



GCSE



C560UA0-1

TUESDAY, 17 JUNE 2025 – 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.	6	
3.	6	
4.	10	
5.	18	
6.	15	
7.	11	
8.	9	
9.	10	
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 CHICKEN AND VEGETABLE STIR FRY

S



T



U



V



W



X



SECTION A

VISUAL STIMULI

MAKING A CHICKEN AND VEGETABLE STIR FRY

Photo S: There are two bowls, one large bowl and one smaller bowl with a spoon in. The large bowl contains raw, diced chicken pieces. The smaller bowl contains a brown marinade.

Photo T: The raw chicken and the marinade are in a bowl together. The chicken is coated in the marinade.

Photo U: There are a selection of raw ingredients in a large bowl. There are sliced red peppers, slices of cucumber and sliced mushrooms. There are also sliced carrots, small pieces of broccoli, small pieces of chopped babycorn and some dried noodles.

Photo V: The marinade and coated chicken have been placed in a frying pan to be stir fried.

Photo W: All the chopped raw ingredients have been added to the stir fry pan with the chicken and marinade.

Photo X: The cooked noodles have been added to the cooked chicken and vegetables in the stir fry pan.

(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 CHICKEN STIR FRY	TRUE	FALSE
(i)	Raw chicken must be cooked thoroughly to kill bacteria.		
(ii)	A red pepper is a good source of vitamin C.		
(iii)	Stir frying is a long, slow method of cooking.		

- (b) Name ONE ingredient that could be used instead of the chicken to make the stir fry suitable for vegetarians. [1 mark]

(Turn over)

1 (c) Describe ONE rule to follow when stir frying foods to ensure a quality dish. [2 marks]

1 (d) (i)

Explain why the marinade was added to the chicken before cooking. [2 marks]

1 (d) (ii)

Chicken is a high biological value (HBV) food.

Describe what is meant by high biological value.

[2 marks]

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

(Turn over)

1 (e) State ONE benefit of using stir frying as a method of cooking. [1 mark]

(f) Describe the changes that take place to the chicken and vegetables during the cooking of the stir fry. [4 marks]

[illegible]

(Turn over)

SECTION B

Answer ALL questions.

2. Micronutrients are required by the body in small amounts.

(a) Name ONE micronutrient. [1 mark]

(b) Dietary recommendations state we should eat TWO portions of fish per week, including oily fish.

(i) Name TWO oily fish. [2 marks]

I.

II.

(Turn over)

2 (b) (iii)

Give TWO nutritional benefits of including oily fish in the diet. [2 marks]

I. _____

II. _____

2 (c) Fish is quick to cook.

Give ONE reason why fish cooks quickly. [1 mark]

3. Dietary guidelines recommend that we eat no more than 6 g of salt a day.

Discuss ways to reduce salt in the diet. [6 marks]

(Turn over)



A photograph shows an egg in its shell. The egg has been stamped with red labelling information. There is a red symbol of a lion. There is a code 21239. The egg is labelled with the date 05 Dec, the letters GB and UK and a number 1.

4. Eggs are a valuable food commodity.

(a) The picture opposite shows labelling that may be stamped on the shell of a fresh egg.

State TWO pieces of information provided by this labelling. [2 marks]

(i) _____

(ii) _____

4 (b) The correct storage of eggs is important.

[3 marks]

Give advice on how to store eggs correctly.

(Turn over)

4 (c) Explain why some consumers prefer to buy free range eggs rather than battery eggs. [2 marks]

4 (d) Emulsification is one function of eggs in cooking.

(i) Define what is meant by emulsification. [2 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.

(ii) Name a food product that uses eggs for emulsification. [1 mark]

(Turn over)

5. There is a photograph (opposite) of a Victoria sponge cake. The sponge has two layers which have raised during cooking. The cake is dusted with icing sugar, between the layers are red jam and cream.

There is a photograph (opposite) of a single cooked Yorkshire pudding. The pudding is golden brown and the circular edge is raised all around.

- (a) The pictures shown in the table opposite are examples of products that use raising agents.

Name the raising agent used in each of the food products and explain how the raising agent works.

- 5 (b) There are two photographs (opposite) of baked cakes.**

Cake 1

The whole centre of the cake has sunk in the middle. It looks well cooked and is a darker brown around the edge. A label underneath says, 'Cake sunk in the middle'.

Cake 2

The centre of the cake has risen up higher than the rest of the cake. A label underneath reads, 'Cake risen unevenly – forms a peak'.

The cakes shown opposite have not turned out as expected.

Complete the table opposite, giving TWO reasons why each cake problem may have happened.

5 (c) Cakes, mass-produced in factories must undergo sensory analysis.

(i) Name ONE type of test used in sensory analysis.
[1 mark]

(ii) Give TWO reasons for carrying out sensory analysis. [2 marks]

I.

II.

5 (c) (iii)

Explain how a manufacturer should set up a tasting panel to evaluate a new cake product.

[3 marks]

[illegible]

(Turn over)

6. The ingredients used to make a batch of meatballs are shown below.

450 g minced beef
1 onion finely chopped
1 crushed garlic clove
2 tablespoon oil
1 teaspoon mixed herbs
1 egg beaten
salt and freshly ground black pepper

- (a) List THREE safety rules to follow when using raw meat. [3 marks]

(i)

6 (a)

(ii) _____

(iii) _____

6 (b) Explain ONE change that could be made to the meatballs to make them healthier. [2 marks]

(c) The minced beef was sold in plastic packaging. Outline the reasons for packaging the minced beef. [3 marks]

(Turn over)



- 6 (d) There is a picture (opposite) of a coloured symbol. The symbol is red, blue and white. There is a simple picture of a red tractor with a heart within the large rear wheel. The tractor is placed upon a large blue tick. Underneath there is part of a Union Jack flag. There are two labels on the symbol. The top one says 'red tractor' in capital lettering. The bottom one reads, 'certified standards'.

The red tractor symbol shown opposite was included on the packaging of the raw minced beef.

Discuss why consumers buy products that include this symbol on the packaging. [3 marks]

(Turn over)

6 (e) The meatballs were cooked by shallow frying.

Name the method of heat transference used and describe how the heat energy is transferred to the meatballs.

(i) Method: _____

[1 mark]

(ii) Description: _____

(Turn over)

[3 marks]

(Turn over)

7. Energy needs vary according to different life stages.

(a) State THREE ways the body uses energy.

[3 marks]

(i) _____

(ii) _____

(iii) _____

(Turn over)

7 (b) Explain the meaning of the term physical activity level (PAL). [2 marks]

7 (c) Analyse the different energy needs of a 15-year-old and an 80-year-old. [6 marks]

[illegible]

(Turn over)

- 8. Healthy eating habits should be established at a young age.**

Discuss how parents of toddlers could introduce and encourage healthy eating patterns. [9 marks]

[illegible]

- 9. Every year, as a nation, we waste millions of tonnes of food.**

Assess ways in which a family could reduce food waste when buying, preparing and cooking meals.

[10 marks]

[illegible]

(Turn over)

(Turn over)

[illegible]

(Turn over)

[illegible]

(Turn over)

[illegible]

(Turn over)

[illegible]

CAKE PROBLEM	GIVE TWO REASONS WHY THIS MAY HAVE HAPPENED
 Cake sunk in the middle	(i) _____ _____ _____ _____ (ii) _____ _____ _____ _____ [2 marks]
 Cake risen unevenly – forms a peak	(i) _____ _____ _____ _____ (ii) _____ _____ _____ _____ [2 marks]