



Oxford Cambridge and RSA

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food Preparation and Nutrition

Thursday 14 June 2018 – Afternoon
Time allowed: 1 hour 30 minutes



- No additional material is required for this Question Paper.



| | | | | | | | | | | |
|---------------|--|--|--|--|--|------------------|--|--|--|--|
| First name | | | | | | | | | | |
| Last name | | | | | | | | | | |
| Centre number | | | | | | Candidate number | | | | |

INSTRUCTIONS

- Use black ink.
- Complete the boxes above with your name, centre number and candidate number.
- Answer **all** the questions.
- Write your answer to each question in the space provided. If additional space is required, use the lined page(s) at the end of this booklet. The question number(s) must be clearly shown.
- Do **not** write in the barcodes.

INFORMATION

- The total mark for this paper is **100**.
- The marks for each question are shown in brackets [].
- Quality of extended responses will be assessed in the questions marked with an asterisk (*).
- This document consists of **16** pages.

2

Answer **all** the questions.

- 1 When preparing food it is important to use electrical equipment safely. Fig. 1 shows a food processor and its attachments.

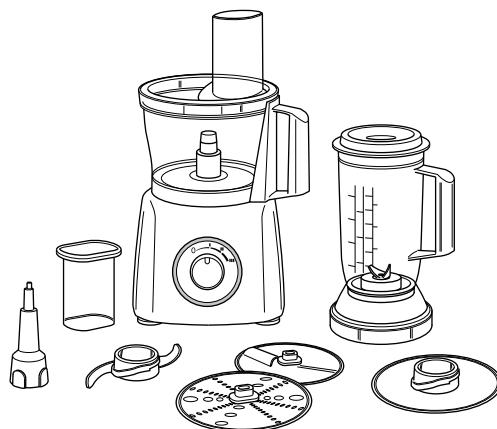


Fig. 1

- (a) Give **three** safety rules which should be followed when using a food processor.

1

.....

2

.....

3

[3]

- (b) Give **two** advantages of using a food processor when preparing foods.

1

.....

2

[2]

2 We are being encouraged to eat more fruits and vegetables.

(a) (i) State how many portions of fruits and vegetables we should eat every day.

..... [1]

(ii) Give **three** reasons for increasing the number of portions of fruits and vegetables we eat.

1

.....

2

.....

3

.....

[3]

(b) Fruits and vegetables are a good source of vitamin C.

Name **one** fruit and **one** vegetable that are a **good** source of vitamin C.

Fruit

Vegetable

[2]

- (c)* Discuss the **advantages** and **disadvantages** of buying fruits and vegetables grown in the UK.

- [8]

- 3 Water is essential for life and prevents dehydration.

- (a) Give **four** other functions of water in the diet.

1

2

3

4

[4]

- (b) Lack of water can cause dehydration.

Give **four** symptoms of dehydration.

1

2

3

4

[4]

- 4 (a) Hard cheese contains many nutrients.

Complete the chart below with **three** main nutrients found in hard cheese.

State **one different** function of each named nutrient.

| Nutrient | Function of the nutrient |
|----------|--------------------------|
| | |
| | |
| | |

[6]

- (b)*** Explain how milk is made into cheese.

[6]

- [6]

- (c) Different cheeses are made in the UK.

Name **three** traditional cheeses made in the UK.

1

2

3

[3]

- (d) (i) Name **one** cheese that is not made in the UK.

[1]

- [1]

- (ii) Name the country where the cheese is made.

[1]

- [1]

- 5 (a) Fig. 2 shows the ingredients used when making bread.

| |
|--------------------|
| Strong plain flour |
| Salt |
| Yeast |
| Water |
| Oil |

Fig. 2

Explain scientifically what happens in the following stages of making bread:

- (i) Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.

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

[2]

- (ii) Kneading the bread dough.

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

[2]

- (iii) Proving the bread dough before baking.

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

[2]

- (iv) Baking the bread dough.

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

[2]

Some foods are fortified.

(b) Give **two** advantages of fortifying foods.

1

.....
2

[2]

(c) Name **one** food which is fortified by law.

..... [1]

- 6 Fig. 3 shows a range of fats and oils used when preparing and cooking food products.

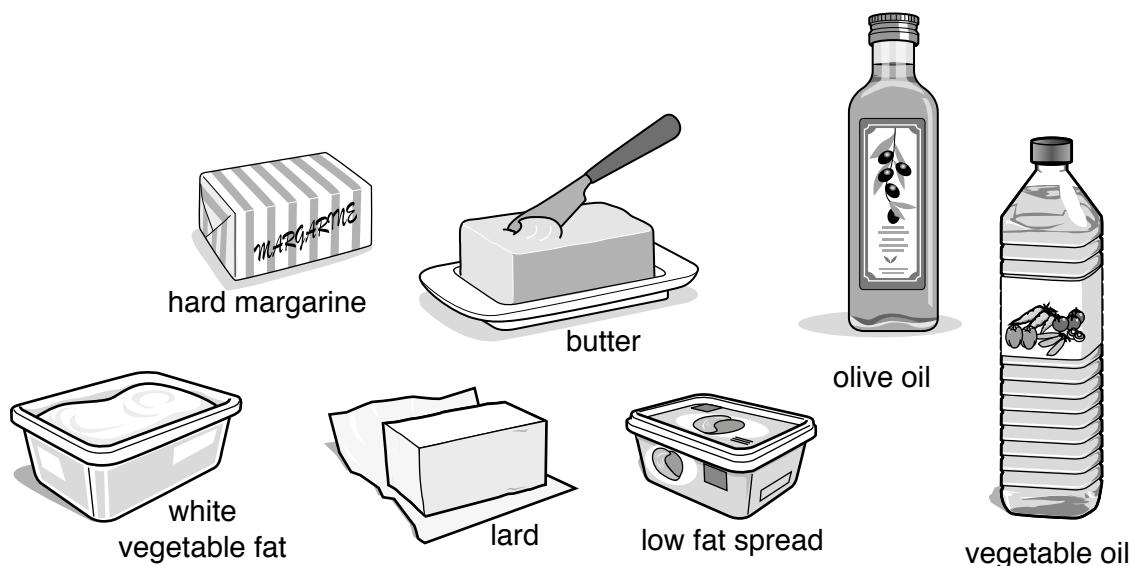


Fig. 3

- (a) Complete the chart to name **one** different fat or oil from Fig. 3 which can be used to make each food product.

| Food product | Fat or oil |
|-----------------------|------------|
| Mayonnaise | |
| Scones | |
| Stir-fried vegetables | |
| Shortcrust pastry | |

[4]

- (b) Diets high in fat are linked to Coronary Heart Disease (CHD). Give **three other** reasons why we should reduce the amount of fat we eat.

- 1
- 2
- 3

[3]

10

- (c) Explain **two** differences between saturated and polyunsaturated fats.

1

.....

.....

2

.....

.....

[4]

- 7 Explain the **dietary** advice you would give to women to help ensure a healthy pregnancy and healthy new born baby.

. [12]

12

- 8 Food products are marketed to encourage consumers to buy a new product.
- (a) Give **four** ways a new food product could be marketed to appeal to families.

1

2

3

4

[4]

- (b) Nutritional information is included on food packaging.

Give **two** different reasons, with an explanation, why this is useful to consumers.

1

.....

.....

2

.....

.....

[4]

- 9 It is important that a food product looks attractive to consumers.

- (a) Complete the table below to describe **one** different way of making each product look attractive.

| Name of food product | How to make it look more attractive |
|------------------------|-------------------------------------|
| Savoury pasty | |
| Shortbread biscuits | |
| Chicken curry and rice | |
| White bread rolls | |

[4]

- (b) It is important that food is served at the correct temperature.

Name **one** piece of equipment used to check the temperature of a joint of meat whilst it is being cooked.

..... [1]

- (c) It is important that food is stored at the correct temperature in the home so that it is safe to eat.

(i) State the correct temperature of a refrigerator.

..... [1]

(ii) State the correct temperature of a freezer.

..... [1]

(iii) State the temperature range of the danger zone.

..... [1]

- (d) If food is not stored and cooked correctly food poisoning can occur.

(i) Name **three** different food poisoning bacteria.

1

2

3

[3]

(ii) Name **three** high risk foods.

1

2

3

[3]

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 vertical column of 20 horizontal dotted lines for writing answers. The lines are evenly spaced and extend across the width of the page. A vertical line is positioned to the left of the first dotted line.

This image shows a blank sheet of handwriting practice paper. It features a vertical solid black line on the left side, followed by a series of horizontal dotted lines that span across the width of the page. There are 22 such rows of dotted lines, providing a guide for letter height and placement. The paper is otherwise empty, with no text or other markings.



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