

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1



TUESDAY, 17 NOVEMBER 2020 – AFTERNOON

**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.	9	
3.	6	
4.	13	
5.	16	
6.	8	
7.	12	
8.	11	
9.	10	
Total	100	

INSTRUCTIONS TO CANDIDATES

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

Answer **all** questions.

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

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.

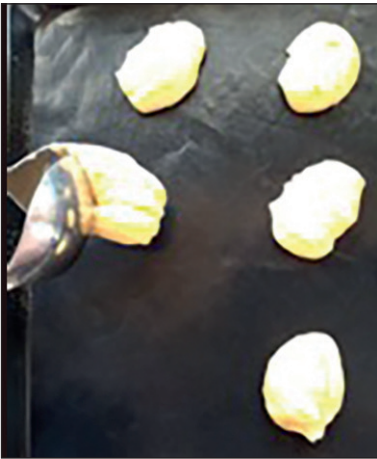
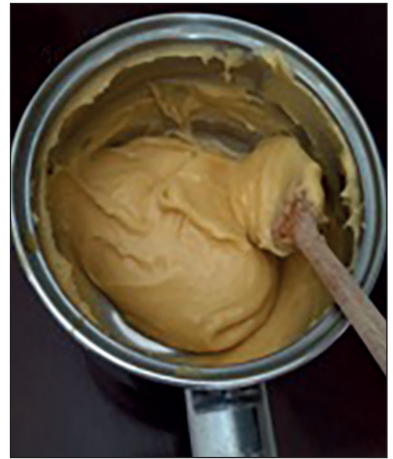
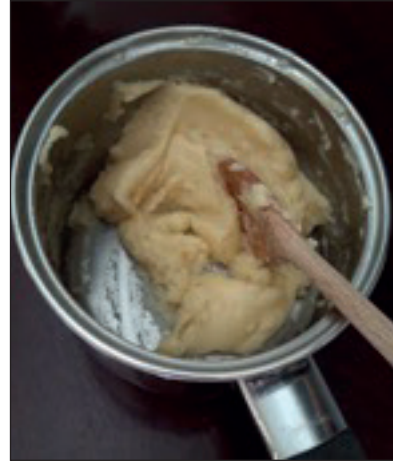
You are reminded of the need for good English and orderly, clear presentation in your answers.



OCT20C560UA0101

Section A Visual Stimuli

Making Choux Pastry



Section A*Answer all questions*

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

Choux Pastry	True	False
(i) Cornflour is used to make choux pastry.		
(ii) The water should be boiling when adding the flour.		
(iii) The mixture should be cooled before adding the beaten egg.		

- (b) State **one** function of each of the following ingredients used when making choux pastry: [3]

- (i) water
- (ii) eggs
- (iii) flour

- (c) Give **one** reason why each of the following problems may occur when making choux pastry. [2]

- (i) The mixture is too thin to pipe or spoon onto the baking tray.

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- (ii) The cooked pastry has a dense, heavy texture.

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(d) Explain the scientific process of the browning reaction of the cooked choux pastry. [3]

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(e) Éclairs and profiteroles are always filled before serving.

(i) State **one** type of fresh cream that could be used. [1]

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(ii) Name **one** ingredient used to flavour Chantilly cream. [1]

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(f) Outline **two** reasons why fresh cream éclairs or profiteroles should be stored in a refrigerator. [2]

(i)

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(ii)

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3. (a) Name the method of heat transference when:

[3]

(i) toasting bread

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(ii) steaming broccoli

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(iii) frying an egg

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(b) Different cooking methods give different outcomes.
Compare the different sensory qualities between fried fish and poached fish.

[3]

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4. (a) Wheat is one of the main cereal crops grown in the UK.
- (i) Identify **one** macro-nutrient found in wheat. [1]
.....
 - (ii) Identify **one** micro-nutrient found in wheat. [1]
.....
- (b) Give **three** health benefits of eating wholegrain cereals. [3]
- (i)
 - (ii)
 - (iii)
- (c) Describe what is meant by the term '**extraction rate**' of flour during the primary processing of wheat. [2]
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-
- (d) Some people have to avoid eating products containing gluten.
- (i) What is gluten? [1]
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 - (ii) Name the diet related condition that affects the immune system of some people when they eat gluten. [1]
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 - (iii) Identify **two** gluten-free cereal grains. [2]
 - I.
 - II.



(e) Describe how using gluten-free flour could affect the texture of baked products. [2]

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(c) Describe why the use of protein alternatives is on the increase.

[4]

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(d) Food manufacturers invest considerable time and money in order to create new and successful alternative protein dishes.

Describe **two** costs that are involved when developing a new product.

[4]

(i)

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(ii)

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9. Food manufacturers, food retailers and restaurants use a range of current technology/media platforms to communicate with consumers.

Evaluate how the advertising and purchasing of food has been influenced by advances in the use of personal technology (e.g. smartphones, computers and tablets). [10]

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