



GCSE



C560UA0-1

TUESDAY, 20 JUNE 2023 – MORNING

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.	14	
4.	12	
5.	11	
6.	15	
7.	7	
8.	12	
Total	100	

INSTRUCTIONS TO CANDIDATES

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

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

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

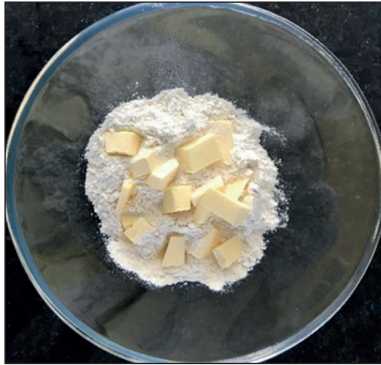
The total number of marks available is 100.

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

(Turn over)

SECTION A VISUAL STIMULI

MAKING A SHORTCRUST PASTRY VEGETABLE QUICHE



(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 A SHORTCRUST PASTRY VEGETABLE QUICHE	TRUE	FALSE
(i) Plain flour is normally used when making shortcrust pastry.		
(ii) Warm water is used to bind the pastry ingredients together.		
(iii) Shortcrust pastry can become tough if overhandled.		

(Turn over)

1 (b) Identify TWO different ways to increase the dietary fibre (NSP) content when making shortcrust pastry. [2 marks]

(i) _____

(ii) _____

(c) Describe the function of the following ingredients used when making shortcrust pastry. [4 marks]

(i) Fat: _____

(ii) Flour: _____

- 1 (d) Give ONE reason why some recipes require shortcrust pastry cases to be baked blind.

[1 mark]

- (e) State ONE mineral provided by cheese in a vegetable quiche. [1 mark]

- (f) Explain the changes that occur to the eggs when baking a vegetable quiche. [4 marks]

(Turn over)

SECTION B

Answer ALL questions.

2. Cereals are one of the major food commodity groups.

(a) Define the term cereals. [1 mark]

**(b) Wheat is an example of a cereal grown in the UK.
Name ONE OTHER cereal grown in the UK.**

[1 mark]

(Turn over)

2 (c) Carbohydrates are found in cereals. State TWO OTHER nutrients found in wholegrain cereals.

[2 marks]

(i) _____

(ii) _____

(d) Discuss why we should be eating more starchy carbohydrate foods and less sugary carbohydrate foods. [6 marks]

(Turn over)

2 (e) Monosaccharides and disaccharides are simple carbohydrates. Explain, with examples, the differences between monosaccharides and disaccharides. [4 marks]

[illegible]

3. Sauces can form part of a dish and be served as an accompaniment to a dish.

(a) State TWO reasons why sauces are added to dishes. [2 marks]

(i)

(ii)

3 (b) Describe what is meant by a BLENDED sauce and give an example to support your answer.

[4 marks]

[illegible]

(Turn over)

3 (c) The ingredients used to make a tomato sauce are shown below.

1 garlic clove

1 skinned and deseeded fresh tomato

1 tin chopped tomatoes

1 tablespoon tomato puree

1 vegetable stock cube

125ml water

Pinch mixed herbs

Give ONE reason why the sauce will thicken during the cooking process. [2 marks]

3 (d) A meat curry was made in a morning food lesson and then carried around in a school bag for the rest of the day.

Explain the importance of correctly storing the cooked meat curry. [6 marks]

[illegible]

(Turn over)

4. Vitamin C is an essential micronutrient needed by the body.

(a) Give TWO reasons why vitamin C is needed by the body. [2 marks]

(i) _____

(ii) _____

(b) Name TWO food sources RICH in vitamin C. [2 marks]

(i) _____

(ii) _____

4 (c) Identify TWO problems caused by a lack of vitamin C in the body. [2 marks]

(i) _____

(ii) _____

(d) Explain how you can minimise vitamin C loss during food preparation and cooking. [6 marks]

(Turn over)

5. The UK has seen a rise in food poverty.

(a) Assess how food poverty is affecting the diet and health of some families. [8 marks]

[illegible]

(Turn over)

5 (b) Suggest THREE ways families experiencing food poverty can eat nutritious meals. [3 marks]

(i)

(ii)

5 (b) (iii)

**6 (a) Bread is made using strong plain flour and yeast.
Name TWO OTHER ingredients that can be used
when making bread. [2 marks]**

(i)

(ii)

(Turn over)

6 (b) Explain why strong white flour is used in breadmaking. [3 marks]

[illegible]

(Turn over)

6 (c) During the making process bread dough is left to prove.

(i) Describe what 'proving' is. [2 marks]

(ii) Discuss why proving is such an important stage in breadmaking. [4 marks]

6 (d) The picture below shows a loaf of bread made during a practical lesson.



The sensory analysis results identified that the bread scored low for its appearance.

Suggest, using examples, TWO changes that could be made, to make the bread more appealing.
[4 marks]

Change 1: _____

(Turn over)

Change 2: _____

7 (a) List TWO points to consider when storing fresh fish. [2 marks]

(i) _____

(ii) _____

7 (b) State TWO different cooking methods used for cooking fish. [2 marks]

(i)

(ii)

7 (c) Give THREE nutritional benefits of including fish in the diet. [3 marks]

(i) _____

(ii) _____

(iii) _____

- 8. Many households in the UK have changed their shopping and eating habits over the last few years.**

Discuss and evaluate how technology and new initiatives have influenced people's choices when planning meals and purchasing food. [12 marks]

[illegible]

(Turn over)

END OF PAPER

(Turn over)

Question number	Additional page, if required. Write the question numbers in the left-hand margin.

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