Oxford Cambridge and RSA

Wednesday 19 June 2024 – Morning

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 pages 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 Starch and dietary fibre are complex carbohydrates.

(a) State **three** functions of complex carbohydrates in the diet.

1 .....

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2 .....

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3 .....

.....

[3]

(b) State **two** different ways you could increase the amount of dietary fibre in each of the following dishes.

(i) Ham and cheese sandwich made with white bread

1 .....

.....

2 .....

.....

[2]

(ii) Stewed apple with a crumble topping made with flour, sugar and butter

1 .....

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2 .....

.....

[2]

(c) Identify **two** foods that are good sources of starch.

1 .....

2 .....

[2]

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2 There are many different types of milk and milk products.

(a) State the name of **one** type of milk suitable for vegans.

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

(b) State **one** advantage of full fat milk.

.....

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

(c) State **one** advantage of Ultra Heat Treated (UHT) milk.

.....

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

(d) Explain why milk is homogenised.

.....

.....

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

(e) State **two** reasons why milk is pasteurised.

1 .....

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2 .....

.....
[2]

(f) Describe how milk is processed to make butter.

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

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3 Sensory testing is used to collect information about food products.

(a) Describe how you would set up a taste panel to ensure that sensory testing is accurate.

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..... **[5]**

(b) Receptors in the mouth sense the taste of food.

Identify **three** basic tastes.

1 .....

2 .....

3 .....

[3]

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PLEASE DO NOT WRITE ON THIS PAGE

Turn over for the next question

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4* A healthy diet is important for preschool age children.

Discuss the nutritional needs of preschool age children and how parents or carers can encourage preschool age children to develop healthy eating habits. **[12]**

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5 Chemical raising agents can be used when making baked products.

(a) Identify **two** chemical raising agents.

1 .....

2 .....
[2]

(b) Explain scientifically how a chemical raising agent makes a sponge cake rise.

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

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6* Discuss why some people choose to buy fairtrade food products.

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

7 Eat more fish is one of the healthy eating tips.

(a) Identify **two** classifications of fish.

1 .....

2 .....

[2]

(b) Describe how to fillet a fish.

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..... **[5]**

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(c) Fish is a source of high biological value (HBV) protein.

Identify **two** other sources of high biological value (HBV) protein.

1 .....

2 .....

[2]

(d) Explain what **high biological value (HBV) protein** means.

.....

.....

.....

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

(e) Complete the table below.

Identify **two** minerals found in fish and state **one** function of each in the diet.

Mineral found in fish	**Function of mineral in the diet**
1.	
2.	

[4]

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(f) Explain what **sustainable fish supply** means.

.....

.....

.....

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

(g) State **one** advantage of fish farming.

.....

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

(h) State **one** disadvantage of fish farming.

.....

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

8

(a) Identify **two** different methods that can be used to preserve fruit or vegetables at home. Explain how each method preserves the fruit or vegetable.

Method 1 .....

Explanation .....

.....

Method 2 .....

Explanation .....

.....

[4]

(b) State **two** advantages of preserving food at home.

1 .....

.....

2 .....

.....

[2]

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9

(a) Explain **two** differences between saturated fats and unsaturated fats.

1 .....

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2 .....

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[4]

(b) Identify **two** saturated fats.

1 .....

2 .....

[2]

(c) Identify **one** unsaturated fat.

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

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(d)* Discuss why it is important for adults to eat less fat and suggest ways adults can reduce their fat intake.

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

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10 Knowing the nutritional composition of food is important for many people.

(a) This is an example of the ingredients and nutritional content of a chicken soup.

Chicken soup

Ingredients
Water Carrot Onion Chicken Potato Chicken stock Milk

Nutrition	**Per 100 g**	**Per portion**
Energy	40 kcal 167 kj	120 kcal 501 kj
Fat	1.2 g	3.6 g
Carbohydrate	4.2 g	12.6 g
Of which sugars	1.2 g	3.6 g
Protein	2.5 g	7.5 g
Salt	0.5 g	1.5 g

(i) Identify the ingredient in the chicken soup that provides the salt.

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

(ii) State **one** appropriate food that could be served with the chicken soup to increase the energy value.

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

(iii) Identify **one** group of people the chicken soup would **not** be suitable for.

Give a reason for your answer.

Group of people .....

Reason .....

.....

[2]

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(b) State **four** reasons why consumers may find the nutritional information and ingredients list found on food labels useful when planning meals.

1 .....

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2 .....

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3 .....

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4 .....

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[4]

END OF QUESTION PAPER

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EXTRA ANSWER SPACE

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

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