

Thursday 16 May 2013 – Morning

GCSE HOME ECONOMICS

Food and Nutrition

B003/01 Principles of Food and Nutrition

Candidates answer on the Question Paper.

OCR supplied materials:

None

Other materials required:

None

Duration: 1 hour 30 minutes



Candidate forename		Candidate surname	
-----------------------	--	----------------------	--

Centre number						Candidate number				
---------------	--	--	--	--	--	------------------	--	--	--	--

INSTRUCTIONS TO CANDIDATES

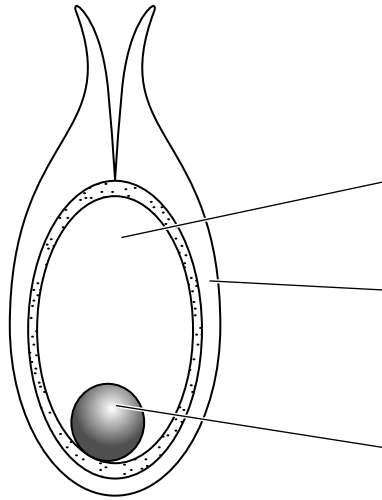
- Write your name, centre number and candidate number in the boxes above. Please write clearly and in capital letters.
- Use black ink. HB pencil may be used for graphs and diagrams only.
- Answer **all** the questions.
- Read each question carefully. Make sure you know what you have to do before starting your answer.
- Write your answer to each question in the space provided. If additional space is required, you should use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the bar codes.

INFORMATION FOR CANDIDATES

- The number of marks is given in brackets [] at the end of each question or part question.
- The total number of marks for this paper is **80**.
- Your quality of written communication is assessed in the question marked with an asterisk (*).
- This document consists of **16** pages. Any blank pages are indicated.

1 Cereals are an important part of a balanced diet.

The diagram below shows a wheat grain.



(a) Label the following parts of the wheat grain using the words given below:

Endosperm	Bran	Germ
-----------	------	------

[3]

(b) Identify **two** other types of cereal grain.

- 1
- 2

[2]

(c) State **three** nutrients found in cereals.

- 1
- 2
- 3

[3]

(d) A survey was carried out to see which type of bread people usually buy.

Look at the table below.

Type of bread	Number of people	Percentage (%) of people
White	135	60
Wholemeal	45	20
Seeded	34	15
Flat/unleavened	11	5

(i) State which type of bread is the most popular.

..... [1]

(ii) How many people buy seeded bread?

..... [1]

(iii) What percentage (%) of people buy wholemeal bread?

..... [1]

(iv) State which type of bread is the least popular.

..... [1]

(e) State **one** nutrient added to white flour by law.

..... [1]

Some people make bread at home.

(f) Give **two** reasons why people choose to make bread at home.

1

.....

2

.....

[2]

[Total:15]

2 Everyone requires nutrients in different amounts.

(a) Design a packed lunch for a 10 year old child that meets current dietary guidelines.

Give reasons for your choices.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... [6]

(b) The lack of a certain nutrient can lead to a deficiency disease.

Complete the table below.

The first one has been done for you.

Lack of nutrient	Deficiency disease
Calcium	Osteoporosis
Iron	
Vitamin C	
Iodine	

[3]

(c) Some people choose to follow a vegetarian or vegan diet.

(i) Give **four** reasons why people choose a vegetarian diet.

1

.....

2

.....

3

.....

4

.....

[4]

(ii) What is meant by the term 'vegan'?

.....

.....

..... [2]

[Total: 15]

3 (a) State the **three** methods of heat transfer.

1

2

3

[3]

(b) Look at the recipe below.

Recipe for chocolate cookies

350 g white flour
1 tsp baking powder
1 tsp salt
225 g butter
175 g caster sugar
175 g soft brown sugar
1 tsp vanilla extract
2 eggs
350 g dark chocolate

State **two** ways the fibre content could be increased in the recipe for chocolate cookies.

1

2

[2]

The cookies in the above recipe contain salt.

(c) Give **two** reasons why it is recommended to reduce salt intake.

1

2

[2]

(d) Give **three** changes that occur when biscuits are cooked.

1

2

3

[3]

(e) Air can be used as a raising agent in mixtures.

Give **three** ways air could be incorporated into mixtures.

- 1
- 2
- 3 **[3]**

(f) State **two** functions of preservatives in food products.

- 1
- 2 **[2]**

[Total: 15]

4* There has been an increase in cases of food poisoning in recent years.

- Describe the main causes of food poisoning.
- Explain how to reduce the risk of food poisoning when preparing, cooking and storing foods in the home. **[15]**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

A series of 25 horizontal dotted lines spanning the width of the page, intended for writing.

EXTRA WRITING SPACE OVER THE PAGE OR GO TO PAGE 11 FOR QUESTION 5

A series of 25 horizontal dotted lines spanning the width of the page, providing a template for handwriting practice.

5 Food labels provide important information.

(a) Describe **three** functions of food labelling for the consumer.

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....

[6]

(b) State **three** advertising methods used to attract children to a food product.

1

2

3

[3]

(c) State the meaning of the following symbols.

(i)



..... [1]

(ii)



..... [1]

(iii)



..... [1]

Some people are intolerant to lactose.

(d) Identify **two** alternatives to cow's milk.

1

2

[2]

Cancer is a major health issue.

(e) Give **two** ways of helping to reduce the risk of developing cancer.

1

.....

2

.....

[2]

(f) Explain **two** healthy eating guidelines.

1

.....

.....

.....

.....

2

.....

.....

.....

[4]

[Total: 20]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional answer space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margins.

A large area of lined paper for writing answers. It features a vertical margin line on the left side and horizontal dotted lines for writing. The lines are evenly spaced and extend across the width of the page.

A large blank sheet of lined paper. It features a vertical solid line on the left side, creating a margin. The rest of the page is filled with horizontal dashed lines, typical of a notebook page for writing.

A large area of the page is reserved for writing, featuring a vertical solid line on the left side and horizontal dotted lines extending across the page.



Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact the Copyright Team, First Floor, 9 Hills Road, Cambridge CB2 1GE.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.