



General Certificate of Secondary Education
2023

Centre Number

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Candidate Number

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Home Economics: Food and Nutrition

Written Paper



[G9521]

G9521

FRIDAY 2 JUNE, AFTERNOON

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in black ink only. **Do not write with a gel pen.**

Answer **all twelve** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 120.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **10, 11, and 12.**



This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.

Read the following statements and tick the box beside each correct answer.
Tick [✓] only **one** box for each statement.

1 (a) Which **one** of the following vitamins is fat-soluble?

A vitamin C

☐

B vitamin B12

☐

C vitamin B1

☐

D vitamin D

☐

[1]

(b) Which **one** of the following practices is most likely to cause cross-contamination?

A using ready to eat foods before the use by date

☐

B placing ready to eat foods above raw foods in a fridge

☐

C using the same knife to cut raw and cooked chicken

☐

D storing raw meat on a glass shelf at the bottom of the fridge

☐

[1]

(c) Which **one** of the following foods does not belong to the Fruit and Vegetables section of the Eatwell Guide?

A frozen peas

☐

B banana

☐

C boiled potatoes

☐

D dried raisins

☐

[1]



(d) Which **one** of the following factors is a personal factor affecting food choice?

A cost

☐

B animal welfare

☐

C likes and dislikes

☐

D health condition

☐

[1]

(e) Which **one** of the following foods cannot be eaten by an individual who is lactose intolerant?

A cheddar cheese

☐

B white bread

☐

C bacon

☐

D chickpeas

☐

[1]

(f) Which **one** of the following nutrients should be limited in the diet to reduce the risk of high blood pressure?

A calcium

☐

B fibre

☐

C sodium

☐

D vitamin A

☐

[1]

[Turn over



2 Draw lines between the two columns below to connect each food additive to its function.

Sweeteners

Replace flavour lost during processing

Antioxidants

Acts as a sugar replacement to sweeten food

Stabiliser

Prevents or slows down the oxidation process

Flavourings

Helps to preserve the structure of food

[4]



3 (a) (i) Identify **two** food sources of folate in the diet.

1. _____ [1]

2. _____ [1]

(ii) Explain the importance of folate during pregnancy.

[2]

(b) (i) Explain **one** function of vitamin A in the diet.

[2]

(ii) Discuss why a pregnant woman should limit the amount of vitamin A in her diet.

[3]

[Turn over



- 4 (a) Circle **three** foods which are high in saturated fat from the list below.

whole milk

couscous

butter

salami

haddock

green beans

[3]

- (b) The Eatwell Guide advises that we should eat fatty and sugary foods “less often and in smaller amounts”.

Discuss ways to reduce the amount of sugar consumed in the diet.

[3]



[6]

[Turn over

5 (a) Identify the amount of energy provided by each of the following nutrients:

1 g protein provides _____ kcal

1 g fat provides _____ kcal

1 g carbohydrate provides _____ kcal [3]

(b) Outline what is meant by the term energy balance.

_____ [2]

(c) Explain **two** reasons why the body needs energy.

1. _____

_____ [2]

2. _____

_____ [2]



(d) Explain the link between diet and rising obesity rates.

[4]

(e) Discuss why older adults have reduced energy needs.

[4]

[Turn over



6 (a) Identify **two** foods that are reared.

1. _____ [1]

2. _____ [1]

(b) Explain what the following labelling scheme tells consumers about foods that are reared.



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[2]



- (c) Explain how to maximise food safety and hygiene when storing and preparing meat.

Storing

[2]

Preparing

[2]

- (d) Meat is a good source of protein. Discuss the function of protein in the diet.

[4]

[Turn over



(e) Analyse a range of strategies to reduce food waste in the home.

[6]

[6]

[Turn over



8 (a) Describe a farm shop.

[2]

(b) Identify **two** methods of payment that could be used at a farm shop.

1. _____ [1]

2. _____ [1]

(c) Evaluate farm shops as a shopping option for a family with children.

[6]



9 (a) Identify **two** barriers to being an effective consumer.

1. _____ [1]

2. _____ [1]

(b) Discuss why an adult with a physical disability may find being an effective consumer more challenging.

[4]



The quality of your written communication will be assessed in this question.

10 Suggest and justify dietary and lifestyle advice to reduce the risk of osteoporosis.

[illegible]

[9]

The quality of your written communication will be assessed in this question.

11 Analyse the benefits of eating breakfast for an adolescent.

[illegible]

[9]

The quality of your written communication will be assessed in this question.

12 Discuss how an individual living alone can save money when buying, storing and preparing food.

[illegible]



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For Examiner's use only	
Question Number	Marks
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Total Marks	
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Examiner Number

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