

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1



MONDAY, 29 NOVEMBER 2021 – AFTERNOON

**FOOD PREPARATION AND NUTRITION
Component 1**

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	16	
3.	11	
4.	11	
5.	7	
6.	8	
7.	12	
8.	10	
9.	10	
Total	100	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Answer **all** questions.

Write your name, centre number and candidate number in the spaces at the top of this page.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the additional pages 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.

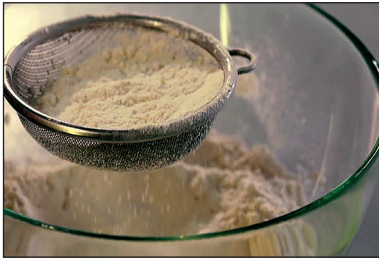
You are reminded of the need for good English and orderly, clear presentation in your answers.



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Section A Visual Stimuli

Making Pancakes



Section A*Answer all questions.*

1. (a) Tick (✓) the box next to each statement to show if it is **True** or **False**. [3]

Batter making	True	False
(i) Separate the egg yolk from the egg white.		
(ii) A thin batter is used to make pancakes.		
(iii) Plain flour is used in batter making.		

- (b) Identify **two** characteristics of a good quality pancake. [2]

- (i)
- (ii)

- (c) Give **two** reasons why a thick batter is needed when making battered fish. [2]

- (i)
-
- (ii)
-

- (d) Eggs are a perishable food commodity. [2]

State **two** rules to follow when storing eggs.

- (i)
- (ii)





(e) Explain why consumers may choose to buy eggs displaying this logo. [2]

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(f) Describe the changes that occur when eggs are poached. [4]

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Section B

Answer all questions.

2. The label below lists the nutritional values for raw potatoes.

• Check food labels for the recommended micro-nutrient levels.
• Why not use half the recommended micro-nutrient level? Then bake the potato for half of the recommended oven period for an authentic, oven-crispy potato in almost half the time!

Nutrition		100g provides
Typical Composition	1 potato (approx 175g) provides	335kJ
Energy	586kJ	79kcal
Protein	138kcal	2.1g
Carbohydrate	3.7g	17.2g
of which sugars	30.1g	0.6g
Fat	1.1g	0.2g
of which saturates	0.4g	trace
Fibre	trace	1.3g
Sodium	2.3g	trace
Vitamins/Minerals		
Thiamin (Vitamin B1)	0.37mg (26% RDA)	0.21mg (15% RDA)
Folic Acid	61µg (31% RDA)	35µg (16% RDA)

RDA = Recommended Daily Allowance.

This pack contains approx 10–14 servings. 1 potato contains the equivalent of trace g of salt.

- (a) (i) Identify **one** macronutrient found in potatoes. [1]

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- (ii) Identify **one** micronutrient found in potatoes. [1]

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- (b) Name **two** methods of cooking potatoes. [2]

(i)

(ii)

- (c) Outline **two** changes that occur to vegetables during cooking. [2]

(i)

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(ii)

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(d) Complete the table below, giving one example for each of the following.

[4]

Type	Example
Citrus fruit	(i)
Tropical fruit	(ii)
Leafy green vegetables	(iii)
Root vegetables	(iv)

(e) Explain why it is important to include a variety of fruit and vegetables in the diet.

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3. Milk is a highly nutritious, useful and valuable food.

(a) Name **one** milk originating from an animal. [1]

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(b) Name **one** non-dairy milk. [1]

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(c) Explain the difference in nutritional content between whole milk and skimmed milk. [2]

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(d) Identify **two** signs of milk spoilage. [2]

(i)

(ii)

(e) Discuss the nutritional importance of milk in the diet of pre-school children. [5]

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4. Fats and oils are food commodities used in food preparation and cooking.

(a) Name **one** fat. [1]

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(b) Name **one** oil. [1]

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(c) Describe the difference between fats and oils. [2]

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(d) Discuss how careful menu planning and cooking can be used to reduce the fat content of meals. [7]

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5. Many people suffer from food allergies.

(a) List **two** common food allergens. [2]

(i)

(ii)

(b) State **two** symptoms that may be associated with allergic reactions. [2]

(i)

(ii)

(c) Explain how food labelling can be used to help inform people with allergies. [3]

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6. The following meal diary is for a 16-year-old studying for examinations.

Typical daily diet

Breakfast

Cup of tea with milk and sugar

Mid-morning

Chocolate bar

Carton of fruit juice

Lunch

Ham sandwich

Cheese and onion crisps

Chocolate brownie

Apple

Afternoon

Cola and biscuits

Evening meal

Sausages, chips, baked beans

Yoghurt

Evening snack

Hot chocolate and biscuits



7. Many lifestyle factors affect food choice.

(a) Discuss how culture can affect a person’s food choice and diet.

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(b) Describe **two** other factors that can affect food choices. [4]

(i)

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(ii)

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8. Food goes through many manufacturing processes from Farm to Fork.

(a) State **one** primary stage of food processing. [1]

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(b) Define what is meant by secondary stage of food processing. [1]

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(c) Complete the table below. [3]

Primary food	Secondary Food Product
(i)	Bread
(ii) Milk
(iii) Fruit



(d) Farming involves growing crops or breeding animals to produce food.

Discuss why animal protein is more expensive to produce than plant protein. [5]

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9. Preservation can take place commercially and in the home.

(a) Discuss the advantages and disadvantages of canning as a commercial method of preservation. [4]

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(b) Freezing is a very popular method of home preservation.

Discuss other home preservation methods that can be used to preserve fruit and vegetables. [6]

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