



GCSE



C560UA0-1

WEDNESDAY, 19 JUNE 2024 – 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.	15	
4.	10	
5.	14	
6.	12	
7.	8	
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 Swiss roll

S



T



U



V



W



X



Y



Z



SECTION A

VISUAL STIMULI MAKING A SWISS ROLL

PHOTO S: There are three bowls; one containing flour, one containing sugar and one with two raw eggs with no shells.

PHOTO T: The eggs and sugar are in a bowl together. A handheld, electric whisk is about to be used.

PHOTO U: The eggs and sugar have been mixed to form a smooth mixture. The whisk is being lifted up.

PHOTO V: The flour is added to the same bowl and it is folded into the mixture with a spoon.

PHOTO W: The mixture has been put into a lined oblong baking tray or Swiss roll tin.

PHOTO X: The mixture has been baked. The cake has been turned or tipped out of the Swiss roll tin and the baking paper is being removed from the cake.

PHOTO Y: The baked cake has been placed on clean baking paper which has sugar sprinkled on it. The baking paper is used to help roll up the whole cake from end to end.

PHOTO Z: A finished Swiss roll is shown. It has a red jam filling showing through the spiralled end and is presented with icing sugar dusted on the top.

(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 SWISS ROLL	TRUE	FALSE
(i)	The flour should be sieved before adding to the Swiss roll mixture.		
(ii)	The flour should be folded into the mixture using a wooden spoon.		
(iii)	A Swiss roll is made using the creaming method of cake making.		

(Turn over)

1 (b) Identify TWO important preparation tasks to complete when making a Swiss roll. [2 marks]

(i) _____

(ii) _____

1 (c) (i)

Describe what happens when the eggs and sugar are whisked together. [3 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, text, or other markings on the paper.

(Turn over)

1 (c) (ii)

Explain how you know when the mixture has been whisked enough for the flour to be added.

[2 marks]

(Turn over)

1 (d) Give ONE reason why the Swiss roll must be baked immediately. [1 mark]

1 (e) Explain the scientific changes that take place when baking a Swiss roll. [4 marks]

[illegible]

(Turn over)

SECTION B

Answer ALL questions.

2. A healthy diet is needed for good health and nutrition.

(a) Identify THREE healthy eating guidelines.

[3 marks]

(i) _____

(ii) _____

(Turn over)

2 (a) (iii)

(b) Water is essential for life.

Assess the importance of including water in the daily diet. [4 marks]

(Turn over)

2 (c) Vitamin D is an essential micronutrient needed by the body.

(i) Name ONE good FOOD source of vitamin D.
[1 mark]

(ii) State ONE mineral which works with vitamin D in the body. [1 mark]

2 (c) (iii)

Name ONE group of people who may be at risk of a vitamin D deficiency. [1 mark]

(iv) Outline the functions of vitamin D in the body and explain the problems caused by a vitamin D deficiency. [4 marks]

(Turn over)

3 (a) Food must be stored and handled correctly so that it is safe to consume.

(i) List THREE different ways foods can become contaminated. [3 marks]

I. _____

II. _____

III. _____

(Turn over)

3 (a) (ii)

Describe TWO signs of food spoilage. [2 marks]

I. _____

II. _____

3 (a) (iii)

**Name TWO types of food spoilage
micro-organisms. [2 marks]**

I. _____

II. _____

3 (b) Many foods can be preserved to keep them for longer.

Identify ONE different preservation method for each food listed below and explain how the method preserves the food. [8 marks]

(i) Raw beefburgers

Preservation method

Explanation of this method

(Turn over)

3 (b) (ii)

Fresh beetroot

Preservation method

Explanation of this method

(Turn over)

4. The cost of food in the UK is increasing.

Discuss how households can save money when buying and cooking foods. [10 marks]

(i) Buying foods

[illegible]

(Turn over)

4 (ii) Cooking meals

5. There are many different types of milk.

(a) (i) Complete the table below. [2 marks]

TYPES OF MILK	EXAMPLE
I. Low-fat milk	
II. Processed milk	

(Turn over)

5 (a) (ii)

List TWO rules for storing fresh milk in the home.

[2 marks]

I. _____

II. _____

(Turn over)

5 (b) Milk is pasteurised during the secondary stage of processing.

State why milk is pasteurised and explain the process of pasteurisation. [4 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, text, or other markings on the paper.

(Turn over)

5 (c) Lactose intolerance is on the increase.

(i) List TWO symptoms of lactose intolerance.

[2 marks]

I. _____

II. _____

5 (c) (ii)

Lasagne is a popular meal. The ingredients are shown below.

Minced meat

Onion

Tinned tomatoes

Stock cube and water

Herbs

Flour

Butter

Milk

Cheese

Lasagne sheets

5 (c) (ii)

Explain TWO different modifications that could be made to the lasagne to ensure the recipe is lactose free. Give examples to support your response. [4 marks]

Modification 1:

5 (c) (ii)

Modification 2:

6. The picture below shows some chicken goujons. The goujons have been coated before being cooked.



- (a) (i) State TWO ingredients that can be used to coat the chicken. [2 marks]

I. _____

II. _____

(Turn over)

6 (a) (ii)

Explain how the coating improves the:

I. Texture of the chicken goujons. [2 marks]

6 (a) (ii)

II. Appearance of the chicken goujons. [2 marks]

(Turn over)

6 (a) (iii)

**The chicken goujons were shallow fried.
Outline THREE steps to follow when shallow
frying. [3 marks]**

I. _____

II. _____

III. _____

(Turn over)

6 (a) (iv)

**Chicken goujons are made using raw chicken.
Explain how raw chicken should be stored in the home. [3 marks]**

[illegible]

(Turn over)

7 (a) Explain the meaning of the term fortification.

[2 marks]

7 (b) Give TWO examples of foods that are fortified.

[2 marks]

(i) _____

(ii) _____

(Turn over)

7 (c) During food processing, additives are sometimes added by manufacturers to modify products. Assess the positive use of the following additives in a strawberry yoghurt. [4 marks]

(i) Flavour intensifiers

7 (c) (ii)
Colourings

- 8. A diet high in saturated fat is linked to many serious health issues.**

Evaluate the health issues associated with a diet high in saturated fat and discuss how this can be prevented. [12 marks]

[illegible]

[illegible]

(Turn over)

[illegible]

(Turn over)

[illegible]

(Turn over)

[illegible]