

Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:

- a black pen
- a pencil.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	








Section A consists of multiple choice questions.


Answer **all** questions in this section.


There are 20 marks available.

Only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD  WRONG METHODS    


If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

For each question you should shade in **one** box.

An example is shown below.





Which food is high in protein?

- A** Cabbage 
- B** Cheese 
- C** Oranges 
- D** Cucumber 

0 1 . 1

How many glasses of fluid does the Eatwell Guide recommend we should drink each day?

[1 mark]

- A** 3–5 glasses 
- B** 6–8 glasses 
- C** 9–11 glasses 
- D** 12–15 glasses 



0 1 . 2

Which ingredient forms a foam when whisked with sugar?

[1 mark]

A Cocoa

B Egg

C Fat

D Flour

0 1 . 3

The function of vitamin B12 in the body is to

[1 mark]

A aid vision in dim light.

B help wounds heal.

C maintain bone health.

D make red blood cells.

0 1 . 4

For our bodies to maintain a healthy weight, we need

[1 mark]

A energy balance.

B energy deficiency.

C energy imbalance.

D energy surplus.

0 1 . 5

Sustainable fishing means that

[1 mark]

A habitats are damaged.

B overfishing can occur.

C species are protected.

D varieties are reduced.

Turn over ►



0 1 . 6

Which life stage does the Eatwell Guide **not** apply to?**[1 mark]**

- A Adults over 50 years old
- B Children under 2 years old
- C Elderly over 65 years old
- D Teenagers under 16 years old

0 1 . 7

Which vitamin will be destroyed when boiling green vegetables?

[1 mark]

- A Vitamin A
- B Vitamin C
- C Vitamin D
- D Vitamin K

0 1 . 8

A deficiency of which mineral causes an enlarged thyroid gland or goitre?

[1 mark]

- A Calcium
- B Fluoride
- C Iodine
- D Sodium

0 1 . 9

Which of the following sugars is a monosaccharide?

[1 mark]

- A Fructose
- B Lactose
- C Maltose
- D Sucrose



0 1 . 1 0 Which of the following are made using a chemical raising agent?

[1 mark]

- A Doughnuts
- B Pasties
- C Profiteroles
- D Scones

0 1 . 1 1 The recommended temperature for safely defrosting chicken is

[1 mark]

- A 0 to 5 °C
- B 6 to 10 °C
- C 11 to 15 °C
- D 16 to 20 °C

0 1 . 1 2 Which milk has the shortest shelf life when unopened?

[1 mark]

- A Condensed milk
- B Dried milk
- C Pasteurised milk
- D UHT milk

0 1 . 1 3 Which pasta salad ingredient needs replacing to reduce the saturated fat content?

[1 mark]

- A Mozzarella cheese
- B Olive oil
- C Sun dried tomatoes
- D Tuna fish

Turn over ►



0 1 . 1 4 Which of the following prevents mayonnaise from separating?

[1 mark]

- A Dextrin
- B Gelatine
- C Gluten
- D Lecithin

0 1 . 1 5 Vegetables grown without the use of chemical fertilisers are

[1 mark]

- A free range.
- B fortified.
- C genetically modified.
- D organic.

0 1 . 1 6 Creaming butter and sugar together when making a cake results in

[1 mark]

- A aeration.
- B caramelisation.
- C coagulation.
- D denaturation.

0 1 . 1 7 Mould growth is used in the production of

[1 mark]

- A butter.
- B cheese.
- C milk.
- D yoghurt.



0 1 . 1 8 For religious reasons, which meat do Hindus not eat?

[1 mark]

A Beef

B Chicken

C Lamb

D Pork

0 1 . 1 9 Which country traditionally uses a wok when cooking?

[1 mark]

A China

B France

C Italy

D Morocco

0 1 . 2 0 Which sensory testing method identifies the 'odd one out' in a range of samples?

[1 mark]

A Profiling

B Ranking

C Rating

D Triangle

20

Turn over for the next question

Turn over ►



Section B

Answer **all** questions in this section.

There are 80 marks available.

0 2

Use the chicken curry ingredient list below to answer all parts of question 2.

Gemma is making chicken curry and rice using the following ingredients:

- 2 raw chicken breasts
- 1 onion, finely diced
- 400 g can of chopped tomatoes
- 2 teaspoons curry powder
- 100 ml canned coconut milk
- 1 tablespoon oil
- 100 g dried rice.

0 2 . 1

From the ingredient list:

- name one ingredient with a **use-by** date
- name one ingredient with a **best before** date.

[2 marks]

Use-by date _____

Best before date _____



0 2 . 2

Explain how the ingredients used to make the chicken curry and rice should be stored.

Do not repeat your answers.

[6 marks]

Ingredient	Explanation
Raw chicken breasts	
Dried rice	
Leftover canned coconut milk	

Question 2 continues on the next page

Turn over ►



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outside the
box*

20

Turn over for the next question

Turn over ▶



0 3 . 1

The table below shows three different consumer groups.

- Identify **one** factor that may influence their food choice.
- Explain your answer.

Do not repeat your answers.

[6 marks]

Consumer group	Factor influencing food choice	Explanation
A 15-year-old buying food from a school canteen at lunch		
An 85-year-old with reduced mobility		
A 30-year-old who works at night in a hospital		



0 3 . 2

University students may have a diet of ready meals and takeaways.

They often do not get their 5-a-day.

Explain the term 5-a-day.

[2 marks]

Question 3 continues on the next page

Turn over ►

0 4

The following questions are about the ingredients and processes used to make:

- pizza
- apple pie and custard.

0 4 . 1

Explain the process of dextrinisation when baking a pizza.

[2 marks]

0 4 . 2

The apple pie is made using shortcrust pastry.

Explain how the shortening process creates a crumbly texture.

[4 marks]



0 4 . 4

Suggest ways to add dietary fibre to the pizza and apple pie.

Give **two** suggestions for each dish.

Do not repeat your answers.

[4 marks]

Dish	Suggestion 1	Suggestion 2
Pizza		
Apple Pie		



0 4 . 5

The table shows some problems when making the pizza and apple pie.

Complete the table to show **two** reasons for each problem.

Do not repeat your answers.

[6 marks]

Problem	Reason for the problem
The pizza dough is heavy and has not risen	1. 2.
The pastry is difficult to roll	1. 2.
The apple pie has a soggy bottom	1. 2.

22

Turn over for the next question

Turn over ►



0 5

Jam making is an example of secondary processing.

A recipe for making plum jam is shown below.

Ingredients

- 500 g plums
- 500 g sugar
- Juice of 1 lemon.

Method

1. Cut the plums in half and remove the stones.
2. Put the plums and lemon juice into a large pan. Heat for a few minutes to soften.
3. Add the sugar and stir until dissolved.
4. Boil until at setting point.
5. Pour the hot jam into sterilised jars.

Explain the **functional** and **chemical** properties of the ingredients used in the jam-making process.

[4 marks]

Plums _____

Lemon Juice _____

4



0 6 . 1

Give **two** examples of free-range foods.

[2 marks]

Example 1 _____

Example 2 _____

0 6 . 2

Give **two** advantages and **two** disadvantages of free-range food production.

[4 marks]

Advantage 1 _____

Advantage 2 _____

Disadvantage 1 _____

Disadvantage 2 _____

6

END OF QUESTIONS



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