OXFORD CAMBRIDGE AND RSA EXAMINATIONS

GCSE

B003/01

HOME ECONOMICS

Food and Nutrition

Principles of Food and Nutrition

THURSDAY 16 JUNE 2016: Morning

DURATION: 1 hour 30 minutes
plus your additional time allowance
MODIFIED ENLARGED 24pt

Candidate forename		Candidate surname	

Centre number						Candidate number				

Candidates answer on the Question Paper.

OCR SUPPLIED MATERIALS:
None

OTHER MATERIALS REQUIRED:
None

READ INSTRUCTIONS OVERLEAF

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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.

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 _____

_____

_____

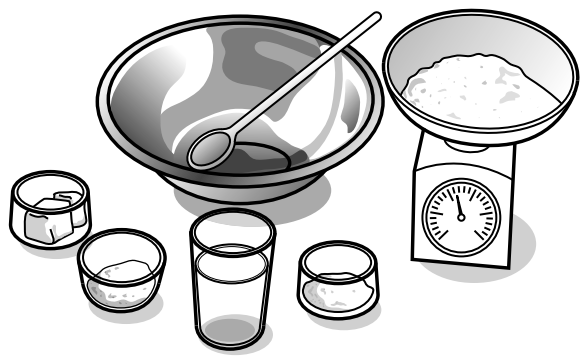
_____

[4]

Baking is another method of cooking.

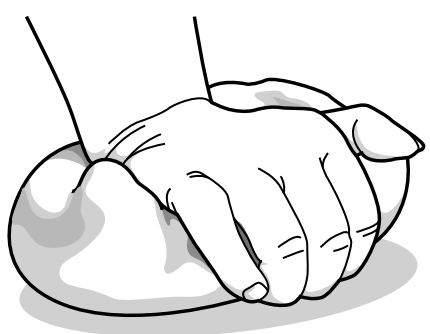
(e) Look at the following pictures of some of the steps in making bread.
Identify why each step is important in bread making.

(i) Accurately weighing and measuring ingredients



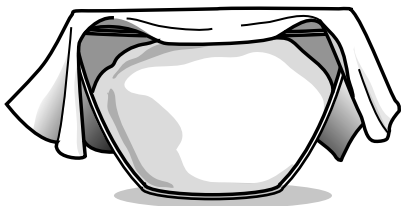
_____ **[1]**

(ii) Kneading the dough



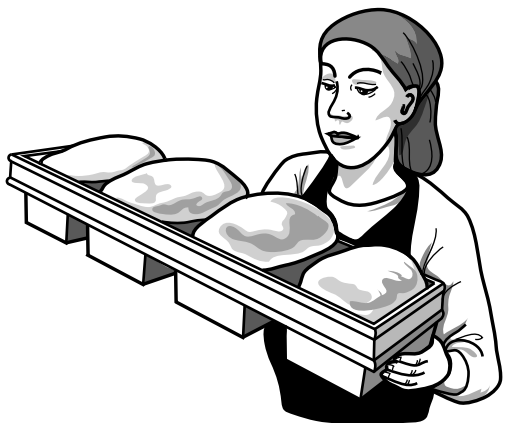
_____ **[1]**

(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]

3* **A variety of factors affect a family's choice of food.**

Describe how a family with a limited income may ensure they have a balanced diet.

Other than income, explain a variety of factors that could affect a family's choice of food. [15]

4 Read the following case study.

James, aged 19, is a university student who enjoys an active lifestyle.

TYPICAL DAILY FOOD INTAKE

Breakfast – Coffee with two sugars and a plain bagel.

Snack – Energy drink.

Lunch – A banana, a bag of crisps and an energy drink.

Snack – Coffee with two sugars.

Dinner – Take away meal with a pint of beer.

Water during day – 500 ml

(a) Using the above case study:

Explain the changes that James could make to his diet so that it meets government dietary guidelines. [8]

(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 _____

_____

_____

_____

_____

3

4

[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.

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