

# OCR

Oxford Cambridge and RSA

## Thursday 16 June 2016 – 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	
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Centre number						Candidate number				
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#### 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 Milk and cheese are important food commodities.

(a) State where cheese should be stored and give a reason for your answer.

Where ..... [1]

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

(b) Complete the table below, matching the type of cheese to the examples provided.

**Examples**

Blue Stilton
Cheddar cheese
Cottage cheese

Type of cheese	Example
Hard cheese	
Soft cheese	
Veined cheese	

[3]

(c) Identify **three** nutrients found in cheese.

1 .....

2 .....

3 .....

[3]

(d) (i) State the type of cow's milk that should be given to toddlers.

..... [1]

(ii) Give **one** reason why toddlers should drink this type of milk.

.....

..... [1]

(e) Identify the condition associated with an intolerance of cow's milk.

..... [1]

(f) Describe **two** ways schools could encourage children to consume more milk.

1 .....

.....

.....

2 .....

.....

.....

[4]

[Total: 15]

2 (a) Food is cooked by different methods of heat transfer.

Complete the table below by matching the cooking method to the main method of heat transference. Only use each method once.

**Method of heat transfer**

Radiation
Convection
Conduction

Cooking method	Method of heat transfer
Roasting	
Boiling	
Grilling	

[3]

(b) Meat can be cooked in a variety of ways.

Give **two** advantages of grilling rather than frying meat.

1 .....

2 .....

[2]

(c) Identify **two** ways to tenderise meat before cooking.

1 .....

2 .....

[2]

(d) Explain **two** changes that occur when meat is cooked.

1 .....

.....

.....

.....

.....

.....

2 .....

.....

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.....

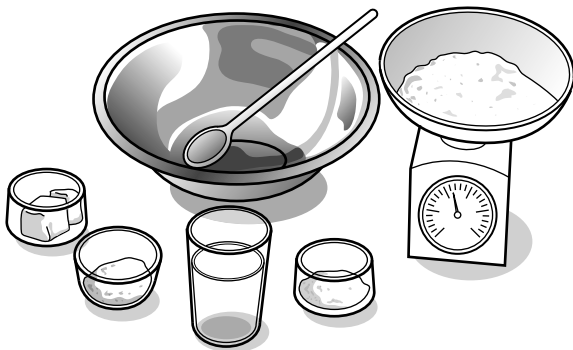
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[4]

Baking is another method of cooking.

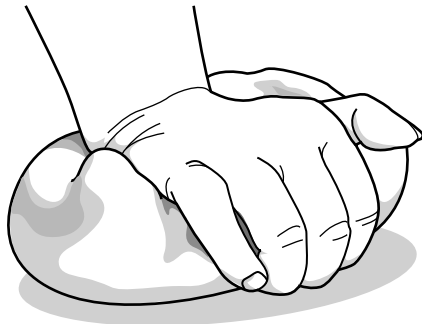
(e) Look at the following pictures of some of the steps in making bread. Identify why each step is important in bread making.

(i) Accurately weighing and measuring ingredients



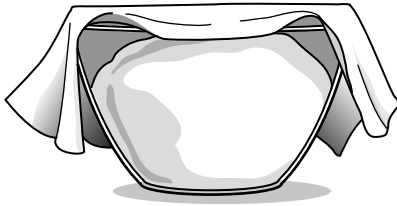
..... [1]

(ii) Kneading the dough



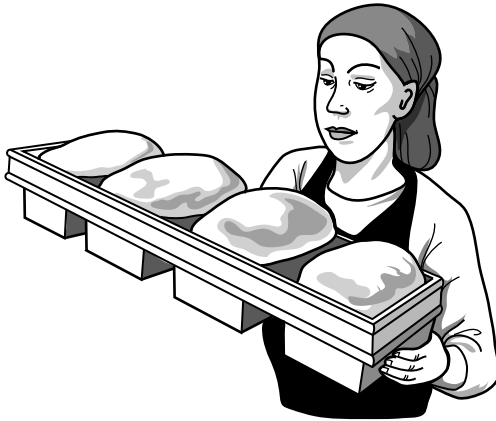
..... [1]

(iii) Proving



..... [1]

(iv) Bake at a high temperature



..... [1]

(f) Give **one different** function of each of the following ingredients used in cake making.

Fat ..... [1]

Sugar ..... [1]

Egg ..... [1]

(g) Identify **two** ways air could be incorporated into a cake mixture.

1 .....

2 .....

[2]

[Total: 20]



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





(b) Give **two** reasons why people should eat a balanced diet.

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

(c) (i) State **three** pieces of information that are required, by law, on a food label.

- 1 .....
- 2 .....
- 3 ..... [3]

(ii) Identify **two** reasons why food labelling is important for the consumer.

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

[Total: 15]

5 Convenience and preprepared foods often contain high levels of salt.

(a) (i) Identify **two** reasons why people are advised to eat less salt.

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

(ii) State **one** ingredient, other than salt, that could be used to flavour savoury food.

- ..... [1]

Fish can be bought pre-prepared.

(b) Complete the following table with the function of each of these nutrients found in fish. An example has been completed for you.

Nutrient	Function
Iodine	Makes thyroid hormones
Protein	
Calcium	
Vitamin A	

[3]

(c) Identify **one** food poisoning bacteria associated with fish.

..... [1]

(d) Describe **four** ways to reduce the risk of food contamination when storing, preparing and cooking fresh fish.

1 .....

.....

.....

.....

.....

2 .....

.....

.....

.....

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3 .....

.....

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4 .....

.....

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.....

.....

[8]

[Total: 15]

**END OF QUESTION PAPER**

**ADDITIONAL ANSWER SPACE**

If additional 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.







**PLEASE DO NOT WRITE ON THIS PAGE**



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