

# GCSE Food Preparation and Nutrition

## Mark Scheme KCA Mock 1

### **Section A**

Q1 Food preparation skills

1.1 – B & D

1.2 – C

1.3 – B

1.4 – B

Q2 Food nutrition and health

2.1 – C

2.2 – C

2.3 – C

2.4 – B

Q3 Food safety

3.1 – A

3.2 – A & D

3.3 – C

3.4 – B

Q4 Food choices

4.1 – C

4.2 – B

4.3 - B

4.4 – C

Q5 Food provenance

5.1 – C

5.2 – C

5.3 – C

5.4 – B & D

## **Section B**

### **Q6 Diet, nutrition and health.**

6.1 – Any of the following 4 answers;

- When consumed, sugar is broken down by bacteria on the plaque on teeth
- This turns the sugar into acid
- Causes the enamel to dissolve
- Tooth is weakened due to damaged or non-existent enamel
- A cavity (hole) develops in the tooth due to weakened enamel
- This can cause the whole tooth to become damaged
- Pain may result from the damaged tooth
- Fillings will have to be applied to the damaged tooth or possibly a complete extraction.

6.2 – Any four from;

- Avoid sugary drinks – check the labels or use sugar apps to find out content.
- Choose water instead of sugary drinks
- Reduce consumption of high sugar foods, e.g. cakes, biscuits, sweets
- Avoid breakfast cereals coated with sugar, typically marketed to children
- Reduce sugar content in home baked foods – use natural fruits or dried fruits as alternatives to sugar
- Teach children about the dangers of overconsumption of sugar – help them make the right decisions.
- Parents teach children by example – not eating too much sugar themselves.
- Check school food policy on sugar and on sugar in school dinners.

6.3 – Any two named diseases with two reasons from;

- Diabetes (type 2) – High blood sugar, lack of / no insulin to regulate sugar levels
- Obesity – sugar is high in calories, over consumption leads to excess fat forming, fat forms around internal organs and under skin.
- Coronary Heart disease – high blood sugar levels lead to type 2 diabetes which more than doubles the risk of coronary heart disease, lining of blood vessels become thick, restricting blood flow, heart has to work harder to get oxygen around the body.

6.4 – Any two named and any two examples for each;

- Starch – bread, pasta, potatoes, rice, breakfast cereals.
- Non-starch polysaccharide – wholegrain cereals, wholemeal bread, wholegrain breakfast cereals, wholemeal pasta, wholemeal flour, any named fruit, any named vegetable, dried fruit, nuts, seeds, beans, peas, lentils.
- **2 marks for naming each type of carbohydrate group**
- **2 marks for two examples of each group, up to 4 marks.**
- **6 marks in total for the question**

6.5 – Any 6 from;

- Protein – for growth, maintenance and repair of the body
- Some fat – concentrated source of energy and aid brain function
- Carbohydrate (starch) – slow release energy
- Calcium – strong bones and teeth
- Iron – formation of haemoglobin in red blood cells
- Fluoride – strengthen teeth
- Vitamin C – aid absorption of iron and build connective tissues
- Vitamin D – aid absorption of calcium
- Reference to the Eatwell guide
- Reference to current nutritional guidelines.

## Q7 Cooking food.

7.1 – Herb – Bay leaf

Spice – peppercorns

7.2 – Following 2 answers;

- Milk contains lactose and is used to make béchamel sauce.
- Lactose intolerance means a person is cannot tolerate lactose in their diet

7.3 – Any 3 from;

- Hob heat
- Conduction through the pan
- Liquid heat by convection
- Pan base heat

7.4 – Any 3 from;

- Starch in the flour
- Starch grains swell when heated (60c) to absorb the liquid
- Starch grains burst (80c) thickening the mixture
- Gelatinisation of the starch grains

7.5 – **Choux pastry** – Function – to give structure to the pastry (1 mark)

Description – flour is used to thicken the pastry dough (1 mark)

Flour sets the framework of the pastry when

cooked due to heat application (1 mark)

**Bread** – Function – to provide gluten (1 mark)

To provide structure to the bread (1 mark)

Description – (any 2 from)

Makes the dough (1 mark)

Stretchy dough assists the yeast function (1 mark)

Sets when cooked to form the structure (1 mark)

## Q8 Food provenance

8.1 – Any named 4 from (1 mark for name, 1 mark for explanation);

- Pasteurised – extends the shelf life
- Sterilised / homogenised – has a longer shelf life, slight caramel flavour due to heating
- Skimmed pasteurised – all / most of the cream has been removed.
- Semi-skimmed pasteurised – some of the cream has been removed
- Ultra-heat treated (UHT), also known as long life milk – shelf life of up to 6 months
- Dried – evaporating the water, leaving a fine powder. Long shelf life
- Canned, evaporated – water evaporated off, leaves a sweet taste. Homogenised, sealed in can and sterilised.
- Condensed – evaporated milk that has not been sterilised. Sugar is added, very thick consistency.

8.2 Any 2 from (1 mark for name, 1 mark for description);

- Butter – cream is churned to make butter
- Cream – fat is removed from the milk and used as cream
- Cheese – solid form milk
- Yoghurt – milk has a bacteria culture added to it.

## Q9 Understanding recipes

9.1 – Any 8 from;

- Sauce B is the better choice because
  - energy kcals are lower
  - Unsaturated fat content is lower
  - Saturated fat content is lower
  - Obese people should choose foods low in fat,
  - Obese people should choose foods low in kcals
  - Use of vegetables which are low in fat
  - Vegetables are lower in kcal
  - Include vegetables in a healthy diet
  - Salt content is lower

## **Q10 Food preparation and safety**

10.1 – Any 2 for each from;

### **Victoria sandwich**

- Too much sugar causing gluten to over soften so it collapses
- Too much raising agent causing the gluten to over stretch and collapse.
- Incorrect oven temperature causing under cooking
- Incorrect timing causing under cooking
- Opening the oven door causing the gluten to sink before it is set due to the heavy cold air.

### **Lumpy cheese sauce**

- Liquid and starch not blended before cooking (if cornflour used)
- Insufficient mixing during cooking
- Cheese added when sauce has cooled so does not melt
- Roux not cooked sufficiently
- Incorrect proportions of ingredients
- Adding liquid too quickly to roux mixture.

10.2 – Any 6 of the following;

- Easily contaminated by bacteria due to ideal conditions for growth
- Can cause food poisoning if not stored correctly between 1-5c
- Can cause food poisoning if not cooked thoroughly, reaching 72c for 2 minutes
- Have a short shelf life
- Include some foods which are not cooked before eating, so, if contaminated, bacteria will not be destroyed, e.g. cream, sushi, cooked meats.
- Protein foods are high risk, e.g. meat, fish, milk, eggs. Also cooked rice and lentils.
- Moist foods are high risk, e.g. meat gravy, soups
- Unpasteurised foods are high risk, e.g. soft cheese from unpasteurised milk.