## FOOD AND NUTRITION

Paper 1  Theory
SPECIMEN PAPER

Candidates answer on the Question Paper.
No Additional Materials are required.

### READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Write in dark blue or black pen.
You may use a soft pencil for any diagrams or graphs.
Do not use staples, paper clips, highlighters, glue or correction fluid.

**Section A**
Answer all questions.
You are advised to spend no longer than 45 minutes on Section A.

**Section B**
Answer all questions.

**Section C**
Answer either Question 7 or 8.

The number of marks is given in brackets [ ] at the end of each question or part question.

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SECTION A

Answer all questions.

1. Carbohydrates provide the body with energy.

(a) Name the elements in carbohydrate.
   1. 
   2. 
   3. [3]

(b) State four different ways in which the body uses energy.
   1. 
   2. 
   3. 
   4. [4]

(c) Explain reasons for reducing the amount of sugar in the diet.
   
   
   
   
   
   
   [4]
(d) Describe the digestion of starch in:

- the mouth
- the duodenum
- the ileum

(e) Explain the importance of Non-Starch Polysaccharide (NSP) / dietary fibre in the diet.

(f) Name four good sources of NSP.

1
2
3
4
Vitamins and minerals are essential for a balanced diet.

(a) Vitamin C (Ascorbic acid)

State four functions of vitamin C.

1
2
3
4

Name three good sources of vitamin C.

1
2
3

Name the deficiency disease caused by a lack of vitamin C.

[4]

(b) Iron

State four functions of iron.

1
2
3
4

Name three good sources of iron.

1
2
3

Name the deficiency disease caused by a lack of iron.

[4]
3 (a) Explain why some people choose to follow a vegetarian diet.

(b) Discuss ways in which vegetarians obtain sufficient amounts of High Biological Value (HBV) protein in their diet.
4 All meals should be well balanced.

(a) List six other points to consider when planning meals.

1
2
3
4
5
6 [3]

(b) Discuss the nutritional requirements of the elderly.

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[6]
(c) Explain, with named examples, the importance of fresh fruit and vegetables in the diet.

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[6]
5 Explain the following terms and give one example of each:

(a) coagulation;

Example [3]

(b) fermentation;

Example [3]

(c) gelatinisation;

Example [3]
(d) hydrogenation;  
Example  [3]

(e) pasteurisation.  
Example  [3]
6 The following ingredients can be used to make bread.

200g flour
12g fresh yeast or 1 level tsp. dried yeast
1 level tsp. sugar
1 tsp. salt
125ml warm water

(a) Describe, with reasons, how to carry out the following processes in bread making:

(i) kneading:

............................................................................................................................................. [3]

(ii) proving:

............................................................................................................................................. [3]

(b) Give advice, with reasons, on the choice of flour for bread making.

............................................................................................................................................. [4]
(c) Describe and explain the changes, which take place when bread is baked.
Section C

Answer either Question 7 or Question 8.

7 High levels of bacteria in food can cause food poisoning.
Discuss ways of preventing food poisoning when storing, preparing and cooking food. [15]

OR

8 The kitchen should be a safe place in which to work.
Discuss the causes and prevention of accidents in the kitchen. [15]