Oxford Cambridge and RSA

# Tuesday 17 June 2025 – Afternoon

## GCSE (9–1) Food Preparation and Nutrition

**J309/01** Food preparation and nutrition

**Time allowed: 1 hour 30 minutes**

No extra materials are needed.

Please write clearly in black ink. **Do not write in the barcodes.**

Centre number | | | | | | Candidate number | | | | |

First name(s) _____

Last name _____

**INSTRUCTIONS**
- Use black ink.
- Write your answer to each question in the space provided. If you need extra space use the lined page at the end of this booklet. The question numbers must be clearly shown.
- Answer **all** the questions.

**INFORMATION**
- The total mark for this paper is **100**.
- The marks for each question are shown in brackets **[ ]**.
- Quality of extended response will be assessed in questions marked with an asterisk (*).
- This document has **16** pages.

**ADVICE**
- Read each question carefully before you start your answer.

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**1** The Eatwell Guide and the 8 tips for healthy eating outline the government's recommendations for healthy eating.

**(a)** State the recommended number of glasses of fluid you should drink each day.

..... **[1]**

**(b)** Water is one of the recommended fluids that you can drink.

**(i)** Identify **one other** recommended fluid that you can drink.

..... **[1]**

**(ii)** State **two** functions of water in the body.

1 .....

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

**(c)**
**(i)** State **two** recommendations given for eating fruit and vegetables.

1 .....

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2 .....

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

**(ii)** Vegetables are classified into different groups.

Identify **one** vegetable for each of these groups.

Root .....

Flower .....

Seeds or pods .....
**[3]**

**(iii)** Fruits and vegetables are good sources of fibre.

Identify **one other** good source of fibre.

..... **[1]**

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**(d)** Describe the government guidelines for eating fish.

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

**(e)** Explain why government guidelines recommend that fats and oils are eaten in small amounts.

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

**Turn over for the next question**

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**2** Vitamins are fat soluble or water soluble.

**(a)** Identify **two** fat-soluble vitamins.

1 .....

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

**(b)** Identify **one** disease caused by a lack of each of these water-soluble vitamins in the diet.

Vitamin B1 .....

Vitamin C .....
**[2]**

**(c)** State the other name for vitamin C.

..... **[1]**

**(d)** Some foods are fortified.

State **three** advantages of fortification.

1 .....

.....

2 .....

.....

3 .....

.....
**[3]**

**(e)** Textured Vegetable Protein (TVP®) is fortified.

State **three other** reasons why people choose to eat TVP®.

1 .....

.....

2 .....

.....

3 .....

.....
**[3]**

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**3*** Choose **one** international cuisine you have studied.

Describe the culinary traditions of your chosen international cuisine.

Your description must include:

- the traditional ingredients used
- cultural and religious factors
- cooking methods.

International cuisine chosen .....

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..... **[8]**

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**4** After food is grown it is often processed.

**(a)** Explain what **primary processing** of food means.

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.....

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

**(b)** Identify the type of wheat usually used to make pasta.

..... **[1]**

**(c)** Describe how flour is made into pasta.

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..... **[4]**

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**5*** Osteoporosis is a condition that affects bone health.

Explain the nutritional advice that should be followed to prevent osteoporosis.

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..... **[6]**

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**6**

**(a)** Glazes are a decorative technique used to improve the appearance of a food product.

Complete the table below to:

- identify the type of glaze and
- give **one** example of a food product, other than a cheesecake, where the glaze could be used.

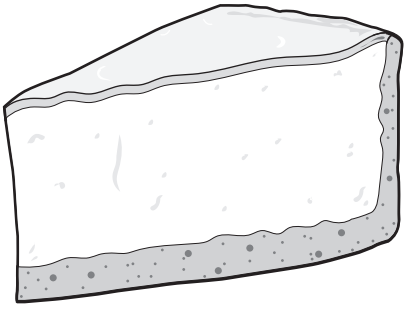
Use the types of glazes in the list below. Use each type once or not at all.

- Cornflour
- Egg wash
- Jam

| **Description** | **Type of glaze** | **Food product where the glaze could be used** |
|---|---|---|
| Applied to a product before baking to give a shiny finish. | | |
| It is warmed and brushed on cooked food. | | |

**[4]**

**(b)** Cheesecake is a layered dessert.



**(i)** A glaze can be used to improve the appearance of a cheesecake.

Describe **three other** decorative techniques that could be used to enhance the appearance of a cheesecake.

1 .....

2 .....

3 .....

**[3]**

**(ii)** Identify **one** type of cheese that would be suitable for making a cheesecake filling.

..... **[1]**

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**(c)** Food manufacturers use additives in food production.

**(i)** What specific texture do emulsifiers and stabilisers create in a cheesecake?

..... **[1]**

**(ii)** What do emulsifiers and stabilisers prevent happening in a cheesecake?

..... **[1]**

**(iii)** Give **two** examples of food products, other than a cheesecake, that require the use of thickeners.

1 .....

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

**(iv)** Explain why food manufacturers use antioxidants in food production.

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

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**7*** Discuss the environmental issues that food manufacturers need to consider when producing food.

Your discussion must consider:

- food waste
- carbon footprint
- transportation of materials and goods
- sustainability of resources. **[12]**

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**8** A sponge cake can be made using the creaming method.

**(a)** Explain why the following ingredients are used when making a sponge cake using the creaming method.

**(i)** Butter

.....

.....

.....

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

**(ii)** Self-raising flour

.....

.....

.....

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

**(b)** A sponge cake has the following faults.

**(i)** State **two** reasons why a sponge cake has sunk in the middle.

1 .....

.....

2 .....

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

**(ii)** State **two** reasons why a sponge cake has a heavy texture.

1 .....

.....

2 .....

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

**(iii)** State **one** reason why a sponge cake has risen unevenly.

.....

..... **[1]**

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**(c)** Describe **two** ways to check that a sponge cake is cooked and ready to be removed from the oven.

1 .....

.....

2 .....

.....

**[2]**

**Turn over for the next question**

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**9** The ingredients listed below are used to make a home-made pasta dish.

Bacon
Cheese
Eggs
Garlic
Olive oil
Salt
Spaghetti pasta

**(a)** Explain why the pasta dish is **not** suitable for someone who is lactose intolerant.

.....

.....

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

**(b)** Sensory feedback shows that the pasta dish looks unappealing.

**(i)** Explain **one** way to improve the appearance of the pasta dish.

.....

.....

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

**(ii)** Sensory feedback shows that the texture of the pasta dish is too soft.

Explain **one** way to improve the texture of the pasta dish.

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

**(c)** Sensory feedback is analysed using a star profile.

Explain how a sensory star profile could be used to evaluate the pasta dish.

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.....

.....

..... **[3]**

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**(d)** Describe **one other** test that could be used to evaluate food.

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

**10**

**(a)** Explain **one** way you can prevent food poisoning when preparing high-risk foods.

.....

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

**(b)** Describe how you should store fresh meat in a refrigerator.

.....

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

**(c)** State **two** ways you can try to ensure the quality of the food you buy.

1 .....

2 .....

**[2]**

**END OF QUESTION PAPER**

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## EXTRA ANSWER SPACE

If you need extra space use this lined page. You must write the question numbers clearly in the margin.

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