



Oxford Cambridge and RSA

Monday 29 November 2021 – Afternoon

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes

9
0
0
4
0
8
6
0
7
1
*

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

First name(s)

Last name

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 (*).
- This document has **12** pages.

ADVICE

- Read each question carefully before you start your answer.

Answer **all** the questions.

1 Food is often cooked before we eat it.

(a) Give **two** reasons for cooking food.

1

.....

2

.....

[2]

(b) Name the **three** methods of transferring heat to food.

1

2

3

[3]

2 Wheat can be processed and made into different types of flour.

(a)* Explain how wheat is processed into flour.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

[6]

(b) Flour is used to make pasta.

Describe how to make fresh pasta.

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

[4]

(c) Flour and pasta have a high starch content.

(i) Name **two** other foods that have a high starch content.

1

2

[2]

(ii) State **two** functions of starch in the diet.

1

.....

2

.....

[2]

3* Discuss the dietary advice you would give to teenagers to ensure a healthy diet.

Your discussion should include:

- nutritional needs
- government guidelines.

[12]

4 (a) Food labels can provide important information for the consumer.

(i) Additives used in food products must be stated on the label.

Give **one** reason why additives are used in food products.

..... [1]

(ii) Explain the meaning of the **use by date** on food labels.

.....
.....
.....
..... [2]

(b) It is recommended that a visual check is made on food we buy.

Explain **one** visual check that is important when buying fresh fruit.

.....
.....
.....
..... [2]

(c) (i) Mould is a micro-organism that causes food spoilage.

Give **three** conditions needed for mould to grow.

1

2

3

[3]

(ii) Name **two** other micro-organisms that cause food spoilage.

1

2

[2]

(d) Preparing and cooking chicken safely is important.

(i) Identify **one personal hygiene** rule that should be followed when preparing fresh chicken and explain how the rule helps protect against indirect contamination.

Personal hygiene rule

.....

Explanation

.....

[2]

(ii) Cooked chicken is a high risk food.

Explain **one** way of reducing the risk of food poisoning when reheating cooked chicken.

.....

.....

[2]

5 We are advised to eat a healthy diet to avoid diet related health issues.

(a) Describe the dietary advice you would give to a person who is obese.

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

[3]

(b) Name **one** diet related health issue other than obesity.

..... [1]

(c) (i) Explain why water is needed in the body.

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

[3]

(ii) State **two** foods that have a high water content.

1

2

[2]

(d)* Healthy eating is not only about choosing food wisely but also about how we cook our food.

Discuss how different cooking methods can help to support healthy eating.

[8]

6 Micronutrients are essential in the diet.

Complete the table below by identifying a good food source and the result of deficiency for **each** micronutrient.

Micronutrient	Good food source	Result of deficiency
Calcium		
Iron		
Vitamin C		

[6]

7 Food comes from a variety of sources.

(a) Describe the following terms:

Seasonal foods

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

Free range products

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

Sustainable fish supply

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

[6]

(b) Name **one** type of

(i) Oily fish

..... [1]

(ii) White fish

..... [1]

(iii) Poultry

..... [1]

10

8 Food choices can be influenced by religious and cultural beliefs.

Describe how the following religious and cultural beliefs influence food choices.

Hinduism

.....

.....

Islam

.....

.....

Judaism

.....

.....

[6]

9 Protein and fat are macronutrients.

(a) (i) State **three** functions of protein in the body.

1

2

3

[3]

(ii) Tick (✓) the box to identify the high biological value (HBV) protein food.

Protein food	Tick (✓) the HBV protein food
Nuts	
Peas	
Soya beans	

[1]

(b) (i) One function of fat in the diet is to protect our vital organs. State **two** other functions of fat in the diet.

1

2

[2]

(ii) Give **one** example of visible animal fat.

..... [1]

(iii) Give **one** example of invisible animal fat.

..... [1]

10 Senses work together so we can enjoy the food we eat.

(a) Name the **five** senses.

1

2

3

4

5

[5]

(b) (i) Name **one** suitable garnish that could make a cheese sandwich taste more appealing.

..... [1]

(ii) Identify **one** technique that could be used to make the pastry on an apple pie more attractive.

..... [1]

(iii) Identify **two** different ways of improving the flavour of a savoury sauce.

1

.....

2

.....

[2]

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).



The form consists of a vertical line on the left and a series of horizontal dotted lines for writing. There are 20 horizontal dotted lines available for additional answer space.



Oxford Cambridge and RSA

Copyright Information

OCR is committed to seeking permission to reproduce all third-party content that it uses in its assessment materials. OCR has attempted to identify and contact all copyright holders whose work is used in this paper. To avoid the issue of disclosure of answer-related information to candidates, all copyright acknowledgements are reproduced in the OCR Copyright Acknowledgements Booklet. This is produced for each series of examinations and is freely available to download from our public website (www.ocr.org.uk) after the live examination series.

If OCR has unwittingly failed to correctly acknowledge or clear any third-party content in this assessment material, OCR will be happy to correct its mistake at the earliest possible opportunity.

For queries or further information please contact The OCR Copyright Team, The Triangle Building, Shaftesbury Road, Cambridge CB2 8EA.

OCR is part of the Cambridge Assessment Group; Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.