

**OXFORD CAMBRIDGE AND RSA EXAMINATIONS**

**Monday 10 June 2019 – Morning**

**GCSE (9–1) Food Preparation and Nutrition**

**J309/01 Food preparation and nutrition**

**Time allowed: 1 hour 30 minutes  
plus your additional time allowance**

**No additional material is required for this Question Paper.**

**Please write clearly in black ink.**

**Centre number**

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**Candidate number**

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**First name(s)** \_\_\_\_\_

**Last name** \_\_\_\_\_

**READ INSTRUCTIONS OVERLEAF**



## **INSTRUCTIONS**

**Use black ink.**

**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 (\*).**

**BLANK PAGE**

**Answer ALL the questions.**

**1 Meat is a good source of protein.**

**(a) (i) State TWO functions of protein in the diet.**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- [2]**

**(ii) Explain ONE difference between high biological value protein (HBV) and low biological value protein (LBV).**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **[2]**

**(b) Beef contains micronutrients.**

**Complete the table below to show TWO micronutrients in beef.**

**Give ONE different function for each micronutrient. [4]**

<b>Micronutrient</b>	<b>Function of the micronutrient</b>

**(c) Meat can be put into a marinade before it is cooked.**

**Give TWO reasons for putting meat into a marinade before it is cooked.**

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

\_\_\_\_\_

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

\_\_\_\_\_

**[2]**

**(d) Explain ONE change that takes place when meat is cooked.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[2]**

**2\* Many consumers choose to buy Fairtrade® food products.**

**Explain how the production of Fairtrade products benefits the food producers and their workers, the local community and the environment. [12]**

[illegible]

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- 3 FIG. 1 shows the ingredients used in a Victoria sponge made by the creaming method.

FIG. 1

150 g self raising flour 150 g caster sugar 150 g butter 3 eggs
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- (a) Explain scientifically what happens when the butter and sugar are creamed together.

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[2]

- (b) Explain scientifically what happens to the sponge mixture when it is baked in the oven.

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[4]



**(c) State TWO qualities of a successful Victoria sponge.**

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

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

**[2]**

**(d) Victoria sponge cakes are often decorated to make them look more attractive.**

**Give THREE ways the Victoria sponge cake could be decorated.**

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

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

**3** \_\_\_\_\_

**[3]**

**4 Some complex carbohydrates are a good source of energy.**

**(a) (i) Name THREE foods which are a good source of complex carbohydrates.**

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

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

**3** \_\_\_\_\_

**[3]**

**(ii) Explain why some complex carbohydrates are a good source of energy.**

\_\_\_\_\_

\_\_\_\_\_ **[2]**

**(b) Explain what is meant by the term energy balance.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **[2]**

**(c) People have different energy needs.**

**(i) State what is meant by the term BMR (Basal Metabolic Rate).**

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

**(ii) State what is meant by the term PAL (Physical Activity Level).**

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

**5 Consumers throw away millions of tonnes of food a year.**

**(a) One way to reduce food wastage is to use leftover food in a new dish.**

**Complete the table below to suggest THREE different dishes that could be made using the leftover food.**

**An example has been completed using the grated cheese. [3]**

<b>Leftover food</b>	<b>Dish</b>
<b>Grated cheese</b>	<b>Cheese scones</b>
<b>Mashed potato</b>	
<b>Cooked peas and green beans</b>	
<b>Cooked chicken</b>	

[illegible]

- 6 FIG. 2 shows the meals eaten by a vegetarian teenage girl for one day.

**FIG. 2**

<b>Breakfast</b>	<b>White toast with butter Orange squash</b>
<b>Lunch</b>	<b>Cheddar cheese sandwich (white bread and butter) Packet of crisps Shortbread biscuit Orange fizzy drink</b>
<b>Evening meal</b>	<b>Shop-bought cheese and tomato pizza Chips Doughnut</b>
<b>Other snacks and drinks</b>	<b>Packet of crisps Orange fizzy drink 3 Shortbread biscuits</b>

- (a) State TWO nutrients that are lacking in this diet for a teenage girl.

1 \_\_\_\_\_

2 \_\_\_\_\_

[2]

**(b) Give THREE changes which could be made to the diet so that it meets the current government nutritional advice.**

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

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

**3** \_\_\_\_\_

**[3]**

**(c) Give THREE reasons why some teenage girls may choose to follow a vegetarian diet.**

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

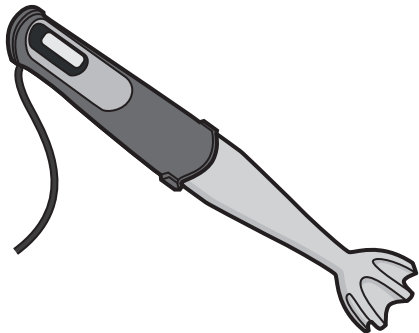


**2** \_\_\_\_\_

**3** \_\_\_\_\_

**[3]**

**7 A variety of electrical equipment can be used when preparing and cooking food.**

**(a) Complete the table below to give the name of each piece of equipment. [3]**

<b>Equipment</b>	<b>Name of the equipment</b>
	
	
	



**(b) Give FOUR reasons why steaming is a popular method of cooking food.**

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

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

**3** \_\_\_\_\_

**4** \_\_\_\_\_

**[4]**

**(c) Explain TWO factors that could influence the way consumers choose to cook food.**

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

**[4]**

**8 A wide range of milks and alternative milk products are available.**

**(a) Complete the table below to identify ONE different type of milk suitable for each of the consumers.**

**[3]**

<b>Consumer</b>	<b>Suitable type of milk</b>
<b>Two year old child</b>	
<b>Lactose intolerant adult</b>	
<b>Vegan</b>	

**(b) Yoghurt is made from milk.**

**Describe how milk is made into yoghurt.**

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**[4]**

**(c) Give ONE reason a use-by date is on a yoghurt container.**

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**[1]**

**9 Since 1996, the number of people diagnosed with diabetes in the UK has more than doubled from 1.4 million to almost 3.5 million.**

**(a) Explain the difference between type 1 diabetes and type 2 diabetes.**

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[2]

**(b)\* Explain the dietary advice that you would give to a person who has type 2 diabetes. [6]**

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- (c) There has been an increase in the number of children who have tooth decay.**

**Explain how tooth decay is caused.**

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[2]

**10 (a) Temperature control is important when cooking and serving food.**

**(i) State the correct temperature for keeping food hot in a school canteen.**

\_\_\_\_\_ °C [1]

**(ii) State the correct temperature to which a shepherd's pie should be reheated.**

\_\_\_\_\_ °C [1]

**(b) If food is not stored correctly bacteria will grow.**

**State THREE conditions bacteria need to grow.**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_ [3]

**(c) Give THREE signs of food spoilage.**

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).**















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