

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food Preparation and Nutrition

Sample Question Paper

Version 2.2

Date – Morning/Afternoon

Time allowed: 1 hour 30 minutes

You may use:

- A pen



First name										
Last name										
Centre number						Candidate number				

INSTRUCTIONS

- Use black ink.
- Complete the boxes above with your name, centre number and candidate number.
- Answer **all** the questions.
- Write your answer to each question in the space provided.
- Do **not** write in the bar codes.

INFORMATION

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

Answer **all** questions.

1 Vegetables are an important part of a balanced diet.

(a) Name one vegetable from each of the groups listed below.

1. Root
2. Leaf
3. Bulb

[3]

(b) Vegetables are also a good source of fibre.

Give two reasons why we should increase the amount of fibre in our diet.

- 1
- 2

[2]

2 When preparing food it is important to use knives correctly.

(a) Name the **two** different grips used when preparing fruits and vegetables.

- 1
- 2

[2]

(b) Identify the knives below.



1

2

3

[3]

- 3 A keema naan is a flatbread filled with a spicy lamb filling.

The ingredients used to make the keema naan are listed in **Table 1** below.

Naan bread ingredients	Filling ingredients
225 g strong plain white flour	100g lamb mince
$\frac{1}{2}$ tsp salt	1 tbsp ghee (clarified butter)
1 tbsp vegetable oil	1 onion
30ml natural full fat yoghurt	1 garlic clove
1 egg	1 tsp ground ginger
15 g fresh yeast	1 tsp chilli powder
60 ml lukewarm whole milk	1 tsp garam masala
	1 tsp salt
	Fresh coriander leaves

Table 1

- (a) Choose **two** of the ingredients and explain how you could modify them to meet **two** different current government guidelines on healthy eating.

Ingredient to change	Explanation
1	
2	

[4]

- (b) Meat is a high-risk food.

Give three rules you would follow when preparing and cooking meat.

- 1
- 2
- 3

[3]

- (c) The Red tractor symbol below can be found on meat packaging.



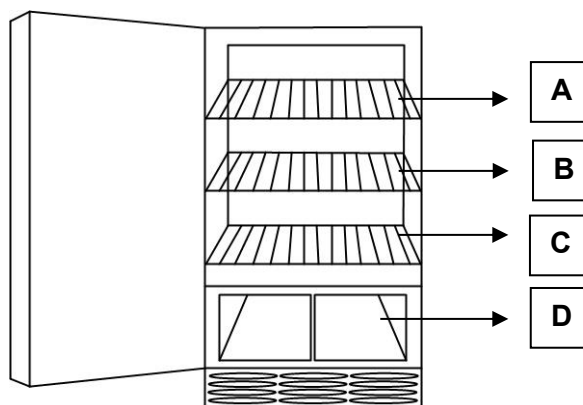
Explain why consumers may choose to buy products which have this symbol on the packaging.

.....

.....

[2]

- 4 (a) A fridge is essential for storing a range of foods including fish.



Use the letters **A**, **B**, **C** or **D** to show the correct place in the fridge to store:
Letters may be used once, more than once or not at all.

- | | | |
|---|----------------------|----------------------|
| 1 | Fresh fish | <input type="text"/> |
| 2 | Leftover cottage pie | <input type="text"/> |
| 3 | Packaged apple pie | <input type="text"/> |

[3]

- (b) Name **two** examples of oily fish.

1

2

[2]

(c) Give **two** points to look for when buying fresh fish from a fish counter.

- 1
- 2

[2]

(d) Table 2 below shows the sensory profile obtained after trialing a lemon and herb flavoured breaded fish fillet dish.

Sensory aspect						
Taster	Mouth feel		Taste		Sight	
	Crispy coating	Tender fish	Lemon flavour	Herb flavour	Golden crumb	Evenly coated
A	4	5	1	5	1	1
B	5	5	1	5	1	2
C	5	5	2	5	1	1
D	4	5	2	5	1	1

Key: Poor = 1, Average = 2, Good = 3, Very Good = 4, Excellent = 5.

Table 2

Identify **two different** sensory aspects of the dish that need improving.

Describe how each could be improved.

Sensory aspect 1:

Improvement:

.....

.....

Sensory aspect 2:

Improvement:

.....

.....

[4]

- 5 The table below shows the ingredients needed to make choux buns filled with a chicken and mushroom sauce.

Choux pastry ingredients	Filling ingredients
65 g strong plain flour 50 g butter 2 eggs 125 ml water	100g cooked chicken fillets 30g mushrooms 100g white roux sauce (plain flour, butter, whole milk) seasoning

- (a) State **one** function of each of the following ingredients in the choux pastry.

Strong plain flour:

.....

.....

Butter:

.....

.....

Eggs:

.....

.....

Water:

.....

.....

[4]

- (b) Choux pastry should be light, crisp and hollow when baked.

Give **one** reason why each of the following problems may occur when making choux pastry.
Do not use the same reason twice.

Problem	Reason
Choux pastry mixture is too thin to pipe.	
Cooked choux pastry has a close and heavy texture.	

[2]

- (c) Explain scientifically what happens to the white roux sauce during the cooking process.

.....

.....

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[4]

- 6 **Fig. 3** shows the label from a pack of fresh tomatoes.



Fig. 3

- (a) **Explain** the term 'best before' as shown on the label.

.....

.....

.....

.....

[2]

- (b) Food can be preserved to make it last longer.

Give **two** methods of preserving tomatoes.

1

2

[2]

[illegible]

Turn over

- 7 (a) (i) Give **two** reasons why some people may not be able to consume cow's milk.

1

2

[2]

- (ii) Name an alternative to cow's milk.

.....

[1]

- (b) Milk is often pasteurised.

- (i) Explain why milk is pasteurised.

.....

.....

.....

.....

[2]

- (ii) Describe the process of pasteurisation.

.....

.....

.....

.....

[2]

- (c) Yoghurt is an example of a secondary product that can be made from cow's milk. State **two** other secondary products that can be made from cow's milk.

1

2

[2]

8 (a) Give **two** reasons why consumers may choose to buy potatoes from a farmer's market.

- 1
.....
- 2
.....
- [2]**

(b) Potatoes contain vitamin C.

(i) Give **two** functions of vitamin C in the body.

- 1
.....
- 2
.....
- [2]**

(ii) State **two** ways that vitamin C can be conserved during the preparation and cooking of potatoes.

- 1
.....
- 2
.....
- [2]**

- (c) The ingredients and method used to make 'Ultimate Mashed Potato' are shown below.

Heston Blumenthal's Ultimate Mashed Potato

Ingredients	Method
1 kg charlotte potatoes 1 tbsp salt 300 g cold butter, cut into cubes warm milk, to taste	1) Peel the potatoes and cut them into 2.5 cm slices. 2) Wash the slices under cold running water. 3) Heat a large pan of water until it reaches a temperature of 80°C, add the potato slices and simmer for 30 minutes at 70°C. 4) Drain the potatoes and cool. 5) Heat a large pan of water until simmering, add the cooked potatoes and salt and cook again until soft. 6) Drain the potatoes. 7) Tip the potatoes into a ricer and rice the potatoes over a bowl containing the cold butter and mix together. 8) Season with salt and freshly ground white pepper. 9) To serve, reheat it gently in a pan, while gradually whisking in a little warm milk.

- (i) State why the potatoes are cut into 2.5 cm slices before cooking.

.....

.....

[1]

- (ii) State why the potato slices are washed under cold water.

.....

.....

[1]

- (iii) Give the scientific explanation for potatoes turning brown after they have been peeled.

.....

.....

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[2]

- (iv) State **two** methods of transferring heat to the potatoes when boiling.

1

2

[2]

9* Childhood obesity rates are increasing.

Assess the factors which can contribute to diet related childhood obesity and the impact this could have on later life.

[illegible]

10 Different bread products are eaten all over the world.

- (a)** In the table below name **one** traditional bread product for **three** different countries that you have studied.

Country	Traditional bread product
1	
2	
3	

[3]

- (b)** Organic foods, including bread, have become more popular.

Explain the meaning of the term '*organic*'.

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[2]

- (c)* Sliced wrapped white and wholemeal bread is widely available from supermarkets.

Compare the contributions white and wholemeal bread can make to the nutritional needs of an older person.

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[6]

- (d) British households throw away millions of tonnes of edible food each year, with bread accounting for one of the most wasted foods. This has an effect on the environment.

Suggest **four** ways of reducing wastage of bread within the home.

1

2

3

4

[4]

Summary of updates

Date	Version	Details
September 2021	2.2	Updated copyright acknowledgements.

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