

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1



MONDAY, 20 JUNE 2022 – 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.	14	
3.	10	
4.	12	
5.	8	
6.	8	
7.	15	
8.	8	
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.



JUN22C560UA0101

Section A Visual Stimuli

Making pasta



Section AAnswer **all** questions.

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

Making pasta	True	False
(i) Separate the egg yolk from the egg white.		
(ii) Knead the pasta dough until it becomes elastic.		
(iii) Cover the pasta dough to stop it drying out.		

- (b) Name **two** ingredients that could be added to change the colour of the pasta. [2]

(i)

(ii)

- (c) Standard ingredients are used when making pasta. Complete the table below. [3]

Ingredient	Function
(i) Flour
(ii) Eggs
(iii) Salt



(d) State **four** guidelines to follow to successfully cook fresh pasta. [4]

(i)

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(ii)

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(iii)

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(iv)

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(e) Describe ways in which flavour could be added to fresh pasta during preparation, cooking or serving. [3]

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Section BAnswer **all** questions.

2. Look at the table below.

Serving size: 2 slices	White bread	Wholemeal bread
Energy	150 Kcal	187 Kcal
Protein	5.6 g	10.2 g
Total Fat	1.0 g	2.2 g
Carbohydrate	31.2 g	34.5 g
Dietary fibre	1.4 g	4.9 g
Sodium	249.7 mg	234.8 mg
Vitamin B1 Thiamine	0.44 mg	0.61 mg
Vitamin B2 Riboflavin	0.27 mg	0.29 mg
Vitamin B3 Niacin	2.88 mg	4.28 mg
Calcium	97.52 mg	86.25 mg
Iron	2.58 mg	3.75 mg

(a) (i) State which bread has the most energy value per serving size. [1]

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(ii) State which bread has the highest protein content. [1]

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(iii) Name **two** minerals found in bread. [2]

1.

2.

(iv) Describe why wholemeal bread has more dietary fibre (NSP) content than white bread. [2]

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(b) Give **two** reasons why bread is a popular commodity. [2]

(i)

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(ii)

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(c) A baker has produced a batch of bread rolls which are heavy and small.

Give **two** reasons why this has happened and suggest how this could have been avoided. [4]

(i)

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(ii)

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(d) Outline how bread is mass produced by manufacturers to meet consumer demand. [2]

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(c) Explain the difference between the **two** types of cholesterol.

[4]

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4. (a) Name **two** functions of protein in the diet.

[2]

(i)

(ii)

(b) Proteins can be High Biological Value (HBV) or Low Biological Value (LBV).

(i) State what is meant by Low Biological Value.

[1]

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(ii) Describe how a **vegan** can ensure they achieve their daily intake of protein. [5]

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(c) Describe **two** health problems that may be caused by a protein deficiency. [4]

(i)

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(ii)

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ON THIS PAGE**



6. The food diary below is for an 18-year-old student at college.

Typical daily diet

Breakfast

Cup of tea with milk and sugar

Mid-morning

Chocolate bar
Carton of fruit juice

Lunch

Sausage roll
Cheesy chips
Chocolate cookie
Apple

Afternoon

Cola and biscuits

Evening meal

Chicken curry, rice, poppadoms

Evening snack

Cola and popcorn

Evaluate the food diary and suggest changes that could be made to meet current dietary recommendations.

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Examiner
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7. (a) Give **three** reasons for cooking food. [3]

(i)

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(ii)

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(iii)

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(b) Cooking can transfer heat energy to food in different ways.

Describe how heat energy is transferred when:

(i) Grilling bacon. [2]

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(ii) Cooking soup in a saucepan on the hob. [4]

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9. Discuss the influences cultural and lifestyle changes have had on food choice and availability.

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