



GCSE



C560UA0-1

MONDAY, 20 JUNE 2022 – AFTERNOON

FOOD PREPARATION AND NUTRITION

Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes plus your additional time allowance

Surname _____

First name(s) _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	14	
3.	10	
4.	12	
5.	8	
6.	8	
7.	15	
8.	8	
9.	10	
Total	100	

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Answer ALL questions.

Write your name, centre number and candidate number in the spaces provided on the front cover.

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 number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.

(Turn over)

SECTION A VISUAL STIMULI

MAKING PASTA



(Turn over)

SECTION A

Answer ALL questions.

- 1 (a) TICK (✓) the box next to each statement to show if it is TRUE or FALSE. [3 marks]

MAKING PASTA	TRUE	FALSE
(i) Separate the egg yolk from the egg white.		
(ii) Knead the pasta dough until it becomes elastic.		
(iii) Cover the pasta dough to stop it drying out.		

- (b) Name TWO ingredients that could be added to change the colour of the pasta. [2 marks]

(i) _____

(ii) _____

(Turn over)

- 1 (c) Standard ingredients are used when making pasta.
Complete the table below. [3 marks]

INGREDIENT	FUNCTION
(i) Flour	
(ii) Eggs	
(iii) Salt	

(Turn over)

1 (d) State FOUR guidelines to follow to successfully cook fresh pasta. [4 marks]

(i) _____

(ii) _____

1 (d) (iii)

(iv)

(e) Describe ways in which flavour could be added to fresh pasta during preparation, cooking or serving. [3 marks]

(Turn over)

[illegible]

(Turn over)

SECTION B

Answer ALL questions.

2. Look at the table below.

Serving size: 2 slices	White bread	Wholemeal bread
Energy	150 Kcal	187 Kcal
Protein	5.6 g	10.2 g
Total Fat	1.0 g	2.2 g
Carbohydrate	31.2 g	34.5 g
Dietary fibre	1.4 g	4.9 g
Sodium	249.7 mg	234.8 mg
Vitamin B1 Thiamine	0.44 mg	0.61 mg
Vitamin B2 Riboflavin	0.27 mg	0.29 mg
Vitamin B3 Niacin	2.88 mg	4.28 mg
Calcium	97.52 mg	86.25 mg
Iron	2.58 mg	3.75 mg

(Turn over)

2 (a) (i)

State which bread has the most energy value per serving size. [1 mark]

(ii) State which bread has the highest protein content. [1 mark]

(iii) Name TWO minerals found in bread. [2 marks]

1.

2.

(Turn over)

2 (a) (iv)

Describe why wholemeal bread has more dietary fibre (NSP) content than white bread. [2 marks]

2 (b) Give TWO reasons why bread is a popular commodity. [2 marks]

(i)

(ii)

- 2 (c) A baker has produced a batch of bread rolls which are heavy and small.**

Give TWO reasons why this has happened and suggest how this could have been avoided.

[4 marks]

(i)

(Turn over)

2 (c)

(ii)

(d) Outline how bread is mass produced by manufacturers to meet consumer demand.

[2 marks]

(Turn over)

3. (a) Define what is meant by obesity. [2 marks]

(Turn over)

3 (b) Obesity is a national health issue. Discuss the consequences of obesity. [4 marks]

3 (c) Explain the difference between the TWO types of cholesterol. [4 marks]

(Turn over)

4 (a) Name TWO functions of protein in the diet.

[2 marks]

(i) _____

(ii) _____

(b) Proteins can be High Biological Value (HBV) or Low Biological Value (LBV).

(i) State what is meant by Low Biological Value.

[1 mark]

(Turn over)

4 (b) (ii)

Describe how a VEGAN can ensure they achieve their daily intake of protein. [5 marks]

[illegible]

(Turn over)

4 (c) Describe TWO health problems that may be caused by a protein deficiency. [4 marks]

(i)

(ii)

- 5. Assess the impact of importing foods from other countries and suggest how customers can be more environmentally friendly when food shopping. [8 marks]**

[illegible]

(Turn over)

6. The food diary below is for an 18-year-old student at college.

TYPICAL DAILY DIET

BREAKFAST

Cup of tea with milk and sugar

MID-MORNING

Chocolate bar

Carton of fruit juice

LUNCH

Sausage roll

Cheesy chips

Chocolate cookie

Apple

AFTERNOON

Cola and biscuits

EVENING MEAL

Chicken curry, rice, poppadoms

EVENING SNACK

Cola and popcorn

(Turn over)

6. (continued)

Evaluate the food diary and suggest changes that could be made to meet current dietary recommendations. [8 marks]

[illegible]

(Turn over)

7. (a) Give THREE reasons for cooking food. [3 marks]

(i) _____

(ii) _____

(iii) _____

7 (b) Cooking can transfer heat energy to food in different ways.

Describe how heat energy is transferred when:

(i) Grilling bacon. [2 marks]

7 (b) (ii)

Cooking soup in a saucepan on the hob. [4 marks]

[illegible]

(Turn over)

7 (c) Outline the process of blanching. [2 marks]

(d) Describe the effect of cooking on meat.

[4 marks]

(Turn over)

- 8. Micro-organisms are transferred by cross-contamination.**

Discuss how cross-contamination can occur when making a chicken and bacon salad AND describe the methods of control that can be used to ensure food safety. [8 marks]

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

(Turn over)

- 9. Discuss the influences cultural and lifestyle changes have had on food choice and availability. [10 marks]**

[illegible]

END OF PAPER

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