



**Thursday 5 June 2014 – Morning**

**GCSE HOME ECONOMICS**  
**Food and Nutrition**

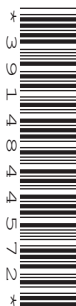
**B003/01** Principles of Food and Nutrition

Candidates answer on the Question Paper.

**OCR supplied materials:**  
None

**Other materials required:**  
None

**Duration:** 1 hour 30 minutes  
**MODIFIED LANGUAGE**



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 pages 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 The following picture shows a pack of sandwiches 'OCR ham, cheese and pickle on white bread'.



### Ingredients

White bread, ham, cheddar cheese, pickle, butter.

### Nutritional information

Typical Values	Per 100 g	Each pack contains
Energy	905 kJ (215 Kcal)	1810 kJ (430 Kcal)
Protein	12.2 g	24.4 g
Carbohydrate	24.5 g	49.0 g
Fat	7.6 g	15.2 g
Fibre	0.8 g	1.6 g

Use the nutritional information and list of ingredients above to answer the following questions.

- (a) (i) Identify how much energy is in each pack of sandwiches.

..... [1]

- (ii) State how much protein is provided per 100 g of the sandwich.

..... [1]

- (iii) Identify **one** sandwich ingredient that contains protein.

..... [1]

- (iv) State **one** function of protein.

..... [1]

- (b) Give **one** reason why this sandwich is not suitable for someone who is a coeliac.

.....  
..... [1]

- (c) State how this sandwich should be stored. Give **one** reason for your answer.

Storage ..... [1]

Reason .....  
..... [1]

- (d) Give **two** different ways the sandwich could be changed to increase the fibre content.

1 .....  
.....  
2 .....  
..... [2]

- (e) Explain the importance of fibre in the diet.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [6]

[Total: 15]  
Turn over

- 2 (a) Fish can be salted to preserve it. State **two** other ways fish could be preserved.

1 .....

2 ..... [2]

- (b) Identify **two** ways fish could be cooked.

1 .....

2 ..... [2]

- (c) Give **two** reasons why an increased intake of oily fish is recommended.

1 .....

.....

2 .....

..... [2]

- (d) (i) State the maximum recommended daily salt intake for an adult in the UK.

..... [1]

- (ii) Describe **three** ways an adult could reduce their salt intake.

1 .....

.....

.....

2 .....

.....

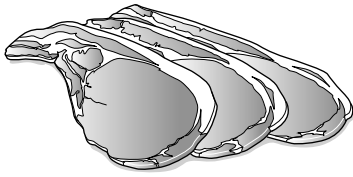
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3 .....

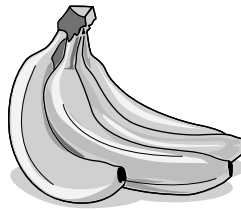
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..... [6]

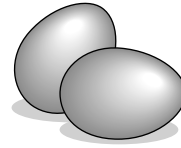
Look at the pictures of food below:



Bacon



Bananas



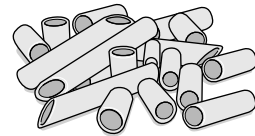
Eggs



Stock cubes



Yeast extract



Pasta

(e) From the pictures identify **two** foods that are high in salt.

1 .....

2 .....

[2]

[Total: 15]

**3\*** Many factors can influence a consumer's food choices. One of these factors is advertising.

- Describe how a supermarket could advertise a new food product.
- Explain the other different factors that could influence a consumer's food choices. **[15]**

[illegible]



4 Breakfast is considered the most important meal of the day.

(a) Give **three** reasons why breakfast is an important meal.

- 1 .....
- 2 .....
- 3 .....

[3]

(b) A teenager's breakfast consists of the following:

Sugary cereal
Whole milk
Toast (white bread) with jam
Sugary fizzy drink

Explain **four** ways this breakfast could be changed to meet dietary guidelines for teenagers.

- 1 .....
- 2 .....
- 3 .....
- 4 .....

[8]



(c) Identify **three** factors that influence an individual's energy requirement.

- 1 .....
- .....
- 2 .....
- .....
- 3 .....
- .....

[3]

Breakfast cereals can be an important source of vitamins and minerals.

(d) Complete the chart below to identify **three** vitamins or minerals and their function.  
One has been completed for you.

Vitamin or mineral	Function
Vitamin B <sub>12</sub>	Production of new cells.

[6]

[Total: 20]

5 Fat is one macronutrient needed in our diet.

(a) State **two** reasons why fat is needed in our diet.

1 .....

.....

2 .....

.....

[2]

(b) Identity **two** problems caused by consuming too much fat.

1 .....

.....

2 .....

.....

[2]

(c) Fats and oils have many functions in the preparation and cooking of food.

Complete the chart below with the function of fat and an example of its use. The first one has been completed for you.

Function	Example
Flavour	Roasting potatoes

[4]

(d) What is meant by the term 'hidden fat'?

.....

..... [1]

(e) Give **one** example of a product containing hidden fat.

.....

..... [1]

Convenience foods can contain high levels of fat.

(f) What is meant by the term 'convenience food'?

.....  
..... [1]

(g) Identify **two** groups of people who might buy convenience foods. Give **one** reason why each group may find convenience foods useful.

Group 1 .....

Reason .....

..... [2]

Group 2 .....

Reason .....

..... [2]

[Total: 15]

**END OF QUESTION PAPER**

[illegible]







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