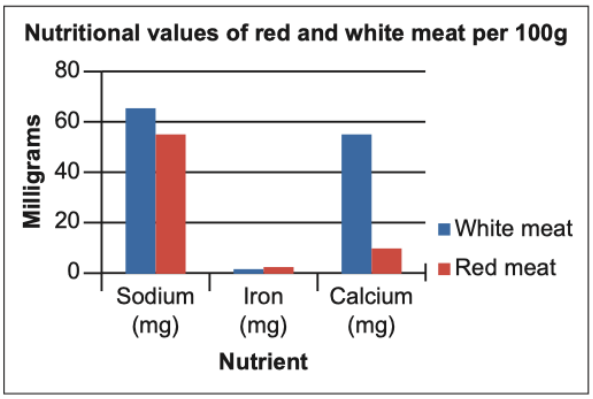
   ……

   b. ……

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3. The graphs below compare the nutritional values of red and white meat.





   a. Describe the changes that occur when meat is cooked. [4]

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4. Fresh fruit is used in many food products.
   Describe the changes that take place during the natural decay of fruit. [4]

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5.

a. Give **three** factors that affect the rate of microbial growth. [3]

i. ……

ii. ……

iii. ……

b. Explain the importance of handling and storing high risk foods correctly. [4]

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c. Discuss the positive use of the following micro-organisms on food. Use examples in your answer. [6]

i. Moulds:

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ii. Bacteria:

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Paper: June 2019

1. Describe the function of eggs when making baked products, using examples in your answers. [6]

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

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Paper: November 2020

1. State **one** function of each of the following ingredients used when making choux pastry: [3]
    a. Water: ……

    b. Eggs: ……

    c. Flour: ……

2. Explain the scientific process of the browning reaction of the cooked choux pastry.[3]

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3. Outline **two** reasons why fresh cream éclairs or profiteroles should be stored in a refrigerator. [2]

    a. ……

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    b. ……

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4. Food manufacturers and food outlets must follow strict regulations to keep the public safe.
    a. Name **two** food poisoning bacteria. [2]

        i. ……

        ii. ……

b. State **three** ways a food handler can prevent cross contamination. [3]

i. ……

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ii. ……

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iii. ……

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c. Food can be preserved in many ways.
Discuss how a family can use freezing as a method of preservation to save money and minimise waste. [6]

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Paper: November 2021

1. Eggs are a perishable food commodity.
    a. State **two** rules to follow when storing eggs. [2]

        i. ……

        ii. ……

    b. Describe the changes that occur when eggs are poached. [4]

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2. Outline **two** changes that occur to vegetables during cooking. [2]

i. ……

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ii. ……

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3. Identify **two** signs of milk spoilage. [2]

   a. ……

   b. ……

4. Preservation can take place commercially and in the home.
   a. Discuss the advantages and disadvantages of canning as a commercial method of preservation. [4]

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   b. Freezing is a very popular method of home preservation.
   Discuss other home preservation methods that can be used to preserve fruit and vegetables. [6]

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Paper: June 2022

1. Describe the effect of cooking on meat. [4]

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2. Micro-organisms are transferred by cross-contamination.

   Discuss how cross-contamination can occur when making a chicken and bacon salad **and** describe the methods of control that can be used to ensure food safety. [8]

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Paper: June 2023

1.

a. Describe the function of the following ingredients used when making shortcrust pastry. [4]

i. Fat: ……

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ii. Flour: ……

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b. Explain the changes that occur to the eggs when baking a vegetable quiche. [4]

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2. A meat curry was made in a morning food lesson and then carried around in a school bag for the rest of the day.

Explain the importance of correctly storing the cooked meat curry. [6]

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3. During the making process bread dough is left to prove.
    a. Describe what ‘proving’ is. [2]

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    b. Discuss why proving is such an important stage in breadmaking. [4]

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4.

a. List **two** points to consider when storing fresh fish. [2]

i. ……

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ii. ……

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b. State **two** different cooking methods used for cooking fish. [2]

i. ……

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ii. ……

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Paper: June 2024

1. Food must be stored and handled correctly so that it is safe to consume.

a. List **three** different ways foods can become contaminated. [3]

i. ……

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ii. ……

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iii. ……

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b. Describe **two** signs of food spoilage. [2]

i. ……

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ii. ……

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c. Name **two** types of food spoilage micro-organisms. [2]

i. ……

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ii. ……

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2. Many foods can be preserved to keep them for longer.

Identify **one** different preservation method for each food listed below and explain how the methods preserves the food. [8]

i. Raw beefburgers
Preservation method: ……..
Explanation of this method:

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ii. Fresh beetroot
Preservation method: ……..
Explanation of this method:

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Paper: June 2025

1. Describe the changes that take place to the chicken and vegetables during the cooking of the stir fry. [4]

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2. Emulsification is one function of eggs in cooking.
   a. Define what is meant by emulsification. [2]

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   b. Name a food product that used eggs for emulsification. [1]

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   c. Name a food product that uses eggs for emulsification. [1]

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3. The pictures shown in the table below are examples of products that use raising agents.

   a. Name the raising agent used in each of the food products and explain how the raising agent works.

Food product	Raising agent used	Explain how the raising agent works
 Victoria sponge cake	.... [1]	.... [3]
Food product	**Raising agent used**	**Explain how the raising agent works**
 Yorkshire Pudding	.... [1]	.... [3]

b. The cakes shown below have not turned out as expected.

Complete the table below, giving **two** reasons why each cake problem may have happened.

Cake problem	Give two reasons why this may have happened
 Cake sunk in the middle	(i) .... (ii) .... [2]
 Cake risen unevenly – forms a peak	(i) .... (ii) .... [2]

c. Cakes, mass-produced in factories, must undergo sensory analysis.

i. Name **one** type of test used in sensory analysis. [1]

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ii. Give **two** reasons for carrying out sensory analysis. [2]

I. .....

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II. .....

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iii. Explain how a manufacturer should set up a tasting panel to evaluate a new cake product. [3]

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4. The ingredients used to make a batch of meatballs are shown below.

a. List **three** safety rules to follow when using raw meat. [3]

(i) ……

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(ii) ……

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(iii) ……

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b. Explain **one** change that could be made to the meatballs to make them healthier. [2]

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c. The minced beef was sold in plastic packaging.
Outline the reasons for packaging the minced beef. [3]

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d. The meatballs were cooked by shallow frying.
Name the method of heat transference used and describe how the heat energy is transferred to the meatballs.

i. Method: ……[1]

ii. Description: ……

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…… [3]

Paper: June 2026

1. Describe the scientific changes that occur during the baking of pastry. [4]

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2. You have just completed a food hygiene course enabling you to work in a café.
   a. Name **two** food poisoning bacteria. [2]

(i) ……

(ii) ……

   b. Discuss why the employees of the café must follow good **food** safety and hygiene practices and give examples of how this can be achieved. [10]

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GCSE Food Preparation and Nutrition

Topic: Where food comes from

Past paper questions
The aim of this document is to provide students with a bank of past paper questions on a specific topic. The questions have been gathered from GCSE WJEC Eduqas Food Preparation and Nutrition past papers.

Name:

Table of contents:

Past paper	Pages
June 2018	2 – 3
June 2019	3 – 5
November 2020	6 – 8
November 2021	9 – 10
June 2022	11 – 12
June 2023	12 – 13
June 2024	14 – 18
June 2025	18 – 21
June 2026	21

Paper: June 2018

1. Name **two** multi-cultural bread products and give their country of origin. [4]

Multi-cultural bread product	Country of origin
(i)	
(ii)	

2. Assess how consumers can show environmental awareness when shopping for food. [10]

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Paper: June 2019

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

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

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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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3.

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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Paper: November 2020

1. Describe what is meant by the term '**extraction rate**' of flour during the primary processing of wheat. [2]

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2. Food manufacturers invest considerable time and money in order to create new and successful alternative protein dishes.

   Describe **two** costs that are involved when developing a new product. [4]

   i. ……

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   ii. ……

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3. British Food Fortnight is held annually to celebrate British food and drink. Evaluate the benefits of buying and eating food produced in Britain. [8]

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4. Food manufacturers, food retailers and restaurants use a range of current technology/media platforms to communicate with consumers.

   Explain how the advertising and purchasing of food has been influenced by advances in the use of personal technology (e.g., smartphones, computers and tablets). [10]

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Paper: November 2021

1. Explain why consumers may choose to buy eggs displaying this logo. [2]



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2. Milk is a highly nutritious, useful and valuable food.
    a. Name **one** milk originating from an animal. [1]

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    b. Name **one** non-dairy milk. [1]

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3. Food goes through many manufacturing processes from Farm to Fork.
   a. State **one** primary stage of food processing. [1]

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   b. Define what is meant by secondary stage of food processing. [1]

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   c. Complete the table below. [3]

Primary food	Secondary food product
(i)	Bread
(ii) Milk	
(iii) Fruit	

   d. Farming involves growing crops or breeding animals to produce food. [5]
   Discuss why animal protein is more expensive to produce than plant protein.

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Paper: June 2022

1. Outline how bread is mass produced by manufacturers to meet consumer demand. [2]

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2. Assess the impact of importing foods from other countries and suggest how customers can be more environmentally friendly when food shopping. [8]

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Paper: June 2023

1. Many households in the UK have changed their shopping and eating habits over the last few years.

   Discuss and evaluate how technology and new initiatives have influenced people's choices when planning meals and purchasing food. [12]

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Paper: June 2024

1. The cost of the food in the UK is increasing.
   Discuss how households can save money when buying and cooking foods. [10]

i. Buying foods

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ii. Cooking meals

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2. There are many different types of milk.

a.

i. Complete the table below. [2]

Types of milk	**Example**
Low-fat milk	
Processed milk	

ii. List **two** rules for storing fresh milk in the home. [2]

I. ……

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II. ……

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b. Milk is pasteurised during the secondary stage of processing.
State why milk is pasteurised and explain the process of pasteurisation. [4]

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3.

a. Explain the meaning of the term ‘fortification’. [2]

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b. Give **two** examples of foods that are fortified. [2]

i. ……

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ii. ……

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c. During food processing, additives are sometimes added by manufacturers to modify products.
Assess the positive use of the following additives in a strawberry yoghurt. [4]

i. Flavour intensifiers

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ii. Colourings

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Paper: June 2025

1. Eggs are a valuable food commodity.
   a. The picture below shows labelling that may be stamped on the shell of a fresh egg.



State **two** pieces of information provided by this labelling. [2]

i. ……

ii. ……

   b. The correct storage of eggs is important.
   Give advice on how to store eggs correctly. [3]

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c. Explain why some consumers prefer to buy free range eggs rather than battery eggs. [2]

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2. The red tractor symbol shown below was included on the packaging of raw minced beef.



Discuss why consumers buy products that include this symbol on the packaging. [3]

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3. Every year, as a nation, we waste millions of tonnes of food.
   Assess ways in which a family could reduce food waste when buying, preparing and cooking meals. [10]

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Paper: June 2026

1. Additives are used in food production.
    a. Name **two** types of food additives. [2]

        i. ……

        ii. ……

    b. Explain **one** benefit to the manufacturer of using food additives in their products. [2]

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GCSE Food Preparation and Nutrition

Topic: Cooking and food preparation

Past paper questions
The aim of this document is to provide students with a bank of past paper questions on a specific topic. The questions have been gathered from GCSE WJEC Eduqas Food Preparation and Nutrition past papers.

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June 2024	22 – 25
June 2025	26 – 27
June 2026	27 – 32

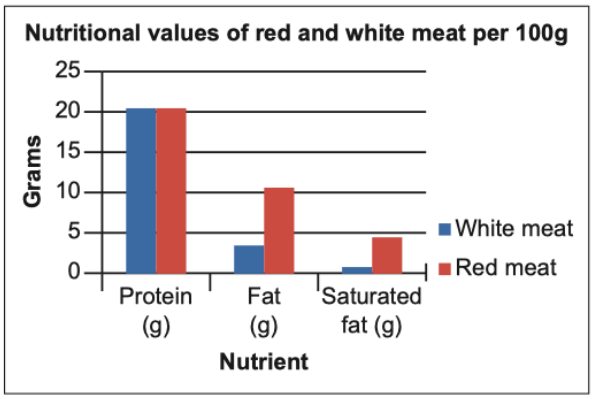
Paper: June 2018

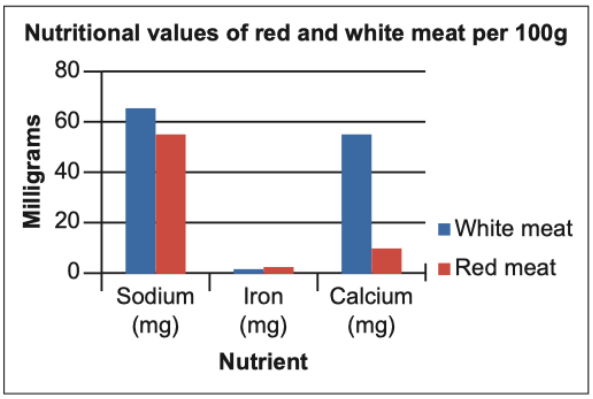
1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Bread making		True	False
(i)	Strong plain flour is used when making bread.		
(ii)	Never sieve flour.		
(iii)	Dextrinisation occurs when bread is baked or toasted.		

2. The graphs below compare the nutritional values of red and white meat.





a. Name **one**: [2]

(i) White meat: .....

(ii) Red meat: .....

b. Raw meat can be processed in many ways.
Name **three** techniques used to shape and form meat. [3]

(i) .....

(ii) .....

(iii) .....

3. Evaluate how food labelling informs and protects consumers. [10]

Paper: June 2019

1.

b. 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.		

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

(i) ……

(ii) ……

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

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

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2.

b. Sensory perception influences food choices.
Name **three** senses. [3]

(i) ……

(ii) ……

(iii) ……

c. Discuss *other* factors that influence food choice. [6]

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d. Explain the role of sensory evaluation testing in food production. [6]

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Paper: November 2020

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Choux pastry		True	False
(i)	Cornflour is used to make choux pastry.		
(ii)	The water should be boiling when adding the flour.		
(iii)	The mixture should be cooled before adding the beaten egg.		

2. Give **one** reason why each of the following problems may occur when making choux pastry. [2]

a. The mixture is too thin to pipe or spoon onto the baking tray.

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b. The cooked pastry has a dense, heavy texture.

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3. Éclairs and profiteroles are always filled before serving.

a. State **one** type of fresh cream that could be used. [1]

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b. Name **one** ingredients used to flavour Chantilly cream. [1]

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4.

a. Name the method of heat transference when: [3]

i. Toasting bread:

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ii. Steaming broccoli:

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iii. Frying an egg:

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b. Different cooking methods give different outcomes. [3]
Compare the different sensory qualities between fried fish and poached fish.

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5. Describe how using gluten-free flour could affect the texture of baked products. [2]

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6. Foods can be packaged in a variety of ways.
   Describe why packaging is important to food manufacturers and retailers. Use examples to support your answer. [8]

Paper: November 2021

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Batter making		True	False
(i)	Separate the egg yolk from the egg white.		
(ii)	A thin batter is used to make pancakes.		
(iii)	Plain flour is used in batter making.		

b. Identify **two** characteristics of a good quality pancake. [2]

i. ……

ii. ……

c. Give **two** reasons why a thick batter is needed when making battered fish. [2]

i. ……

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ii. ……

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2. Name **two** methods of cooking potatoes. [2]

i. ……

ii. ……

3. Discuss how careful menu planning and cooking can be used to reduce the fat content of meals. [7]

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4. Explain how food labelling can be used to help inform people with allergies. [3]

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5. Many lifestyle factors affect food choice.
    a. Discuss how culture can affect a person's food choice and diet. [8]

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b. Describe **two** other factors that can affect food choices. [4]

i. ……

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ii. ……

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Paper: June 2022

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Making pasta		True	False
(i)	Separate the egg yolk from the egg white.		
(ii)	Knead the pasta dough until it becomes elastic.		
(iii)	Cover the pasta dough to stop it drying out.		

b. Name **two** ingredients that could be added to change the colour of the pasta. [2]

i. ……

ii. ……

c. Standard ingredients are used when making pasta. Complete the table below. [3]

Ingredient		Function
(i)	Flour	
(ii)	Eggs	
(iii)	Salt	

d. State **four** guidelines to follow to successfully cook fresh pasta. [4]

i. ……

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ii. ……

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iii. ……

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iv. ……

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e. Describe ways in which flavour could be added to fresh pasta during preparation, cooking or serving.

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2. A baker has produced a batch of bread rolls which are heavy and small. [4]
Give **two** reasons why this has happened and suggest how this could have been avoided.

i. ……

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ii. ……

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3.

a. Give **three** reasons for cooking food. [3]

i. ……

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ii. ……

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iii. ……

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b. Cooking can transfer heat energy to food in different ways.
Describe how heat energy is transferred when:

i. Grilling bacon: [2]

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ii. Cooking soup in a saucepan on the hob: [4]

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c. Outline the process of blanching. [2]

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4. Discuss the influences cultural and lifestyle changes have had on food choice and availability. [10]

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Paper: June 2023

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Making a shortcrust pastry vegetable quiche		**True**	**False**
(i)	Plain flour is normally used when making shortcrust pastry.		
(ii)	Warm water is used to bind the pastry ingredients together.		
(iii)	Shortcrust pastry can become tough if overhandled.		

2. Give **one** reason why some recipes require shortcrust pastry cases to be baked blind. [1]

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3. Sauces can form part of a dish and be served as an accompaniment to a dish.
   a. State **two** reasons why sauces are added to dishes. [2]

      i. ……

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      ii. ……

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   b. Describe what is meant by a **blended** sauce and give an example to support your answer. [4]

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c. The ingredients used to make a tomato sauce are shown below.

1 garlic clove 1 skinned and deseeded fresh tomato 1 tin chopped tomatoes 1 tablespoon tomato puree 1 vegetable stock cube 125 ml water Pinch mixed herbs

Give **one** reason why the sauce will thicken during the cooking process. [2]

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4. Explain how you can minimise vitamin C loss during food preparation and cooking. [6]

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5. The picture below shows a loaf of bread made during a practical lesson.

The sensory analysis results identified that the bread scored low for its appearance. Suggest, using examples, **two** changes that could be made, to make the bread more appealing. [4]

Change 1:

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Change 2:

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Paper: June 2024

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Making a Swiss roll		True	False
(i)	The flour should be sieved before adding to the Swiss roll mixture.		
(ii)	The flour should be folded into the mixture using a wooden spoon.		
(iii)	A Swiss roll is made using the creaming method of cake making.		

b. Identify **two** important preparation tasks to complete when making a Swiss roll. [2]

i. ……

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ii. ……

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c.

i. Describe what happens when the eggs and sugar are whisked together. [3]

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ii. Explain how you know when the mixture has been whisked enough for the flour to be added. [2]

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d. Give **one** reason why the Swiss roll must be baked immediately. [1]

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e. Explain the scientific changes that take place when baking a Swiss roll. [4]

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2. The picture below shows some chicken goujons. The goujons have been coated before being cooked.

a. State **two** ingredients that can be used to coat the chicken. [2]

i. ……

ii. ……

b. Explain how the coating improves the:

i. Texture of the chicken goujons. [2]

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ii. Appearance of the chicken goujons. [2]

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c. The chicken goujons were shallow fried.
Outline **three** steps to follow when shallow frying. [3]

i. ……

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ii. ……

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iii. ……

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d. Chicken goujons are made using raw chicken.
Explain how raw chicken should be stored in the home. [3]

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Paper: June 2025

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

	Making a chicken stir fry	True	False
(i)	Raw chicken must be cooked thoroughly to kill bacteria.		
(ii)	A red pepper is a good source of vitamin C.		
(iii)	Stir frying is a long, slow method of cooking.		

b. Name **one** ingredient that could be used instead of the chicken to make the stir fry suitable for vegetarians. [1]

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c. Describe **one** rule to follow when stir frying foods to ensure a quality dish. [2]

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d.

i. Explain why the marinade was added to the chicken before cooking. [2]

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e. State **one** benefit of using stir frying as a method of cooking. [1]

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2. Fish is quick to cook.
Give **one** reason why fish cooks quickly. [1]

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Paper: June 2026

1.

a. Tick the box next to each statement to show if it is **True** or **False**. [3]

Pastry making		True	False
(i)	The rubbing-in method is used to combine the fat and flour.		
(ii)	Lard is used to enrich shortcrust pastry.		
(iii)	Self-raising flour is used as it has a high gluten content.		

b. State **two** binding agents that could be used when making shortcrust pastry. [2]

i. ……

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ii. ……

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c. Name **one** other type of pastry. [1]

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d. Give **two** rules to follow when making and preparing shortcrust pastry for a pie. [2]

i. ……

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ii. ……

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e. Explain why some pastry cases are 'baked blind'. [3]

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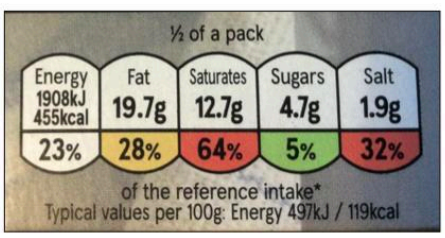
2. Study the information below for a fish pie.

White fish in a cheese sauce topped with mashed potato, cheddar cheese and breadcrumbs

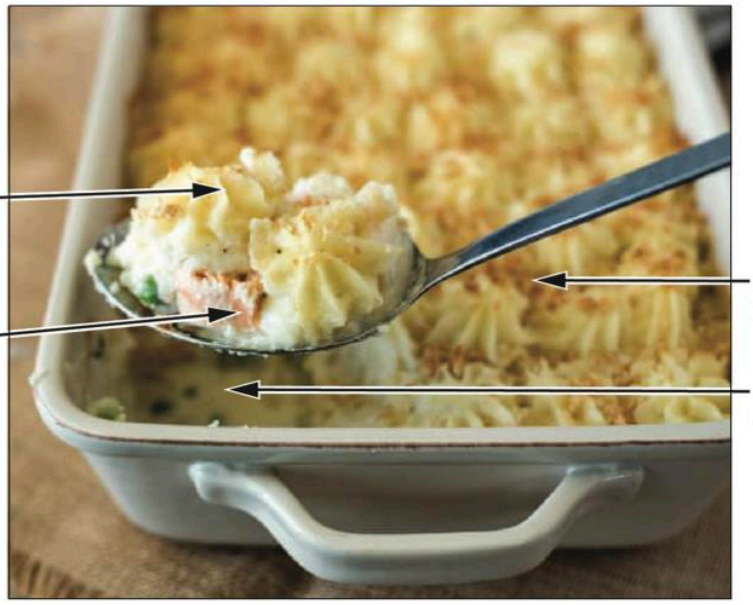
Ingredients list:

Potato
White fish
Whole milk
Single cream
Mature cheddar cheese
Cornflour
Parsley
Mustard seed
Wheat flour
Yeast
Sugar
Spices





A fish pie product



a. The fish pie is a layered product.
Outline **two** reasons why a sauce is used in a fish pie. [2]

i. ……

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ii. ……

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b. The fish pie is a ready meal, prepared and processed in a factory.

i. Give **two** reasons why piping is used as a finishing technique for the fish pie. [2]

1. ……

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2. ……

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ii. Explain **one** reason why quality control is critical during the manufacture of the fish pie. [2]

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c. Assess the use of the poaching method when cooking fish. [4]

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3.

a. Complete the table below by giving the missing names and uses: [4]

Tool/Equipment	Name	Use
	Piping bag	(i) ....
	Wooden spoon	(ii) ....
	(iii)	To drain liquid
	(iv)	To lift, mix, spread or combine ingredients

b. Handheld electric stick blenders are useful when preparing foods.
Give **two** reasons why stick blenders are useful in the kitchen. [2]

i. ……

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ii. ……

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c. State **two** safety rules to follow when using electrical equipment. [2]

i. ……

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ii. ……

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d. Microwave ovens are convenient and quick to use.
State **two** different uses of the microwave oven. [2]

i. ……

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ii. ……

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