

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3560UA0-1



TUESDAY, 20 JUNE 2023 – MORNING

FOOD AND NUTRITION
Unit 1 – Principles of Food and Nutrition

1 hour 30 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	12	
2.	11	
3.	11	
4.	11	
5.	6	
6.	12	
7.	7	
8.	10	
Total	80	

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INSTRUCTIONS TO CANDIDATES

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



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SECTION A VISUAL STIMULI**Bread Making**

SECTION AAnswer **all** questions.

1. (a) State **one** function of each ingredient used in bread making. [3]

Ingredient	Function
(i) Yeast	
(ii) Sugar	
(iii) Salt	

- (b) Give **three** conditions that are required to activate the yeast in bread making. [3]

(i)

(ii)

(iii)



(c) Explain why the following stages are important when making bread.

(i) Kneading the dough.

[2]

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(ii) Proving the dough before baking.

[2]

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(d) Identify **two** benefits of including bread in the diet.

[2]

(i)

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(ii)

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SECTION BAnswer **all** questions.

2. (a) Nutrients have many functions in the diet.

Complete the following sentences using the nutrients below.

[3]

Vitamin A**Calcium****Iron****Vitamin B**

(i) Strong teeth and bones require

(ii) is important to transport oxygen around the body.

(iii) is needed to maintain healthy skin and eyesight.

- (b) State the recommended daily intake of salt for adults.

[1]

.....

- (c) Suggest **three** ways an adult can reduce their salt intake.

[3]

(i)

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(ii)

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(iii)

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- (d) Discuss the possible effects of a diet high in salt.

[4]

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3. The chart below shows the Vitamin C content per 100g of some fruits.

(a) Identify the fruit with the largest amount of vitamin C per 100g. [1]

(b) Other than loss of vitamins, describe the changes that occur when strawberries are preserved. [4]

- (c) Data shows that many families in Wales do not eat enough fruit and vegetables. Discuss how families can increase their intake of fruit and vegetables.

[6]

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4. (a) Give **three** reasons why breakfast is important. [3]

(i)

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(ii)

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(iii)

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(b) Many breakfast cereal products are fortified. [2]

(i) Outline what is meant by fortification.

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(ii) Give **two** reasons why foods are fortified. [2]

1.

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2.

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Morgan chooses the following breakfast

Chocolate flavoured cereal

Whole milk

Jam doughnut

Fizzy drink



- (c) Explain **two** ways Morgan's breakfast could be adapted to meet current dietary guidelines. [4]

(i)

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(ii)

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5. (a) Name **two** nutrients that provide energy. [2]

(i)

(ii)

- (b) Explain the term energy balance. [2]

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- (c) State **two** factors which determine how much energy a person needs. [2]

(i)

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(ii)

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6. (a) Outline, giving examples, the difference between chemical and physical contamination of food. [4]

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- (b) Identify **two** high risk foods. [2]

(i)

(ii)



- [6]



7. (a) Give **three** functions of food packaging. [3]

(i)

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(ii)

.....

(iii)

.....

(b) State **one** advantage and **one** disadvantage of each type of packaging material named below. [4]

(i) Cardboard

Advantage

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Disadvantage

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(ii) Glass

Advantage

.....

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Disadvantage

.....

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- [10]





[illegible]

