

Surname	Centre Number	Candidate Number
Other Names		0



GCSE

4301/01

HOME ECONOMICS: FOOD AND NUTRITION
UNIT 1: Principles of Food and Nutrition

A.M. THURSDAY, 16 May 2013

1½ hours

For Examiner's use only	
Question	Mark Awarded
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
Total	

4301
010001

INSTRUCTIONS TO CANDIDATES

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

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

Answer **all** questions.

Write your answers in the spaces provided.

If you run out of space, use the continuation page 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 reminded that assessment will take into account the quality of written communication used in your answers that involve extended writing.

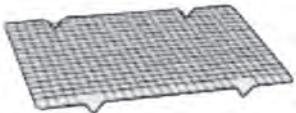


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*Answer **all** questions in the spaces provided.*

1. Name and suggest a **use** for **each** piece of equipment shown below.

[4]

Equipment	Name	Use
(i) 		
(ii) 		

2. Tick (✓) the box next to **each** statement to show if it is **True** or **False**.

[3]

	True	False
(i) Cod is a type of oily fish.		
(ii) Mayonnaise is an emulsion.		
(iii) Carrots contain vitamin A.		



3. The safe preparation, storage, and cooking of food is essential in any kitchen.

(a) Name **two** methods of **home preservation**.

[2]

(i)

(ii)

(b) Complete the following sentences using the correct temperatures below.

[4]

5 °C	63 °C	72 °C	18 °C
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(i) Foods should be stored in the refrigerator below

(ii) The core temperature of cooked food should reach

(iii) Cooked foods should be kept out of the danger zone which is between
..... and



4. Modern appliances are found in most kitchens.



(a) Give **two** reasons for using a microwave oven when cooking vegetables. [2]

(i)

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(ii)

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(b) Explain how using a food processor may help a working parent when preparing family meals. [3]

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5. It is important to reduce salt in the diet.

(a) State **one** reason for reducing salt in the diet.

[1]

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(b) Suggest **three** ways of reducing salt in the diet.

[3]

(i)

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(ii)

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(iii)

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(c) Explain what is meant by '**hidden salt**' in food.

[2]

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6. Study the following recipe for a Savoury Flan.

Pastry case	Filling
200 g plain flour pinch of salt 50 g butter 50 g lard	150 g cheddar cheese 1 onion fried 100 g streaky bacon, chopped and fried 2 eggs 100 ml whole milk 100 ml double cream

(a) Suggest **three** ways in which the recipe could be adapted to reduce the **fat** content. [3]

(i)

.....

(ii)

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(iii)

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(b) State why this recipe is unsuitable for a **coeliac**. [1]

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(c) Explain the **function of eggs** in the filling.

[3]

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(d) Explain why the pastry case is '**baked-blind**' to give a successful result.

[3]

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7. Bacteria in food can cause food poisoning.

(a) Name two '**high risk**' foods.

[2]

(i)

(ii)

(b) Explain the importance of using **colour coded equipment** when handling and preparing food.

[3]

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(c) Describe the role of the **Environmental Health Department** in the monitoring of food hygiene standards.

[4]

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8.

UK tops ready meals consumption

According to a recent report Consumers in the UK buy more ready-meals than any other major European country.

(a) Give **three** reasons why ready meals are popular in the UK.

[3]

- (i)
-
- (ii)
-
- (iii)
-



[8]



9. Jessie has recently become a **lacto-ovo vegetarian**.

(a) State **three** reasons why a person may be a vegetarian. [3]

(i)

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(ii)

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(iii)

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(b) Explain the difference between a **lacto-ovo vegetarian** and a **vegan**. [3]

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(a) Obesity is a major health concern in society today.

- (i) Discuss the health risks associated with obesity. [6]
- (ii) Explain the importance of establishing healthy eating patterns in the prevention of obesity. [6]

(b) Food packaging is changing in order to reduce the effects on the environment.

- (i) Discuss why food packaging is required by the food industry. [6]
- (ii) Evaluate how food packaging has been developed in order to reduce the impact on the environment. [6]





END OF PAPER



[illegible]