

Print copy of Braille text (UEB)

WJEC/CBAC GCSE
EDUQAS Part of WJEC
C560UA0-1
FOOD PREPARATION AND NUTRITION
COMPONENT 1
PRINCIPLES OF FOOD PREPARATION AND NUTRITION

TUESDAY 17 JUNE 2025 – AFTERNOON
1 hour 45 minutes (plus your additional time allowance)

INSTRUCTIONS TO CANDIDATES

Write your name, centre number and candidate number on your paper.

Answer ALL questions.

Write your answers on your paper.

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.

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.

Answer ALL questions.

MAKING A CHICKEN STIR FRY

1. (a) Read the following statements regarding making a chicken stir fry and answer to show if the statement is TRUE or FALSE.

(i) Raw chicken must be cooked thoroughly to kill bacteria.

Ans: (True OR False): ____

(ii) A red pepper is a good source of vitamin C.

Ans: (True OR False): ____

(iii) Stir frying is a long, slow method of cooking.

Ans: (True OR False): ____

[3 marks]

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

Ans: ____ (1 print line) [1 mark]

(c) Describe ONE rule to follow when stir frying foods to ensure a quality dish

Ans: ____ (6 print lines) [2 marks]

(d) (i) Explain why the marinade was added to the chicken before cooking.

Ans: ____ (6 print lines) [2 marks]

(ii) Chicken is a high biological value (HBV) food. Describe what is meant by high biological value.

Ans: ____ (6 print lines) [2 marks]

(e) State ONE benefit of using stir frying as a method of cooking.

Ans: ____ (1 print line) [1 mark]

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

Ans: ____ (16 print lines) [4 marks]

(Total for Question 1 = 15 marks)

SECTION B

Answer ALL questions.

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

(a) Name ONE micronutrient.

Ans: ____ [1 mark]

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

(i) Name TWO oily fish.

Ans: I. ____ (1 print line)

Ans: II. ____ (1 print line)

[2 marks]

(ii) Give TWO nutritional benefits of including oily fish in the diet.

Ans: I. ____ (2 print lines)

Ans: II. ____ (2 print lines)

[2 marks]

(c) Fish is quick to cook.

Give ONE reason why fish cooks quickly.

Ans: ____ (2 print lines) [1 mark]

(Total for Question 2 = 6 marks)

3. Dietary guidelines recommend that we eat no more than 6 g of salt a day. Discuss ways to reduce salt in the diet.

Ans: ____ (20 print lines)

(Total for Question 3 = 6 marks)

4. Eggs are a valuable food commodity.

(a) 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

State TWO pieces of information provided by this labelling.

Ans: (i) ____ (1 print line)

Ans: (ii) ____ (1 print line)

[2 marks]

(b) The correct storage of eggs is important.

Give advice on how to store eggs correctly.

Ans: ____ (11 print lines) [3 marks]

(c) Explain why some consumers prefer to buy free range eggs rather than battery eggs.

Ans: ____ (6 print lines) [2 marks]

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

(i) Define what is meant by emulsification.

Ans: ____ (6 print lines) [2 marks]

(ii) Name a food product that uses eggs for emulsification.

Ans: ____ (6 print lines) [1 mark]

(Total for Question 4 = 10 marks)

5. The **food products mentioned** below are examples of products that use raising agents.

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

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

FOOD PRODUCT: Victoria sponge cake

Ans: RAISING AGENT USED: ____ (1 print line) [1 mark]

Ans: EXPLAIN HOW THE RAISING AGENT WORKS: ____ (9 print lines) [3 marks]

FOOD PRODUCT: Yorkshire Pudding

Ans: RAISING AGENT USED: ____ (1 print line) [1 mark]

Ans: EXPLAIN HOW THE RAISING AGENT WORKS: ____ (9 print lines) [3 marks]

(b) There are two photographs 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 below have not turned out as expected.

Complete the **reasons** below, giving TWO reasons why each cake problem may have happened.

CAKE PROBLEM: Cake sunk in the middle

Ans: Reason (i) ____ (3 print lines)

Ans: Reason (ii) ____ (3 print lines)

[2 marks]

CAKE PROBLEM: Cake risen unevenly – forms a peak

Ans: Reason (i) ____ (3 print lines)

Ans: Reason (ii) ____ (3 print lines)

[2 marks]

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

(i) Name ONE type of test used in sensory analysis.

Ans: ____ (1 print line) [1 mark]

(ii) Give TWO reasons for carrying out sensory analysis.

Ans: Reason (I): ____ (2 print lines)

Ans: Reason (II): ____ (2 print lines)

[2 marks]

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

Ans: ____ (10 print lines) [3 marks]

(Total for Question 5 = 18 marks)

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.

Ans: Rule 1: ____ (2 print lines)

Ans: Rule 2: ____ (2 print lines)

Ans: Rule 3: ____ (2 print lines)

[3 marks]

(b) Explain ONE change that could be made to the meatballs to make them healthier.

Ans: ____ (3 print lines) [2 marks]

(c) The minced beef was sold in plastic packaging.

Outline the reasons for packaging the minced beef.

Ans: ____ (9 print lines) [3 marks]

(d) The red tractor symbol **described** below was included on the packaging of the raw minced beef.

There is a picture 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' in capital lettering.

Discuss why consumers buy products that include this symbol on the packaging.

Ans: ____ (9 print lines) [3 marks]

(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.

Ans: (i) Method: ____ (1 print line) [1 mark]

Ans: (ii) Description: ____ (6 print lines) [3 marks]

(Total for Question 6 = 15 marks)

7. Energy needs vary according to different life stages.

(a) State THREE ways the body uses energy.

Ans: (i) Way 1: ____ (1 print line)

Ans: (ii) Way 2: ____ (1 print line)

Ans: (iii) Way 3: ____ (1 print line)

[3 marks]

(b) Explain the meaning of the term physical activity level (PAL).

Ans: ____ (4 print lines) [2 marks]

(c) Analyse the different energy needs of a 15-year-old and an 80-year-old.

Ans: ____ (24 print lines) [6 marks]

(Total for Question 7 = 11 marks)

8. Healthy eating habits should be established at a young age.
Discuss how parents of toddlers could introduce and encourage healthy eating patterns.

Ans: ____ (31 print lines)

(Total for Question 8 = 9 marks)

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.

Ans: ____ (49 print lines)

(Total for Question 9 = 10 marks)

TOTAL MARKS FOR PAPER = 100
END OF PAPER
