

OXFORD CAMBRIDGE AND RSA EXAMINATIONS

Tuesday 9 June 2020 – Afternoon

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 extra materials are needed.

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.

Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.

Answer ALL the questions.

INFORMATION

The total mark for this paper is 100.

The marks for each question are shown in brackets [].

Quality of extended response will be assessed in questions marked with an asterisk (*).

ADVICE

Read each question carefully before you start your answer.

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Answer ALL the questions.

1 Fat is an essential part of a balanced diet.

(a) (i) Name TWO different foods which are good sources of animal fat.

1 _____

2 _____ **[2]**

(ii) Name TWO different foods which are good sources of vegetable fat.

1 _____

2 _____ **[2]**

(b) Give THREE functions of fat in the body.

1 _____

2 _____

3 _____ **[3]**

(c) Describe TWO health issues that could result from a diet high in saturated fat.

1 _____

2 _____

[4]

(d) Fats have different properties in food preparation.

Explain how the following properties help when making shortcrust pastry:

(i) Shortening _____

_____ **[2]**

(ii) Plasticity _____

_____ **[2]**

(e) The table below shows a breakfast menu.

Cornflakes and whole milk	Pork sausage
Nuts and yogurt	Streaky bacon
Croissants	Fried egg
Toast, butter and jam	Fried hash browns
Hot chocolate with whipped cream	Fried tomato

Suggest THREE different ways the fat content could be reduced in this breakfast menu.

1 _____

2 _____

3 _____

[3]

2* Discuss the advantages AND disadvantages of using a microwave oven to cook food.

[illegible]

3 A Swiss roll is made by the whisking method.



Explain ONE function of each of the following ingredients when making a Swiss roll by the whisking method.

(i) Caster sugar

[2]

(ii) Eggs

[2]

(iii) Plain flour

[2]

- 4 Complete the table identifying ONE function and ONE DIFFERENT good food source of each vitamin. [8]**

Vitamin	Function	Good food source
Vitamin A		
Vitamin D		
Vitamin E		
Vitamin K		

- 5 Different methods of preservation can extend the shelf life of food.**

(a) Explain how refrigeration extends the shelf life of food.

[2]

(b) Explain how the process of drying extends the shelf life of food.

[2]

(c) Give TWO methods of chemical preservation that could be used to extend the shelf life of food.

1

2

[2]

(d) Describe the process of blast chilling food.

[3]

(e) Identify THREE advantages of cook-chill foods.

1 _____

2 _____

3 _____

[3]

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6* Discuss the factors that influence consumers' food choice. [12]

7 Some people are choosing a vegan diet.

(a) State what is meant by a vegan diet.

_____ [1]

(b) Identify THREE low biological value sources of protein for vegans.

1 _____
2 _____
3 _____ [3]

(c) (i) Name ONE vitamin that is often lacking in a vegan diet.

_____ [1]

(ii) Name ONE mineral that is often lacking in a vegan diet.

_____ [1]

(d) (i) Explain what is meant by protein complementation.

_____ [2]

(ii) Describe ONE example of protein complementation.

[2]

8 The sensory properties of food are very important.

(a) (i) Identify the FIVE basic tastes that are recognised by receptors on the tongue.

1 _____

2 _____

3 _____

4 _____

5 _____

[5]

(ii) Explain how the senses work together to influence our enjoyment of food.

_____ **[4]**

(b) Describe THREE different food tasting tests which could be used to find out the views of consumers.

1 _____

2 _____

3 _____

[6]

9* Explain the points to consider when buying fresh meat to ensure that it is of high quality.

[6]

10 (a) Explain what is meant by intensive farming.

[2]

(b) The Soil Association logo can be found on organic foods.



(i) Give TWO advantages of organic foods for the consumer.

1

2

[2]

(ii) Give ONE disadvantage of organic foods for the consumer.

[1]

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).

[illegible]

