

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3560UA0-1



S24-3560UA0-1

WEDNESDAY, 19 JUNE 2024 – 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.	8	
3.	12	
4.	9	
5.	9	
6.	10	
7.	10	
8.	10	
Total	80	

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.



JUN243560UA0101

SECTION A VISUAL STIMULI**Pastries with egg custard fillings**

SECTION AAnswer **all** questions.

1. (a) Complete the chart below to identify the function or ingredient used when making egg custard tarts. An example has been done for you. [3]

Ingredient	Function
(i) Flour	Structure/bulking
(ii)	Shortening
Eggs	(iii)
(iv)	Caramelization

- (b) Milk is used in an egg custard tart.
State **two** main nutrients found in milk. [2]

(i)

(ii)

- (c) Describe **two** ways an egg custard tart recipe could be adapted to follow current dietary guidelines. [4]

(i)

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(ii)

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(d) Give **three** reasons why eggs are an important food commodity.

[3]

(i)

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(ii)

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(iii)

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Answer **all** questions

- [1]

- [4]



(c) Name **three** high-risk foods.

[3]

(i)

(ii)

(iii)

3. (a) Name the **gas** that causes bread to rise.

[1]

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(b) State **three** methods for incorporating air into food products.

Give an example for each.

[6]

(i) Method

Example

(ii) Method

Example

(iii) Method

Example

(c) Name **two** food products that rely on steam as the raising agent.

[2]

(i)

(ii)



(d) Suggest reasons why a batch of scones may fail to rise.

[3]

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4. (a) Name **three** types of food additives.

[3]

(i)

(ii)

(iii)

(b) Evaluate the use of additives. Make reference to the manufacturer and the consumer in your response.

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5. Read the following case study.

Rhys is 19 years of age. He is a construction apprentice on a building site. He plays badminton for his local club. He likes to play computer games online and is a keen TikTok fan. A typical day in terms of diet and routine is shown below.

Time	Food/drink	Activity/ Additional information
Breakfast	Espresso coffee with 2 sugars and a Danish pastry	Some mornings he does not have time for breakfast as he struggles to get out of bed
Lunch	Beefburger and fries from the on-site food van Chocolate bar Energy drink	Working on site
Evening meal	Delivery app takeaway pizza with a large fizzy drink and cookie dough dessert	Relaxes at home playing on-line games
Bedtime	Double espresso coffee and biscuits	Goes to bed at 11.30pm but ends up "gaming" until the early hours
Throughout the day	Water: 500 ml	

Analyse the information shown above and discuss the changes Rhys could make to his diet and lifestyle to meet government guidelines.

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6. (a) State **two** functions of carbohydrates in the diet. [2]

(i)

(ii)

(b) Name **two** health conditions that may be caused by a lack of dietary fibre (NSP). [2]

(i)

(ii)

(c) (i) Outline what is meant by the terms intrinsic and extrinsic (free) sugars. [2]

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(ii) Discuss why some individuals may be advised to reduce the amount of sugar in their diet. [4]

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7. (a) Name **two** products that can be made from soya beans. [2]
- (i)
- (ii)
- (b) Suggest **two** ingredients you could use with soya to enhance its flavour. [2]
- (i)
- (ii)



- (c) Plant-based products have grown in popularity in recent years.

Discuss why eating plant-based foods is now a popular option.

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- Assess ways in which consumers can reduce their costs when shopping for food and cooking meals. [10]



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[illegible]

[illegible]

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