

Surname	Centre Number	Candidate Number
Other Names		0



GCSE – NEW

3560UA0-1



FOOD AND NUTRITION
Unit 1 – Principles of Food and Nutrition

THURSDAY, 14 JUNE 2018 – AFTERNOON

1 hour 30 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	12	
2.	8	
3.	15	
4.	12	
5.	8	
6.	8	
7.	7	
8.	10	
Total	80	

3560UA01
01

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen. Do not use correction fluid.

Answer **ALL** questions.

Write your name, centre number and candidate number in the spaces at the top of this page.

Write your answers in the spaces provided in this booklet.

If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

The number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 80.

You are reminded of the need for good English and orderly, clear presentation in your answers.



JUN183560UA0101

SECTION A VISUAL STIMULI**Scone making**

SECTION A*Answer all questions.*

1. (a) Identify the method of cake making used when making scones. [1]

.....

- (b) Standard ingredients are used when making scones. Complete the chart below. [3]

<i>Ingredient</i>	<i>Function</i>
(i) Flour	
(ii) Fat	
(iii) Milk	

- (c) Name **one** ingredient that can add flavour to:

(i) a **sweet** scone [1]

(ii) a **savoury** scone [1]

- (d) State **two** ways of ensuring air is incorporated into the mixture when making scones. [2]

(i)

.....

(ii)

.....



(e) Explain **two** characteristics of scones made using wholemeal flour.

[4]

(i)

.....

.....

.....

(ii)

.....

.....

.....



SECTION B*Answer all questions.*

2. The following ingredients are used to make a lemon cheesecake.

<u>Cheesecake</u>	<u>Ingredients</u>
	150g digestive biscuits 75g butter 250g full fat cream cheese 150ml double cream 1 lemon 75g caster sugar

- (a) Identify **one** ingredient that provides a good source of calcium. [1]

.....

- (b) Identify **one** ingredient that provides dietary fibre (NSP). [1]

.....

- (c) State **two** changes to the ingredients that would lower the fat content of the cheesecake. [2]

(i)

.....

(ii)

.....

- (d) Identify why this cheesecake would not be suitable for someone who is lactose intolerant. [1]

.....

.....



(e) Explain the factors to consider when whipping double cream.

[3]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



3. (a) There are many different classifications of fruit. Complete the chart below.

[3]

Classification	Example
(i) Stoned	
(ii)	Orange
(iii) Dried	

- (b) Once cut or peeled, apples discolour. State the correct term for this process.

[1]

.....

- (c) Identify **one** way in which this process can be prevented.

[1]

.....

- (d) Discuss ways in which **fruit** can be incorporated into the daily diet.

[4]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....





4. (a) Describe the differences between a **macro-nutrient** and a **micro-nutrient**. [2]

.....

.....

.....

.....

.....

(b) Explain the role of **two** macro-nutrients in the daily diet. [4]

(i) Name of macro-nutrient

.....

Role

.....

.....

.....

(ii) Name of macro-nutrient

.....

Role

.....

.....

.....



[6]







[3]

(i)

(ii)

(iii)

(b) Explain how raw chicken should be stored and prepared to reduce food safety risks. [5]





- Assess ways in which both the consumer and the food manufacturer are attempting to reduce the impact of food packaging waste on the environment. [7]





- Evaluate diet and lifestyle changes that individuals would need to follow to reduce the risk of Cardio Vascular Disease. [10]





BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**



[illegible]

BLANK PAGE

**PLEASE DO NOT WRITE
ON THIS PAGE**

