



Oxford Cambridge and RSA

Tuesday 20 June 2023 – Morning

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number Candidate number

First name(s) _____

Last name _____

INSTRUCTIONS

- Use black ink.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.
- Answer **all** the questions.

INFORMATION

- The total mark for this paper is **100**.
- The marks for each question are shown in brackets [].
- Quality of extended response will be assessed in questions marked with an asterisk (*).
- This document has **12** pages.

ADVICE

- Read each question carefully before you start your answer.

1 Ingredients are used in the preparation of food products for their different functions.

(a) Complete the table to show how eggs are used in the preparation for each food product.

Use each word from the list below once or not at all.

- Aeration
- Binding
- Coagulation
- Coating
- Emulsification
- Foam formation
- Glazing

Food product	How eggs are used
Beef burgers	
Fish fingers	
Mayonnaise	
Meringue	
Quiche	
Swiss roll	

[6]

(b) (i) Explain how a crumbly texture is created by fat in the preparation of shortcrust pastry.

.....
.....
..... [2]

(ii) Explain why olive oil is suitable for vegans to use.

.....
.....
..... [2]

(c) (i) State **two** reasons butter is used in baked products.

1

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2

.....

[2]

(ii) Explain why yeast is used when making some baked products.

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.....

.....

[3]

(iii) Identify **one** baked product that is made using yeast.

..... [1]

(iv) The crust on some baked products becomes brown when dry heat is applied. This happens because starch in the flour is changed into sugar.

State the name of this process.

..... [1]

2 (a) (i) Identify **two** ingredients that must be shown on food labels because they can cause an allergic reaction.

1

2 [2]

(ii) State **five** pieces of information, other than allergy warnings, required by law to be on a food label.

1

2

3

4

5 [5]

(b) Explain what **lactose intolerant** means.

.....
.....
.....
..... [2]

(c) State **two** symptoms of coeliac disease.

1

2 [2]

4 Minced beef is used to make a meat sauce.

(a) (i) Explain how raw minced beef should be stored.

.....
.....
..... [2]

(ii) Flour is used to thicken the meat sauce.

Explain why flour should be stored in a dry, airtight container.

.....
.....
..... [2]

(iii) Describe the methods of heat transfer used to cook the meat sauce.

.....
.....
.....
.....
.....
..... [4]

(iv) State the temperature for safe reheating of the meat sauce.

..... [1]

(b) (i) State the correct operating temperature for a domestic freezer.

..... [1]

(ii) Explain why it is important **not** to refreeze raw meat once it is defrosted.

.....
.....
..... [2]

5 People choose to eat certain foods for different reasons.

(a) State **one** reason why people choose to include probiotic foods in their diet.

..... [1]

(b) State **two** reasons why people choose to eat fresh vegetables.

1

.....

2

..... [2]

(c)* Discuss ways of saving money when buying food.

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..... [8]

6 Energy in food is measured in units.

(a) Identify the **two** units used to measure the energy in food.

1

2

[2]

(b) Sam eats these foods for breakfast:

- Tinned fruit in syrup
- Fried egg and pork sausage with tomato ketchup
- Hot chocolate made with full fat milk.

State **four** ways the foods in this breakfast can be modified to reduce the energy content.

1

.....

2

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3

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4

.....

[4]

7 (a) State **two** functions of carbohydrates in the diet.

- 1
- 2 [2]

(b) Explain the difference between a monosaccharide and a disaccharide.

-
-
- [2]

(c) (i) State **three** properties of sugar when used in food preparation.

- 1
- 2
- 3 [3]

(ii) State **two** ways too much sugar in the diet can affect the body.

- 1
- 2 [2]

8 Fruit and vegetables can be prepared in different ways.

(a) (i) State **two** ways vegetables can be prepared to enhance their appearance.

- 1
- 2 [2]

(ii) State **two** ways vegetables can be cooked.

- 1
- 2 [2]

(b) Describe **two** ways of reducing enzymic browning when preparing fruit and vegetables.

- 1
-
- 2
-

[2]

Turn over

10 Different methods can be used to cook food.

(a) (i) Identify **one** water-based method of cooking that uses the hob.

..... [1]

(ii) State **one advantage** of water-based cooking methods.

..... [1]

(b) (i) Identify **one** fat-based method of cooking which uses the hob.

..... [1]

(ii) State **one disadvantage** of fat-based cooking methods.

..... [1]

(c) Explain why casseroles are often used to cook tough cuts of meat.

.....
.....
.....
.....
..... [2]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines across the rest of the page, providing space for writing answers.



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