



**For teaching from 2009
For awards from 2011**

HOME ECONOMICS: FOOD AND NUTRITION

SPECIMEN ASSESSMENT MATERIALS

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Candidate Name	Centre Number					Candidate Number				
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GCSE

HOME ECONOMICS: FOOD AND NUTRITION

THEORY PAPER

SPECIMEN PAPER SUMMER 2011

(1½ hours)

UNIT 1: PRINCIPLES OF FOOD AND NUTRITION

INSTRUCTIONS TO CANDIDATES

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 in this booklet.

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 (questions 8, 9 and 10).

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

1. Study the following pictures.

Tick the box to show the foods that are high in dietary fibre (NSP).

[4]

(i)



glass of milk

☐

(ii)



bowl of breakfast cereal

☐

(iii)



dried fruit

☐

(iv)



chicken

☐

(v)



baked beans

☐

(vi)



wholemeal pasta

☐

2. Correct food storage in the refrigerator can help prevent food poisoning. Give **four** rules to prevent the four hazards shown. [4]

(i)

.....

(ii)

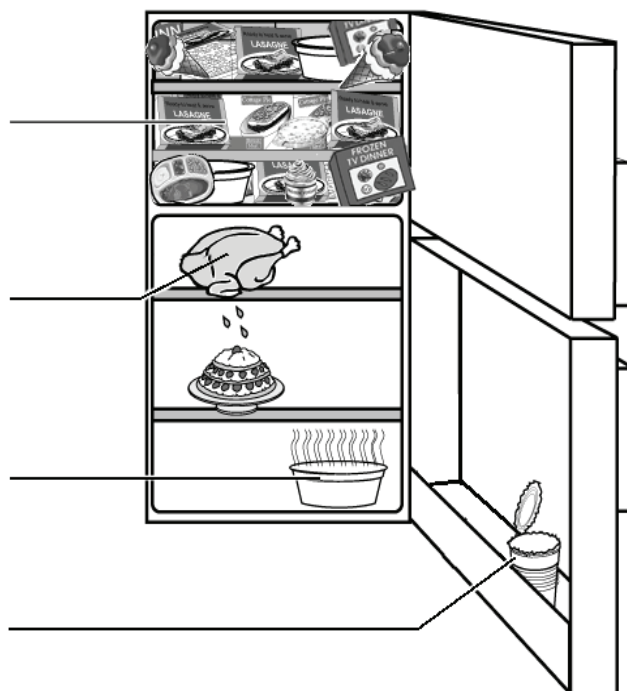
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(iii)

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(iv)

.....



3. (a) The following drinks are available in the school drinks vending machine.

Orange and mango juice



Kcals:	52 Kcal
Vitamin C:	40mg

Nutritional information per 100g

Strawberry milk shake



Kcals:	66 Kcal
Vitamin C:	0.9mg

Nutritional information per 100g

Which drink is

- (i) highest in calcium
- (ii) highest in calories
- (iii) highest in vitamin C? [3]

- (b) Name **two** groups of people who need extra calcium in their diet. [2]

- (i)
- (ii)

- (c) Complete the sentences by filling in the missing word. [3]

- (i) Calcium works with vitamin for strong bones and teeth.
- (ii) Two good sources of calcium are and

4. Bread is a staple food in many cultures around the world.

- (a) It is recommended that we eat four slices of bread or equivalent a day. Suggest **two** reasons for this. [2]

(i)

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(ii)

.....

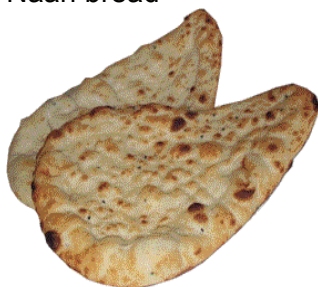
- (b) We can now buy breads that come from around the world. Give **two** reasons why these breads have become so popular. [2]

(i)

(ii)

- (c) Suggest **one** way of using **each** of the following breads. [2]

- (i) Naan bread



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- (ii) Pitta bread



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- (d) Bread making at home can be a time consuming process. Describe the products and equipment available to help make home bread making easier and quicker. [4]

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5. (a) The following items of equipment can be used to cook a variety of foods. Discuss the benefits of using **each**. [4]

(i)



A contact grill

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(ii)



A steamer

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(b)



Give advice for reheating a Cottage Pie in a microwave oven.

[3]

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6. You plan to make a creamy chicken and mushroom casserole to eat the following day.

The main ingredients in the recipe are:

raw chicken, mushrooms, onion, red peppers, milk, stock, seasoning.

- (a) Identify how the main food poisoning hazards can be controlled when

- (i) shopping for the ingredients [2]

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- (ii) preparing the casserole [2]

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- (iii) reheating the casserole the following day. [2]

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- (b) Suggest **one** accompaniment that you would serve with the casserole, giving a reason for your choice. [2]

- (i) Accompaniment

- (ii) Reason

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7. Over 25% of household rubbish is made up of food packaging material and there is growing concern over this issue.

Discuss ways of reducing household packaging and rubbish for

- (i) the retailer [3]

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- (ii) the consumer. [4]

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8. Sally is expecting her first baby. She has been advised to take extra care to eat well during the pregnancy. Give her advice on

(i) food and drink to consume [5]

This image shows a single sheet of white paper with ten evenly spaced horizontal dotted lines, typical of primary school writing paper. The lines are light gray and extend across the full width of the page. There is no handwriting or other markings on the paper.

(ii) food and drink to avoid. [5]

[illegible]

9. Processed foods used in the home often contain "smart" or modified starches.
- (a) Explain how the addition of modified starch is of benefit to the consumer. [4]
-
-
-
-
- (b) Assess the importance of consumers reading and understanding the ingredients list on food labels. [6]

Assess the importance of consumers reading and understanding the ingredients list on food labels. [6]

[illegible]

MARK SCHEME

GENERAL MARKING GUIDANCE

Positive Marking

It should be remembered that candidates are writing under examination conditions and credit should be given for what the candidate writes, rather than adopting the approach of penalising him/her for any omissions. It should be possible for a very good candidate to achieve full marks and a very poor one to achieve zero marks. Marks should not be deducted for a less than perfect answer if it satisfies the criteria of the mark scheme, nor should marks be added as a consolation where they are not merited.

Unexpected but acceptable answers

The mark scheme gives an indication of the likely responses of candidates but examiners must be prepared to award marks appropriately for answers which are unexpected but are nevertheless worthy of credit. If an examiner is unsure about the validity of such a response they should seek advice from the chief examiner.

Levels of Response

Some questions are awarded marks on the basis of the levels of response. The purpose of this is to award the so-called higher level skills, particularly of analysis and evaluation. In practice, the good Home Economics: Food and Nutrition candidate is likely to demonstrate a good grasp of the information presented to him/her. He/she will be able to weigh this up in the light of his/her theoretical understanding of the subject and will be able to suggest appropriate strategies to deal with the situation. Candidates who have a deficiency in their theoretical understanding, or who are unable to analyse properly a situation, are unlikely to be able to synthesise or evaluate in a meaningful way.

Quality of Written Communication

In addition, candidates will be assessed on their Quality of Written Communication in questions 8, 9 and 10. Levels of response are used for QWC. These levels are integrated within the mark scheme and will help to determine where in a level a candidate's response lies.

		Mark	AO1	AO2	AO3
1.	Award 1 mark for each correctly ticked food item. (ii) breakfast cereal (iii) dried fruit (v) baked beans (vi) wholemeal pasta	4	4		
2.	Candidates must apply answer to the hazard in the picture. Award 1 mark for each of the following: (i) Avoid overloading the freezer compartment/frozen food compartment too full (ii) Store raw meat on the bottom shelf/reference to chicken dripping on to other food/chicken should be on a plate and/or covered (iii) Hot food should be cooled before refrigerating (iv) Do not store food in an open tin/put left over tinned food in a container/reference to bacteria in open tin	4	4		
3. (a)	Award 1 mark for each correct answer. (i) strawberry milk shake (ii) strawberry milk shake (iii) orange mango	3	3		
(b)	Award 1 mark for each correct answer. young children/children, teenagers, pregnant women or a response that makes reference to osteoporosis	2	2		
(c)	(i) 1 mark for vitamin D (ii) 1 mark each for two correctly named food sources – milk, cheese	3	3		
4. (a)	Award 1 mark for each of any two suggestions. • good source of energy/carbohydrate – a filling food • good source of plant protein • contains calcium • wholemeal varieties have dietary fibre • group vitamins • iron if wholemeal • a staple food • cheap	2	2		

		Mark	AO1	AO2	AO3
	(b) Award 1 mark for each of two valid reasons. - influence of foreign travel - popular for pre-packed sandwiches, rolls and snack products - wide variety of sweet and savoury available - interesting ingredients added - influence of UK's diverse and multicultural society	2	2		
	(c) Award 1 mark for any one suggestion. (i) - with curry - pizza base (ii) - filled with salad ingredients as a snack - eaten with dips - main meal filled with chilli - pizza base	2	2		
	(d) Award 1 mark for each for any of the following. Credit a well written response with reference to saving time and energy. - ingredients already weighed, just add liquid as in bread mixes - partly baked dough - bread making machines – all ingredients placed in machine – it mixes, kneads and cooks - dough hook attachment food mixer – no need to knead	4	4		
5.	(a) Award 2 marks per item of equipment. The answer may include any two of the following points: (i) - no additional cooking oil or fat required - quick method – food retains its crispness, texture and goodness - nutrients are retained - food cooked both sides and squeezed – any extra fat removed (ii) - food retains natural flavour - food retains colour - retains nutrients - improved texture - can cook a complete meal - time device - can be left unattended	4	2	2	

		Mark	AO1	AO2	AO3
	(b) Award 1 mark for three relevant points making reference to the following: • reading instructions – time, power • removing packaging • use of a food probe to check temperature • serving piping hot • only reheating once • suitability of dish for microwaving • portioning for reheating • covering	3	1	2	
6.	(a) Award 1 mark each for any two correct response making reference to (i) • packaging intact • best before date • fresh appearance – vegetables not wilted or rotten • transporting chicken home in a cool bag or wrapped separately (ii) • personal hygiene • prevention of cross contamination • use of colour coded knives and chopping boards • correct washing up technique • storage of casserole until required [could apply in part (iii) but credit once] (iii) • cooking thoroughly • use of food temperature probe • reference to correct temperature Alternative appropriate suggestions are acceptable.	6		2	
	(b) Award 1 mark for naming one suitable accompaniments such as pasta, potato, a named bread, boiled rice as a carbohydrate/energy food. or Award 1 mark for a named vegetable for colour/texture/different flavour/ nutritional value or possibly a salad.	2	2		

		Mark	AO1	AO2	AO3
7.	(i) Award 1 mark for any three of the following points relating to the retailer:				
	• avoid goods which are over packaged • selling loose foods reduces volume of packaging • asking customers whether packaging is required • use of recycling logos on packaging • customer information in store – on reusing, recycling • use of bio degradable packaging • green points (Tesco) or equivalent	3	1		2
7.	(ii) Award 1 mark for any four of the following points relating to the consumer:				
	• environmental issues – concerns • reusing and recycling • choosing bio degradable packaging • reference to recycling initiatives e.g. milk bottle tops • choosing foods with least amount of packaging • reusing shopping bags – plastic and using bags made from environmentally friendly materials • alternative appropriate discussion points	4	2		2
8.	Credit a well written response that includes reference to some of the following points:				
	(i) • variety in the diet • energy foods – correct balance – named good sources • protein foods for the growth of the baby – correct named examples • iron for blood supply – correct named sources – may be some issue with this – too much iron can be bad • calcium for bone mass and health • folate as a supplement or as a food – examples • vitamins – function and sources • importance of dietary fibre – constipation often a condition linked to pregnancy • importance of fresh fruit and vegetables – 5 a day • water • alternative appropriate points				

		Mark	AO1	AO2	AO3
8.	Award 0–2 marks for a weak response, no specific reference to pregnancy. Writing conveys some reasoning although errors and poor expression hamper communication. Little or no use of specialist vocabulary. Award 3–4 marks for a good response with some reference to suitable foods with reasons for the advice given. Writing is structured to communicate meaning clearly and contains relatively few errors. The use of specialist vocabulary is correct. Award 5 marks for a very good response with specific and sound advice for the target group. Writing is well-structured, fit for purpose, clearly expressed and error-free. Specialist vocabulary is used appropriately. (ii) • avoid too many greasy foods/fried foods • avoid salty foods • avoid too many sugary foods • risk of listeria from eating certain soft cheeses and pate • risk of salmonella poisoning if care not taken when reheating ready cooked food containing chicken • uncooked eggs – danger of salmonella poisoning • spicy foods, strong tea/coffee – in moderation • alcohol • alternative appropriate points Award 0–2 marks for a weak response which may resemble a list or no specific reference to pregnancy. Communication is hampered by lack of meaning and poor expression. Little or no use of specialist vocabulary. Award 3–4 marks for a good response with examples of foods with reasoning. Writing is structured, fit for purpose and clearly expressed. Specialist vocabulary is correct. Award 5 marks for a very good response, with specific examples of foods and drink and sound reasoning. Writing is well-structured, fit for purpose, clearly expressed and clarified. Specialist vocabulary is used appropriately.	5	2		3
		5	2	2	1

		Mark	AO1	AO2	AO3
9.	(a) Credit a well written response which may include some of the following points: • improving mouth feel • instant thickening • no lumps in product • speeds up the thickening process – takes less time to thicken • uniform quality product • same consistency every time • alternative appropriate points Award 0–2 marks for a very basic answer with one or two of the above points. Little or no use of specialist vocabulary. Answer may resemble a list. Communication is hampered by lack of meaning and poor expression. Award 3 marks for a good answer which shows understanding of the role of smart starch in food items. Writing is structured, fit for purpose and clearly expressed. Specialist vocabulary is used. Award 4 marks for a very good comprehensive answer which shows understanding of the role of smart starch in food items. Writing is well-structured, fit for purpose and well expressed. Specialist vocabulary is used appropriately.	4		2	2
	(b) Credit a well written response that includes reference to the following when making an informed choice. Answers must relate to ingredients: • judging value for money • nutritional aspect e.g. salt, sugar, fat, fibre • people on special diets • additive issue • G.M. issues • allergies • descending order of weight Award 0–2 marks for a weak answer. Answer may resemble a list. Little discussion on the importance of reading ingredient lists on food packaging. Writing conveys some meaning although errors and poor expression hamper communication. Little or no use of specialist vocabulary. Award 3–4 marks for a good response displaying some understanding of the importance of reading ingredient lists on food packaging. Writing is structured to communicate meaning clearly and contains relatively few errors. The use of specialist vocabulary is correct. Award 5–6 marks for an excellent response displaying sound knowledge and understanding of the significance of reading the list of ingredients on food labels. Writing is well-structured, fit for purpose, clearly expressed and largely error free. Specialist vocabulary is used appropriately.	6		1	5

		Mark	AO1	AO2	AO3
10.	(a) Marks awarded for a well reasoned and planned answer. Points for inclusion in response. - fruit and vegetables on way in to supermarkets – good image - increasingly more shelf space taken up with snacks and ready made food - sweets and chocolates usually at the check out – temptation to buy - wide choice of fresh foods – fruit, vegetables, meat, fish - organic, Fair Trade - healthy options both in store and café/restaurant - food aimed at children – snack packs etc. - special offers, usually on sugary and fatty foods - good nutrition labelling on own brands - information and advice available on healthy eating - clear labelling and store lay out/signposting - amount of shelves now devoted to healthy/healthier options - advertising and using famous personalities - collecting coupons – usually on sugary and fatty snacks - alternative appropriate discussion points Award 0–4 marks. Few points mentioned relating to choice and advertising. Limited knowledge and understanding evident. Little explanation of the role of supermarkets in consumer choice. Answer may resemble a list. Little or no attempt at evaluation. Writing conveys meaning although errors and poor expression hamper communication. Little or no use of specialist vocabulary. Award 5–8 marks. Answer shows some understanding of the role of supermarkets in food choice. Reference to some of the key issues, evidence of a range of knowledge and understanding. Evaluation takes the form of a discussion. Writing is structured to communicate meaning clearly and contains few errors. The use of specialist language is correct. Award 9–12 marks. Answer shows sound understanding and empathy with the role/influence of supermarkets in food choice. Good application of knowledge will be evident throughout with mature, discursive comments. Clear evaluation of how supermarkets advertising relates to diet and health of customers. Writing is well-structured, fit for purpose, clearly expressed and largely error free. Specialist vocabulary is used appropriately.				
		12	2		10

		Mark	AO1	AO2	AO3
(b)	Marks awarded for a well reasoned and planned answer. Possible points for inclusion in response. (i) • can be cooked in a variety of ways • specific examples/details of cooking method • serving with a sauce to improve flavour • different varieties of fish lend themselves to different cooking methods/recipes – examples • suitable for serving at different meals e.g. kippers for breakfast • quick and easy to cook • excellent for freezing • reference to raw fish as Sushi – popular and trendy • alternative appropriate points (ii) • good source of protein, phosphorus, iodine • very little fat (white) – polyunsaturated variety • reference to cod or halibut liver oil • Omega 3 fatty acids reduce the risk of heart disease • canned fish a useful source of calcium • advice to eat oily fish twice a week – named examples • oily fish contain vitamins A and D • easily digested food – steaming, poaching and microwaving especially • reference to the varieties available • low in calories unless additional fat used in cooking process • alternative appropriate points Award 0–4 marks. Superficial mention of a few points relating to the value and versatility of fish in the diet. Limited knowledge evident. Little or no attempt at evaluation. Writing conveys some meaning although errors and poor expression hamper communication. Little or no use of specialist vocabulary. Award 5–8 marks. Answer that shows some understanding of the value and versatility of fish in the diet. Evaluation takes the form of a general discussion. Evidence of a good range of knowledge and understanding in response. Writing is structured to communicate meaning clearly and contains relatively few errors. The use of specialist vocabulary is correct. Award 9–12 marks. Response shows a sound understanding. Good application of in-depth knowledge evident throughout with some discursive comments. Clear evaluation of the contribution of fish to the diet. Writing is well-structured, fit for purpose, clearly expressed and largely error free. Specialist vocabulary is used appropriately.	12	2		10

	AO1	AO2	AO3	TOTAL	QWC
Q.1	4			4	
Q.2	4			4	
Q.3	8			8	
Q.4	10			10	
Q.5	3	4		7	
Q.6	2	6		8	
Q.7	3		4	7	
Q.8	4	2	4	10	✓
Q.9		3	7	10	✓
Q.10	2		10	12	✓
TOTAL	40	15	25	80	

	Assessment Objectives Raw Mark			Paper Total % Marks	
	AO1	AO2	AO3	%	Mark
Paper	20%	7.5%	12.5%	40%	
	40	15	25		80
Controlled Assessment	12.5%	36%	11.5%	60%	
Task 1	5%	11%	4%	20%	
	10	22	8		40
Task 2	7.5%	25%	7.5%	40%	
	15	50	15		80
All Units					
Total Mark	65	87	48		200
Total (%)	32.5%	43.5%	24.0%	100%	