

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3560UA0-1



S25-3560UA0-1

TUESDAY, 17 JUNE 2025 – AFTERNOON

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.	10	
4.	10	
5.	12	
6.	9	
7.	7	
8.	12	
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.

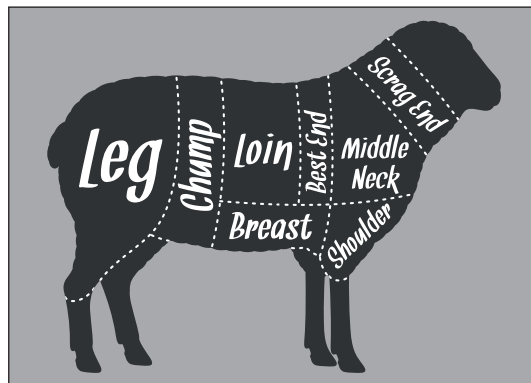
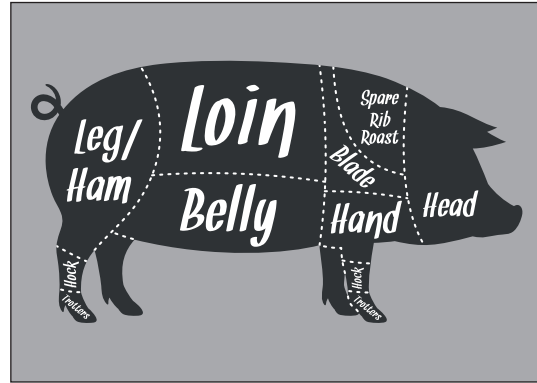
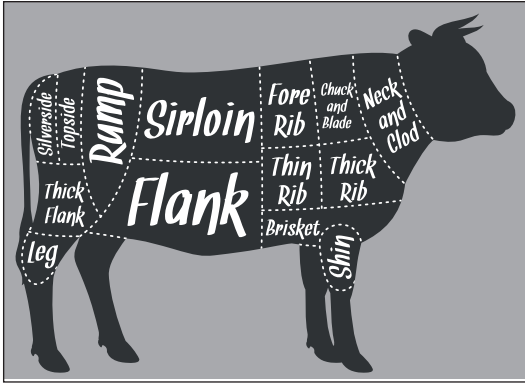
You are reminded of the need for good English and orderly, clear presentation in your answers.



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SECTION A

VISUAL STIMULI: MEAT



SECTION AAnswer **all** questions.

1. Meat is a valuable commodity in the diet.

(a) State **two** nutrients found in meat.

[2]

(i)

(ii)

(b) Suggest **one** cut of meat suitable for each of the following methods of cooking.

[3]

Method of cooking	Cut of meat
(i) Stewing	
(ii) Grilling	
(iii) Roasting	

(c) Name **two** food poisoning bacteria found in meat.

[2]

(i)

(ii)



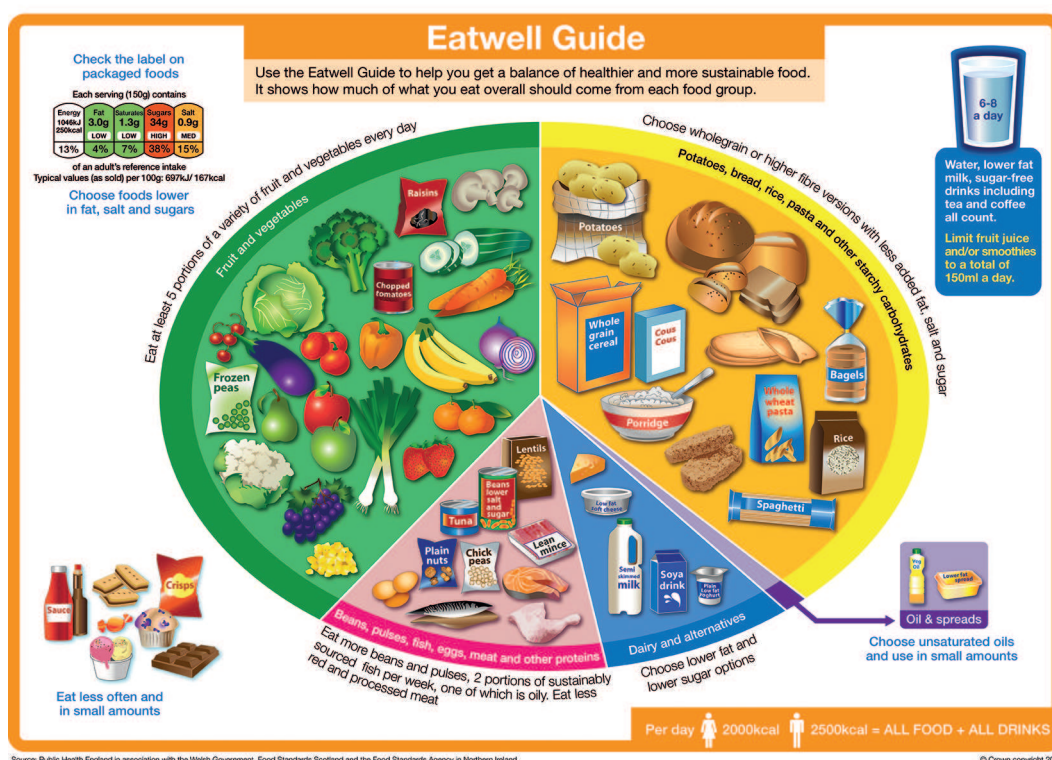
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SECTION B

Answer **all** questions.

2. Health experts and the government recommend using the Eatwell Guide as part of a healthy balanced diet.



- (a) Give **two** reasons why it is important to eat fruit and vegetables.

[2]

(i)

.....

(ii)

.....



[6]



3. Food handlers must understand the reasons why food safety is important when buying, storing and preparing food.

(a) List **three** signs of food spoilage.

[3]

(i)

(ii)

(iii)

(b) Outline **two** causes of food spoilage.

[4]

(i)

.....

.....

(ii)

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.....

.....

(c) Preservation prevents food spoilage.

[3]

Complete the chart below by giving an example of a food product or identifying the preservation method.

Preservation method	Example
Canning	(i)
(ii)	Fish fingers
Drying	(iii)



Examiner
only

Examiner
only

- [1]

Examiner
only

- [4]

Examiner
only



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- [5]



5. (a) List **two** functions of protein in the diet. [2]
- (i)
- (ii)
- (b) Name **one** high biological value protein food. [1]
-
- (c) Name **one** low biological value protein food. [1]
-
- (d) Explain the difference between high biological value proteins and low biological value proteins. [3]
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- (e) Discuss the value of complementary proteins as part of a vegan diet. [5]
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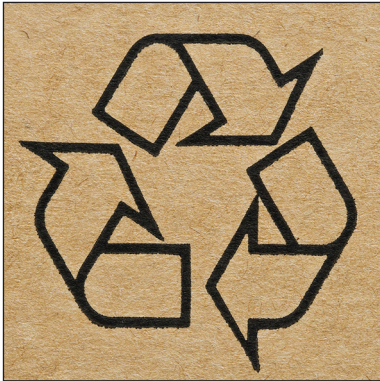
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6. Name the following symbols and explain their meaning.

(a)



Name: [1]

Explanation:

.....

..... [2]

(b)



Name: [1]

Explanation:

.....

..... [2]

(c)



Name: [1]

Explanation:

.....

..... [2]





7. (a) Give **two** reasons why water is important in the diet. [2]

(i)

.....

(ii)

.....

(b) Name **one** food with a high water content. [1]

.....



(c) Evaluate the potential problems associated with an inadequate water intake.

[4]

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Assess the issue of food poverty and its consequences for families and communities in Wales. Consider initiatives used by consumers, communities and food retailers to help combat the issue. [12]





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[illegible]

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