

Surname	Centre Number	Candidate Number
Other Names		0



GCSE – NEW

C560UA0-1



S18-C560UA0-1



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

THURSDAY, 14 JUNE 2018 – AFTERNOON

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	13	
3.	8	
4.	12	
5.	8	
6.	11	
7.	13	
8.	10	
9.	10	
Total	100	

INSTRUCTIONS TO CANDIDATES

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

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

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.

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 according.

The total number of marks available is 100.

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



JUN18C560UA0101

SECTION A VISUAL STIMULI

Bread making



Section A*Answer all questions*

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.		

- (b) State **two** raising agents that can be used when bread making. [2]

(i)

(ii)

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

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

- (d) Bread is rich in B vitamins. State **two** other nutrients found in bread. [2]

(i)

(ii)

- (e) Describe **two** conditions that affect the fermentation process when making bread. [4]

(i)

.....

(ii)

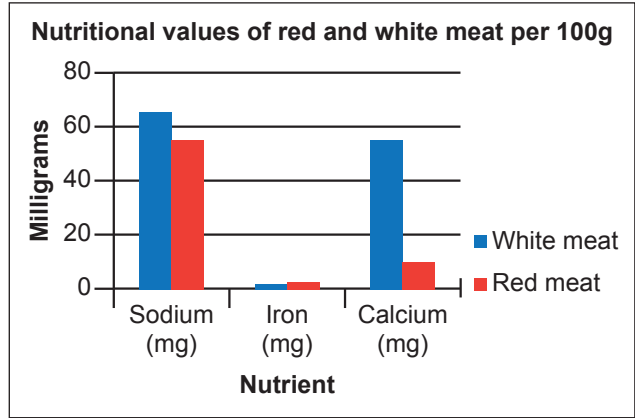
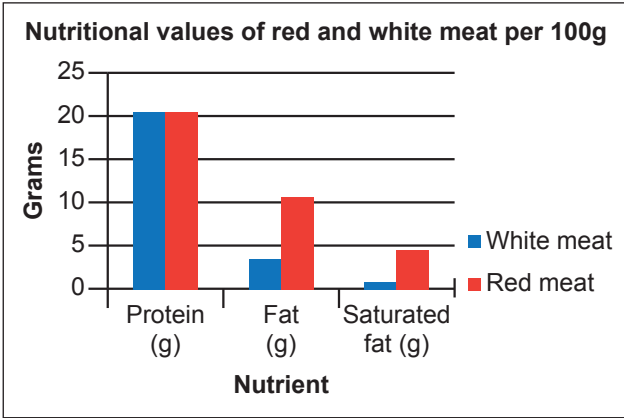
.....



Section B

Answer all questions

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



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

.....

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

.....

(c) Name **one**: [2]

(i) white meat

.....

(ii) red meat

.....

(d) Explain the protein values found in meat. [2]

.....

.....

.....

.....

.....



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

(i)

(ii)

(iii)

(f) Describe the changes that occur when meat is cooked. [4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



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

.....

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



4. Nutrition is the study of nutrients.

(a) Describe the difference between a macro and micro nutrient. [2]

.....
.....
.....
.....

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

.....

(c) Identify **three** consequences for health and well being of a diet high in sugar. [3]

- (i)
- (ii)
- (iii)

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

.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

C560UA01
07



5 (a) Describe what is meant by lactose intolerance. [2]

.....

.....

.....

.....

(b) The following recipe was used to produce a prototype 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. [2]

.....

.....

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



6. Energy is needed in the body for many reasons.

(a) Name **one** unit of measurement for energy. [1]

.....

(b) Explain the term 'energy balance'. [2]

.....

.....

.....

.....

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

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



7. (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]

.....

.....

.....

.....

.....

.....

.....

.....

.....

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

(i) Moulds

.....

.....

.....

.....

.....

.....

.....

.....

.....



(ii) Bacteria

.....

.....

.....

.....

.....

.....

.....

.....

.....



Examiner
only

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

A series of horizontal dotted lines for writing.



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

END OF PAPER



BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



