

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1



S24-C560UA0-1



WEDNESDAY, 19 JUNE 2024 – MORNING

FOOD PREPARATION AND NUTRITION Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	14	
3.	15	
4.	10	
5.	14	
6.	12	
7.	8	
8.	12	
Total	100	

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01

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

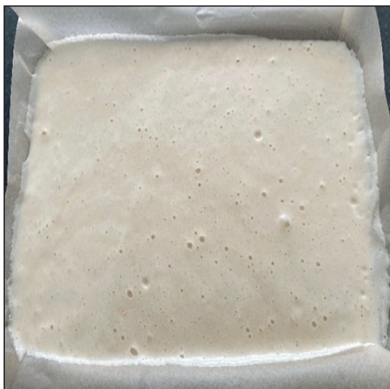
The number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.



JUN24C560UA0101

Section A Visual Stimuli**Making a Swiss roll**

Section AAnswer **all** questions.

1. (a) Tick (✓) the box next to each statement to show if it is **True** or **False**. [3]

	Making a Swiss roll	True	False
(i)	The flour should be sieved before adding to the Swiss roll mixture.		
(ii)	The flour should be folded into the mixture using a wooden spoon.		
(iii)	A Swiss roll is made using the creaming method of cake making.		

- (b) Identify **two** important preparation tasks to complete when making a Swiss roll. [2]

(i)

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(ii)

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- (c) (i) Describe what happens when the eggs and sugar are whisked together. [3]

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Section BAnswer **all** questions.**2.** A healthy diet is needed for good health and nutrition.(a) Identify **three** healthy eating guidelines.

[3]

(i)

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(ii)

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(iii)

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(b) Water is essential for life.

Assess the importance of including water in the daily diet.

[4]

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(c) Vitamin D is an essential micronutrient needed by the body.

(i) Name **one** good **food** source of vitamin D.

[1]

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(ii) State **one** mineral which works with vitamin D in the body.

[1]

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(iii) Name **one** group of people who may be at risk of a vitamin D deficiency.

[1]

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(iv) Outline the functions of vitamin D in the body and explain the problems caused by a vitamin D deficiency.

[4]

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3. (a) Food must be stored and handled correctly so that it is safe to consume.

(i) List **three** different ways foods can become contaminated. [3]

I.

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II.

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III.

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(ii) Describe **two** signs of food spoilage. [2]

I.

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II.

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(iii) Name **two** types of food spoilage micro-organisms. [2]

I.

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II.

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- (b) Many foods can be preserved to keep them for longer.

Identify **one** different preservation method for each food listed below and explain how the method preserves the food. [8]

- (i) Raw beefburgers

Preservation method

Explanation of this method

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- (ii) Fresh beetroot

Preservation method

Explanation of this method

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4. The cost of food in the UK is increasing.

Discuss how households can save money when buying and cooking foods.

[10]**(i)** Buying foods

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(ii) Cooking meals

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5. There are many different types of milk.

(a) (i) Complete the table below.

[2]

Types of milk	Example
I. Low-fat milk
II. Processed milk

(ii) List **two** rules for storing fresh milk in the home.

[2]

I.

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II.

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- (b) Milk is pasteurised during the secondary stage of processing.
State why milk is pasteurised and explain the process of pasteurisation. [4]

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- (c) Lactose intolerance is on the increase.

- (i) List **two** symptoms of lactose intolerance. [2]

I.

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II.

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- (ii) Lasagne is a popular meal. The ingredients are shown below.

Minced meat
Onion
Tinned tomatoes
Stock cube and water
Herbs
Flour
Butter
Milk
Cheese
Lasagne sheets

Explain **two** different modifications that could be made to the lasagne to ensure the recipe is lactose free. Give examples to support your response. [4]

Modification 1:

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Modification 2:

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6. The picture below shows some chicken goujons. The goujons have been coated before being cooked.



- (a) (i) State **two** ingredients that can be used to coat the chicken. [2]

I.

II.

- (ii) Explain how the coating improves the:

- I. Texture of the chicken goujons. [2]

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- II. Appearance of the chicken goujons. [2]

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- (iii) The chicken goujons were shallow fried.
Outline **three** steps to follow when shallow frying.

[3]

I.

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II.

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III.

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- (iv) Chicken goujons are made using raw chicken.
Explain how raw chicken should be stored in the home.

[3]

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7. (a) Explain the meaning of the term fortification.

[2]

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(b) Give **two** examples of foods that are fortified.

[2]

(i)

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(ii)

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(c) During food processing, additives are sometimes added by manufacturers to modify products.

Assess the positive use of the following additives in a strawberry yoghurt.

[4]

(i) Flavour intensifiers

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(ii) Colourings

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- [12]



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