



Oxford Cambridge and RSA

**Tuesday 17 November 2020 – Afternoon**

**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.

Answer **all** the questions.

1 Fat is an essential part of a balanced diet.

(a) (i) Name **two** different foods which are good sources of animal fat.

1 .....

2 ..... [2]

(ii) Name **two** different foods which are good sources of vegetable fat.

1 .....

2 ..... [2]

(b) Give **three** functions of fat in the body.

1 .....

2 .....

3 ..... [3]

(c) Describe **two** health issues that could result from a diet high in saturated fat.

1 .....

.....

2 .....

..... [4]

(d) Fats have different properties in food preparation.

Explain how the following properties help when making shortcrust pastry:

(i) Shortening .....

.....

..... [2]

(ii) Plasticity .....

.....

..... [2]



3 A Swiss roll is made by the whisking method.



Explain **one** function of each of the following ingredients when making a Swiss roll by the whisking method.

(i) Caster sugar

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

(ii) Eggs

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

(iii) Plain flour

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

4 Complete the table identifying **one** function and **one different** good food source of each vitamin.

Vitamin	Function	Good food source
Vitamin A		
Vitamin D		
Vitamin E		
Vitamin K		

[8]

5 Different methods of preservation can extend the shelf life of food.

(a) Explain how refrigeration extends the shelf life of food.

.....

.....

.....

..... [2]

(b) Explain how the process of drying extends the shelf life of food.

.....

.....

.....

..... [2]

(c) Give **two** methods of chemical preservation that could be used to extend the shelf life of food.

1 .....

2 .....

[2]

(d) Describe the process of blast chilling food.

.....  
.....  
.....  
.....  
..... [3]

(e) Identify **three** advantages of cook-chill foods.

1 .....  
.....  
2 .....  
.....  
3 .....  
..... [3]



7 Some people are choosing a vegan diet.

(a) State what is meant by a vegan diet.

.....  
..... [1]

(b) Identify **three** low biological value sources of protein for vegans.

1 .....  
2 .....  
3 ..... [3]

(c) (i) Name **one** vitamin that is often lacking in a vegan diet.

..... [1]

(ii) Name **one** mineral that is often lacking in a vegan diet.

..... [1]

(d) (i) Explain what is meant by protein complementation.

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

(ii) Describe **one** example of protein complementation.

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



8 The sensory properties of food are very important.

(a) (i) Identify the **five** basic tastes that are recognised by receptors on the tongue.

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

[5]

(ii) Explain how the senses work together to influence our enjoyment of food.

.....  
.....  
.....  
.....  
.....

[4]

(b) Describe **three** different food tasting tests which could be used to find out the views of consumers.

- 1 .....
- 2 .....
- 3 .....

[6]



10 (a) Explain what is meant by intensive farming.

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

(b) The Soil Association logo can be found on organic foods.



(i) Give **two** advantages of organic foods for the consumer.

1 .....  
.....  
2 .....  
..... [2]

(ii) Give **one** disadvantage of organic foods for the consumer.

.....  
..... [1]

**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.



**Copyright Information**

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website ([www.ocr.org.uk](http://www.ocr.org.uk)) after the live examination series. If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.