
Section A consists of multiple choice questions.

There are 20 marks available.

Answer all questions. You are advised to spend about 20 minutes on this section.

For each question you should shade in the relevant number of boxes.

An example is shown below.

Which food is high in protein?

- A Cabbage
- B Cheese
- C Oranges
- D Cucumber

The examination questions begin below.

Question 1 is about food preparation skills.

1.1 What **two** joints would you get from a chicken leg?

- A Breast
- B Drumstick
- C Wing
- D Thigh

(1 mark)

1.2 Which of the following fish would you expect to find preserved in a can?

- A Cod
- B Plaice
- C Sardine
- D Halibut

(1 mark)

1.3 Which term best describes the structure of meat?

- A Meat is the flesh of animals
- B Meat is muscle composed of fibres held together by connective tissue
- C Meat is a combination of flesh and fat held together by connective tissue
- D Meat is a combination of tender and tough muscle fibres

(1 mark)

1.4 What is the most suitable flour for making choux pastry?

- A Plain flour
- B Strong plain flour
- C Self-raising flour
- D Cornflour

(1 mark)

Question 2 is about food nutrition and health.

2.1 What are the main functions of protein in the diet?

- A Healthy teeth and strengthening bones
- B To support the absorption of iron
- C Growth, maintenance and repair
- D For a healthy digestive system

(1 mark)

2.2 What is the name given to the production of carbohydrates by plants?

- A Cholesterol
- B Hydrogenation
- C Photosynthesis
- D Marinade

(1 mark)

2.3 Which food is a good source of vitamin C?

- A Bread
- B Oily fish
- C Oranges
- D Butter

(1 mark)

2.4 Which group of people require an increased supply of iron?

- A New-born babies
- B Teenage girls
- C Elderly men
- D Someone working in an office

(1 mark)

Question 3 is about food safety

3.1 Microorganisms are used in the production of:

- A Milk, butter and cheese
- B Bread, cheese and yoghurt
- C Salami, sausages and burgers
- D Bread, butter and oil

(1 mark)

3.2 Which **two** of the following foods are considered high risk:

- A Cooked rice
- B Biscuits
- C Potatoes
- D Cooked chicken

(1 mark)

3.3 Which of the following is most likely to cause cross contamination?

- A Using ready to eat foods within their use-by-date
- B Placing ready-to-eat foods above raw foods in a fridge
- C Using the same knife to cut raw chicken and cooked ham
- D Storing raw chicken in a covered container at the bottom of the fridge

(1 mark)

3.4 The correct internal temperature of a fridge should be;

- A 0-6°C
- B 1-5°C
- C 4-10°C
- D -1-5°C

(1 mark)

Question 4 is about food choices

4.1 Which of the following statements is true;

- A Vegetarians include gelatine in their diet
- B Kosher meat is eaten by Muslims
- C Lacto-vegetarians eat honey
- D Coeliac disease is caused by sensitivity to rice

(1 mark)

4.2 What is another way of describing 'umami'?

- A A crunchy texture
- B A savoury taste
- C An unpleasant smell
- D A sour taste

(1 mark)

4.3 What does 'e' stand for on a product label?

- A European weight
- B Estimated weight
- C Exceptional weight
- D Extra volume

(1 mark)

4.4 Which of the following food outlets would be used by people on a low income?

- A Market stall
- B Supermarket
- C Food bank
- D Grocer

(1 mark)

Question 5 is about food provenance

5.1 Which of the following sentences is correct?

- A Only boats and lorries all create carbon dioxide emissions
- B Food miles are the distance food travels from its point of origin to your supermarket.
- C Heavily fertilised crops grown in the UK in heated greenhouses may be responsible for creating less carbon emissions than imported food.
- D FIFO places existing food stock to the back of food storage areas.

(1 mark)

5.2 Which of these will help to make the food resource more sustainable?

- A Eat more animal proteins
- B Buy fish that are smaller
- C Eat a larger variety of fish species
- D Eat less fruit and vegetables

(1 mark)

5.3 What does GHG stand for?

A Good Healthy Goods

B Global Heating Gas

C Green House Gas

D Genetically Healthier Groups

(1 mark)

5.4 Which **two** of the following are chemical preservation methods?

A Spray drying

B Salt

C AFD

D Smoking

(1 mark)

Section B continues on the next page

Section B

Answer all questions in this section. There are 80 marks available.

Question 6 is about diet, nutrition and health.

You are advised to spend about 35 minutes on this question.

One of the most common medical procedures for primary school children is dental extraction. Dentists are increasingly concerned that this problem is growing.

6.1 Explain in detail how sugar can cause tooth decay.

(4 marks)

6.2 Suggest **four** ways in which children's sugar consumption can be reduced

(4 marks)

6.3 Name **two** other disease that can be used by a high intake of sugar. Discuss how too much sugar causes these diseases.

(6 marks)

6.4 Sugar is a carbohydrate. Name the **two** other carbohydrate groups and give **two** examples of foods from each.

(6 marks)

Question 7 is about cooking food.

You are advised to spend about 15 minutes on this question.

The information below shows a recipe for béchamel sauce.

400ml milk	25g piece of carrot	1 stalk celery	6 black peppercorns
1 bay leaf	Seasoning	25g margarine	25g plain flour

Using the information above, answer the following questions.

7.1 Which herbs and spices are used in this recipe? Give **one** example of each.

(2 marks)

Herb _____

Spice _____

7.2 Explain why béchamel sauce is not suitable for someone who is lactose intolerant.

(2 marks)

7.3 Explain how heat is transferred when the vegetables and peppercorns are infused in the milk.



(3 marks)

7.4 Explain how the liquid is thickened by the roux.

(3 marks)

7.5 The table below shows two dishes that use flour as an ingredient. For each dish give **one** function and **one** description of the function.

(6 marks)

Name of dish	Function	Description
<p>Choux pastry</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Bread</p> 	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Question 8 is about food provenance.

You are advised to spend about 15 minutes on this question.

Fresh milk is processed into several different types of milk.

8.1 Name **four** different varieties of milk and explain how they are different from each other, e.g. in homogenised milk the fat is broken up and dispersed through the milk so it doesn't reform as a layer.

(8 marks)

8.2 Secondary processing of milk produces a wide variety of milk based products. Name **two** milk-based products and describe how they are made.

(6 marks)

Question 9 is about understanding recipes.

You are advised to spend about 10 minutes on this question.

Information about two pasta dishes is given in the table below.

Sauce	Ingredients in quantity order	Energy Kcal	Protein G	Carbohydrate G	Unsaturated fat G	Saturated fat G	Dietary fibre G	Sugar G	Salt g
Sauce A Tomato sauce with black olives, aubergine & ricotta	Tomatoes Aubergine Ricotta Onion Olive oil Black olives Oregano	148kcal	3.2g	7g	9.8g	2.2g	4g	3.2g	1.9g
Sauce B Chorizo & chilli sauce	Tomatoes Onion Red pepper Chorizo Olive oil Smoked paprika Black pepper Lemon juice	66kcal	1.7g	7.2g	3g	0.7g	1g	4.8g	0.5g

9.1 With reference to the table of ingredients and nutrient content, evaluate the suitability of these sauces for obese people.

Give reasons for your choices.

(8 marks)

Question 10 is about food preparation and safety.

You are advised to spend about 10 minutes on this question.

10.1 The table below shows some problems seen when food is prepared. Complete the table to show **two** different causes of each problem.

(4 marks)

Problem	Causes
Victoria sandwich not rising	Cause 1

Lumpy cheese sauce	Cause 1
	Cause 2

10.2 'High-risk foods are most likely to cause food poisoning'. Explain this statement.

(6 marks)

END OF QUESTIONS