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.

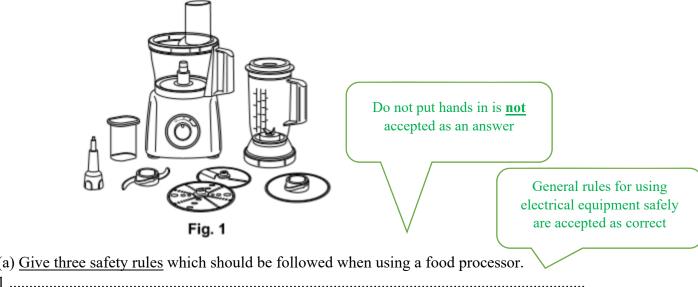
For all questions underline the command words. The command word in this question is give. Examples and explanation of other command words used in the exam are on pages 288 to 291 of the textbook.

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.



l ig. i
(a) Give three safety rules which should be followed when using a food processor.
2
3
[3] (b) <u>Give two advantages</u> of using a <u>food processor</u> 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.

(a) (i) State how many portions of fruits and vegetables we should eat every day[1] Page 10	
(ii) Give three reasons for increasing the number of portions of fruits and vegetables we eat. Page 4	
1	
2	
3	
[3]	
(b) Fruits and vegetables are a good source of vitamin C. Name one fruit and one vegetable that are a good source of vitamin C. Page 61 and 72	good
Fruit	
Vegetable[2]	
(c)* <u>Discuss</u> the <b>advantages</b> and <b>disadvantages</b> of buying fruits and vegetables grown in the UK.	
	•••••
Page 93. This question is about food provenance: food source and supply. To get full marks you must	.[8]
rage 75. This gaesifon is about took proventines, food source and suppry. To get full marks you must	•

2 We are being encouraged to eat more fruits and vegetables.

Page 93. This question is about food provenance: food source and supply. To get full marks you must describe both the advantages and disadvantages of buying fruits and vegetables in the UK. You might think about structuring your answer with a paragraph for each. The command word in this question is <u>discuss</u> so explain each point and give an example. The examiner is looking for specialist terms like seasonality, local varieties, freshness with reference to nutritional/vitamin content, food miles, carbon footprint, climate and Fairtrade. A similar questions is discuss the advantages and disadvantages of buying Fairtrade foods where similar points are made.

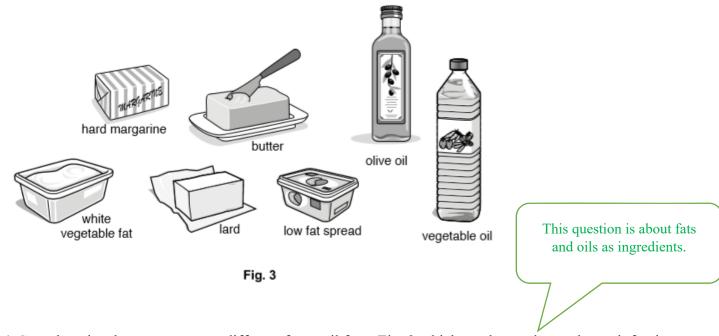
3 Water is essential for life and prev (a) Give <b>four</b> other functions of water	•
1	
2	
3	
4	
[4] Answer referring to rehydration	were not accepted
(L) I - 1 f 1-11	Air Brook CT
(b) Lack of water can cause dehydra	
Give <b>four</b> symptoms of dehydration	
2	
3	
4	
[4]	
4 (a) Hard cheese contains many nu Complete the chart below with <b>thre</b> State <b>one different</b> function of each	ee main nutrients found in hard cheese.
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
•••••	
[6] They examiner is looking for ke	by terms like pasteurisation, cooling, rennet curds and whey.

_	
2	
	must be full names such as Red Leicester not just Leicester. Blue cheese will not be accepted y te the name such as Stilton.
(d) (i) Na	ame one cheese that is not made in the UK.
(ii) Name	e the country where the cheese is made[1]
5 (a) Fig.	. 2 shows the ingredients used when making bread. Page 245
	and would here is
_	you should state 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 s	reactions that are taking place. scientifically what happens in the following stages of making bread:
Explain s	reactions that are taking place.
	scientifically what happens in the following stages of making bread:  Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.
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(i)	scientifically what happens in the following stages of making bread:  Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.  [2]
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(i) (ii)	scientifically what happens in the following stages of making bread:  Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.  [2]  Kneading the bread dough.
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(i) (ii)	scientifically what happens in the following stages of making bread:  Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.  [2]  Kneading the bread dough.
(ii) (iii)	reactions that are taking place.  scientifically what happens in the following stages of making bread:  Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.  [2]  Kneading the bread dough before baking.  [2]  Proving the bread dough before baking.
(ii) (iii)	reactions that are taking place.  scientifically what happens in the following stages of making bread:  Strong plain flour, salt, yeast, water and oil are mixed together to make the bread dough.  [2]  Kneading the bread dough before baking.  [2]  Proving the bread dough before baking.

(c) Different cheeses are made in the UK.

Some foods are fortified. Pages 129-130		
(b) Give <b>two</b> advantages of fortifying foods.		
1		
2		
	[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.



(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]

Explain the <b>dietary</b> advice you would give to women to help ensure a healthy pregresorn baby. Page 24	nancy and hea
	••••••
	[12]

This is an essay style question. It has been suggested you answer this question last. It is advisable to write down some key words or an essay plan on the page before you write your full extended answer so you can order your thoughts and check you have included all relevant information. In your answer you should relate the nutritional requirements specifically to the unborn baby and the pregnant woman. You should also explain fully the need for the nutrient and the source. You will score marks for clearly explain which foods pregnant women should avoid and why.

(a) Give <b>four</b> ways a new food produ	act could be marketed to appeal to families. Page 155	
1		
2		
3		
4		[4]
	erent ways, advertising on social media and advertising	
(b) Nutritional information is include	ed on food packaging.	
Give <b>two</b> different reasons, with an e	explanation, why this is useful to consumers.	
1		
2		
		[4]
	mers to make an informed decision. Write about the link or a balanced diet. Do not confuse nutritional information and on a label.	
<b>9</b> It is important that a food product l	ooks attractive to consumers.	
(a) Complete the table below to describe	ribe one different way of making each product look attr	active.
Name of food product	How to make it look more attractive	
Savoury pasty		
Shortbread biscuits		
Chicken curry and rice		
White bread rolls		
Г41		

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

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 use check the temperature of a joint of meat whilst it is being cooked.	ed to
(c) It is important that food is stored at the correct temperature in the home so that it is safe to eat.  (i) State the correct temperature of a refrigerator.  [1]	Page 215
(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	
<ul><li>(d) If food is not stored and cooked correctly food poisoning can occur. Page 213</li><li>(i) Name three different food poisoning bacteria.</li></ul>	
1	
2	
3[3]	
(ii) Name three high risk foods.	
1	
2	
3[3]	