

OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE
B003/01

HOME ECONOMICS
Food and Nutrition

Principles of Food and Nutrition

THURSDAY 16 MAY 2013: Morning

DURATION: 1 hour 30 minutes
plus your additional time allowance

MODIFIED ENLARGED

Candidate forename		Candidate surname	
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Centre number						Candidate number				
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Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:

None

OTHER MATERIALS REQUIRED:

None

READ INSTRUCTIONS OVERLEAF

INSTRUCTIONS TO CANDIDATES

- **Write your name, centre number and candidate number in the boxes on the first page. 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.**

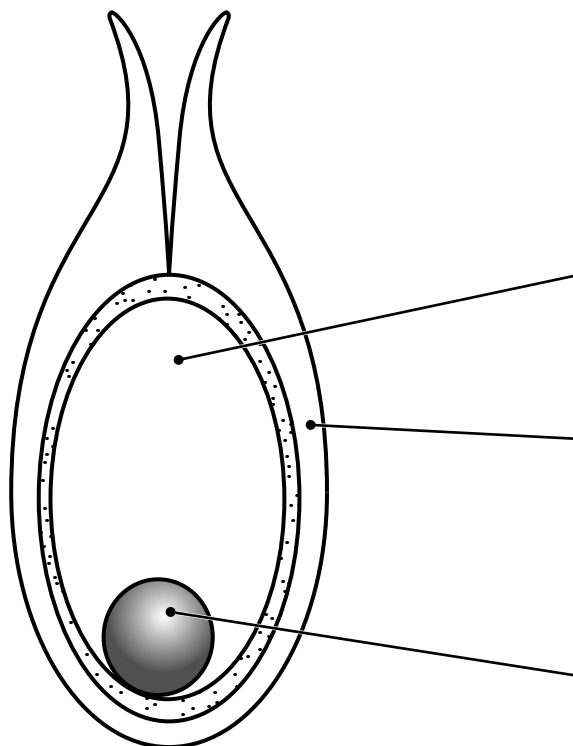
INFORMATION FOR CANDIDATES

- **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 (*).**
- **Any blank pages are indicated.**

BLANK PAGE

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]

[illegible]

[illegible]

[illegible]

[illegible]

**EXTRA WRITING SPACE OVER THE PAGE OR GO TO
PAGE 17 FOR QUESTION 5**

[illegible]

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.

[illegible]

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