

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**  
**GCSE (9–1)**

**J309/01**

**FOOD PREPARATION AND NUTRITION**

**Food Preparation and Nutrition**

**THURSDAY 14 JUNE 2018: Afternoon**

**TIME ALLOWED: 1 hour 30 minutes**  
**plus your additional time allowance**

**MODIFIED ENLARGED**

<b>First name</b>		<b>Last name</b>	
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<b>Centre number</b>						<b>Candidate number</b>				
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**No additional material is required for this Question Paper.**

**READ INSTRUCTIONS OVERLEAF**



## **INSTRUCTIONS**

**Use black ink.**

**Complete the boxes on the front page 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.**

## **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 (\*).**

**Answer ALL the questions.**

**1 When preparing food it is important to use electrical equipment safely.**

**(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]**

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**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. [6]

Nutrient	Function of the nutrient

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

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[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]**

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

\_\_\_\_\_ **[1]**

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

**FIG. 2**

**Strong plain flour**

**Salt**

**Yeast**

**Water**

**Oil**

**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.

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[2]

- (ii) Kneading the bread dough.

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[2]

**(iii) Proving the bread dough before baking.**

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[2]

**(iv) Baking the bread dough.**

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[2]

**Some foods are fortified.**

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

1 

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2 

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[2]

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

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[1]

**6 Listed below are a range of fats and oils used when preparing and cooking food products.**

**butter**

**hard margarine**

**lard**

**low fat spread**

**olive oil**

**vegetable oil**

**white vegetable fat**

**(a) Complete the chart to name ONE different fat or oil from the list which can be used to make each food product. [4]**

<b>Food product</b>	<b>Fat or oil</b>
<b>Mayonnaise</b>	
<b>Scones</b>	
<b>Stir-fried vegetables</b>	
<b>Shortcrust pastry</b>	

**(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]**

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

**1** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**2** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[4]**

[illegible]

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**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. [4]**

<b>Name of food product</b>	<b>How to make it look more attractive</b>
<b>Savoury pasty</b>	
<b>Shortbread biscuits</b>	
<b>Chicken curry and rice</b>	
<b>White bread rolls</b>	

**(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).**








