

This is the 2018 Food Preparation and Nutrition Exam Paper. The notes in green are me the teacher explaining what the question is really asking, giving you tips on exam technique or guidance as to where you can find the answers, for example the page in the textbook.

The aim of this exercise is to practice good exam technique and to become familiar with types of answers the exam board are looking for, so you can gain maximum marks. Please use the notes in your folders, textbook and revision book to help you answer these questions.

For all questions underline the command words. The command word in this question is give. Examples and explanation of other command words used in the exam are on pages 288 to 291 of the textbook.

For all questions underline the key words. For question 1 I have done this for you.

Answer **all** the questions.

1 When preparing food it is important to use electrical equipment safely.

Fig. 1 shows a food processor and its attachments.



Fig. 1

Do not put hands in is **not** accepted as an answer

General rules for using electrical equipment safely are accepted as correct

(a) Give three safety rules which should be followed when using a food processor.

- 1
- 2
- 3

[3]

(b) Give two advantages of using a food processor when preparing foods. Page 223 of textbook

- 1
- 2

[2]

Quick / quicker / saves time on its own is not accepted. Easier must be justified e.g. easier than doing it by hand.

3 Water is essential for life and prevents dehydration. Page 66

(a) Give **four** other functions of water in the diet.

- 1
- 2
- 3
- 4

[4] Answer referring to rehydration were not accepted

(b) Lack of water can cause dehydration. Page 67

Give **four** symptoms of dehydration.

- 1
- 2
- 3
- 4

[4]

4 (a) Hard cheese contains many nutrients. Page 73-75

Complete the chart below with **three** main nutrients found in hard cheese.

State **one different** function of each named nutrient.

| Nutrient | Function of the nutrient (What the nutrient does in the body) |
|----------|---|
| | |
| | |
| | |

[6] In the nutrient box vitamins and minerals are not accepted

(b)* Explain how milk is made into cheese. Page 112

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[6] They examiner is looking for key terms like pasteurisation, cooling, rennet curds and whey.

(c) Different cheeses are made in the UK.

Name **three** traditional cheeses made in the UK.

- 1
- 2
- 3

[3] This must be full names such as Red Leicester not just Leicester. Blue cheese will not be accepted you must write the name such as Stilton.

(d) (i) Name one cheese that is not made in the UK.

.....[1]

(ii) Name the country where the cheese is made.

.....[1]

5 (a) Fig. 2 shows the ingredients used when making bread. Page 245

The command would here is explain so you should state your point and then explain it.

Fig. 2

- Strong plain flour
- Salt
- Yeast
- Water
- Oil

Scientifically is the key word here. You must explain the science of bread making, the chemical reactions that are taking place.

Explain scientifically what happens in the following stages of making bread:

(i) Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.

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

(ii) Kneading the bread dough.

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

(iii) Proving the bread dough before baking.

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

(iv) Baking the bread dough.

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

Some foods are fortified. Pages 129-130

(b) Give **two** advantages of fortifying foods.

1

2 [2]

(c) Name one food which is fortified by law.

.....[1]

Be careful with this question, they are not many foods that are fortified by law.

6 Fig. 3 shows a range of fats and oils used when preparing and cooking food products.

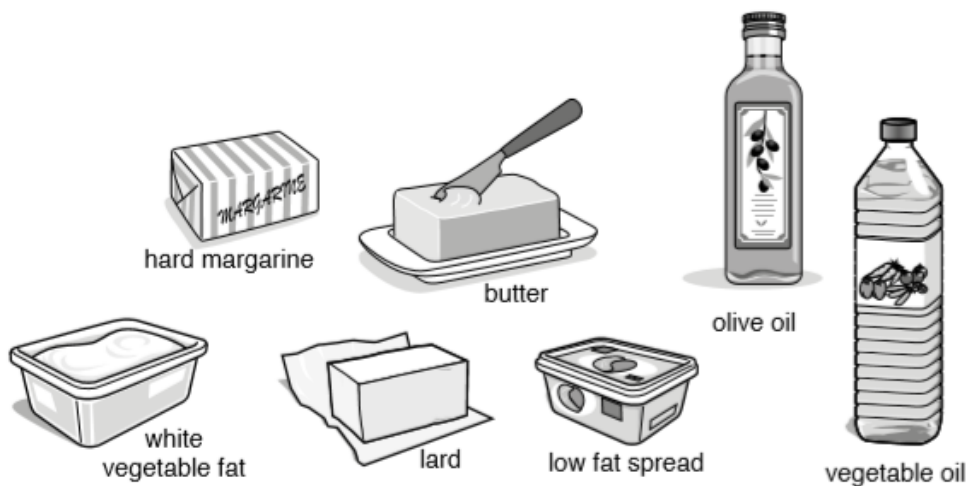


Fig. 3

This question is about fats and oils as ingredients.

(a) Complete the chart to name one different fat or oil from Fig. 3 which can be used to make each food product

| Food Product | Fat or Oil |
|-----------------------|------------|
| Mayonnaise | |
| Scones | |
| Stir-fried vegetables | |
| Shortcrust pastry | |

(b) Diets high in fat are linked to Coronary Heart Disease (CHD). [Pages 47 to 51](#)

Give three other reasons why we should reduce the amount of fat we eat.

- 1
- 2
- 3 [3]

(c) Explain two differences between saturated and polyunsaturated fats.

- 1
.....
.....
- 2
.....
.....
..... [4]

8 Food products are marketed to encourage consumers to buy a new product.

(a) Give **four** ways a new food product could be marketed to appeal to families. Page 155

- 1
- 2
- 3
- 4 [4]

Make sure you state four clearly different ways, advertising on social media and advertising on the radio for example would only gain one mark.

(b) Nutritional information is included on food packaging.

Give **two** different reasons, with an explanation, why this is useful to consumers.

- 1
.....
.....
.....
- 2
.....
.....
..... [4]

Link your answer to allowing consumers to make an informed decision. Write about the link between calories/nutrients and specific diets or a balanced diet. Do not confuse nutritional information with ingredients and other information found on a label.

9 It is important that a food product looks attractive to consumers.

(a) Complete the table below to describe one different way of making each product look attractive.

| Name of food product | How to make it look more attractive |
|------------------------|-------------------------------------|
| Savoury pastry | |
| Shortbread biscuits | |
| Chicken curry and rice | |
| White bread rolls | |

[4]

Make sure you don't use the same way twice as in glaze pastry with egg and glaze bread rolls with egg.

(b) It is important that food is served at the correct temperature. Name one piece of equipment used to check the temperature of a joint of meat whilst it is being cooked.

.....[1]

(c) It is important that food is stored at the correct temperature in the home so that it is safe to eat. [Page 215](#)

(i) State the correct temperature of a refrigerator.

.....[1]

(ii) State the correct temperature of a freezer.

.....[1]

(iii) State the temperature range of the danger zone.

.....[1]

[All answers that state a temperature must have °C or you will not get the mark](#)

(d) If food is not stored and cooked correctly food poisoning can occur. [Page 213](#)

(i) Name three different food poisoning bacteria.

1

2

3 [3]

(ii) Name three high risk foods.

1

2

3 [3]