

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS
GCSE**

B003/01

HOME ECONOMICS

Food and Nutrition

Principles of Food and Nutrition

FRIDAY 16 JUNE 2017: Afternoon

**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.

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Answer ALL the questions.

1 The food plate and healthy eating guidelines help people make healthy choices.

honey fizzy drink whole wheat pasta brown rice

apple banana chicken leg sausages

(a) (i) From the above, identify TWO carbohydrates as sugars.

1 _____

2 _____

[2]

(ii) From the above, identify TWO carbohydrates as starch.

1 _____

2 _____

[2]

(iii) Give THREE different reasons with explanations why carbohydrates are important in the diet.

1 _____

2 _____

3 _____

[6]

(b) (i) State TWO functions of protein.

1 _____

2 _____

[2]

(ii) Identify TWO sources of protein suitable for a vegan.

[2]

- (c) Identify and explain THREE ways the recipe below could be adapted to meet different current healthy eating guidelines.**

Recipe for Lasagne

Olive oil

½ a red onion

200 g mushrooms diced

500 g minced beef (10% fat)

1 can of chopped tomatoes

1 tsp dried oregano

1 stock cube

½ tsp salt

200 g dried white lasagne sheets

100 g cheddar cheese

500 ml full fat milk

50 g butter

50 g plain white flour

1 _____

2 _____

3 _____

[6]

[TOTAL: 20]

2 The prevention of food poisoning is important.

Complete the table below.

(a) Match the descriptions given below to the following terms in the table. [3]

Descriptions

The food must be eaten before this date.
The food is at its best condition before this date.
After this date the food is not recommended to be eaten, it may contain bacteria.

Terms	Descriptions
Use by date	
Sell by date	
Best before date	

(b) Identify THREE signs a food has gone off, and should not be consumed.

1 _____

2 _____

3 _____

[3]

(c) (i) What is meant by the term “perishable food”?

_____ [2]

(ii) Identify TWO perishable foods.

1 _____
2 _____ [2]

(d) State TWO methods of commercial food preservation.

1 _____
2 _____ [2]

(e) What is meant by the term “cross-contamination”?

_____ [1]

- (f) Additives are used by food manufacturers for a variety of reasons.

Complete the table below.

Give a reason for each of the additives listed in the table being used by food manufacturers.

An example has been provided. [2]

Additive	Reason it is used by food manufacturers
Preservatives	To increase the shelf life of the product
Colourings	
Emulsifiers and stabilisers	

[TOTAL: 15]

3 Food is cooked in a variety of ways.

(a) Give TWO reasons why food is cooked.

1 _____

2 _____

[2]

(b) Identify THREE methods of heat transference.

1 _____

2 _____

3 _____

[3]

Steaming is a popular way to cook food.

(c) Give TWO advantages of steaming as a cooking method.

1 _____

2 _____

[2]

Scones are usually oven baked.

Scone Recipe

200 g Self raising flour

¼ tsp salt

50 g Salted butter

25 g caster sugar

110 ml Semi skimmed milk

(d) (i) Explain THREE changes that occur when a scone is oven baked.

1 _____

_____ **[2]**

2 _____

_____ **[2]**

3 _____

_____ **[2]**

Use the scone recipe.

- (ii) Name ONE group of people who CANNOT eat these scones.**

_____ [1]

- (iii) State WHY the group you have named CANNOT eat these scones.**

_____ [1]

[TOTAL: 15]

4 Many factors can influence people's choice of food.

(a) Identify THREE ways that supermarkets/food manufacturers can make food products appeal to children.

1 _____

2 _____

3 _____

[3]

(b) (i) Identify TWO pieces of information that BY LAW must appear on a food label. Describe why a consumer may need these pieces of information.

Information 1 _____

Why the consumer needs it _____

_____ **[2]**

Information 2 _____

Why the consumer needs it _____

_____ **[2]**

(b) (ii) Identify TWO organisations who enforce regulations relating to food hygiene and safety.

1 _____

2 _____

[2]

(c) OTHER THAN ADVERTISING, explain THREE factors that may influence a person's food choice.

1 _____

[2]

2 _____

[2]

3 _____

[2]

[TOTAL: 15]

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