

Surname	Centre Number	Candidate Number
First name(s)		4



LEVEL 3 CERTIFICATE/DIPLOMA

4563UB0-1



S23-4563UB0-1

TUESDAY, 6 JUNE 2023 – AFTERNOON

FOOD SCIENCE AND NUTRITION

Unit 1: Meeting Nutritional Needs of Specific Groups

1 hour 30 minutes plus 15 minutes reading time

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
Section A	23	
Section B 1.	6	
2.	9	
3.	6	
4.	8	
Section C 1.	12	
2.	10	
3.	6	
4.	10	
Total	90	

ADDITIONAL MATERIALS

A calculator.

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The total for the paper is 90 marks.

The number of marks is given in brackets at the end of each question or part-question.

You are reminded of the necessity for good English and orderly presentation in your answers.

Reading time may be permitted as indicated on the examination paper. This is additional time to the duration of the exam. This time can only be used for reading through the questions on the exam paper, and prioritising your time. However, you may write notes.



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Answer **all** questions.

Section A

1. State **three** key food safety temperatures. [3]

(i)

(ii)

(iii)

2. Name **two** high risk foods. [2]

(i)

(ii)

3. Describe **two** ways in which food can become contaminated. [4]

(i)

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(ii)

.....

.....

4. Name the **two** groups of simple carbohydrates. [2]

(i)

(ii)

5. State **two** good food sources of complex carbohydrates. [2]

(i)

(ii)



6. (a) Identify **one** factor which may increase a person's requirement for folate. [1]

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(b) Outline the role of folate in the body. [3]

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7. Explain the meaning of the term macronutrients. [2]

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8. Describe the difference between 'nutrient density' and 'energy density' of food. [4]

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1. Assess the food safety risks associated with the preparation, storage and serving of a range of salads served from a salad bar. [6]



2. (a) Describe the molecular structure of the following.
You may use diagrams to support your answer.

[4]

- (i) Monounsaturated fats

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- (ii) Trans fats

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- [5]



[6]



[8]

Section C

Read the case study and answer all questions in the space provided.

Ann is a Deputy Head at a large comprehensive school so has limited time when it comes to meal preparation. In her spare time Ann enjoys walking, yoga and Pilates. She has been a lacto-ovo vegetarian for 17 years but having recently read an article about sustainable diets, she has decided to follow a vegan diet.

Name	Ann	
Age	51	
Weight	51 kg	
Height	1.66 m	
Diary of a typical day	Time	Activity
	6.00 am 6.15 am 6.45 am 7.30 am 11.00 am 11.00 am – 12.20 pm 12.20 pm – 1.00 pm 1.00 pm – 3.20 pm 3.20 pm – 5.00 pm 5.00 pm – 6.00 pm 6.00 pm – 6.45 pm 7.45 pm 8.15 pm 10.30 pm – 11.00 pm	Wakes up Breakfast Drives to school Arrives at school Morning break – walks around school on duty Teaching Lunch break – eats at her desk Work in office/classroom observations Senior leaders meeting Work in office Drives to Pilates class Returns home Evening meal Goes to bed
Example of current daily diet	Breakfast:	Poached egg and avocado on wholemeal toast Cup of tea
	Morning break:	Cup of coffee with skimmed milk
	Lunch:	Wholemeal pitta bread; sticks of carrot/celery/peppers with hummus Glass of sparkling water
	Snack:	Cup of tea with a chocolate and fruit flapjack
	Evening meal:	Goat’s cheese and beetroot salad with mixed grains Glass of red wine









38



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