

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1



TUESDAY, 17 JUNE 2025 – AFTERNOON

FOOD PREPARATION AND NUTRITION Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	6	
3.	6	
4.	10	
5.	18	
6.	15	
7.	11	
8.	9	
9.	10	
Total	100	

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INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

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 100.

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



JUN25C560UA0101

Section A Visual Stimuli**Making A Chicken and Vegetable Stir Fry**

Section AAnswer **all** questions.

1. (a) Tick (✓) the box next to each statement to show if it is **True** or **False**. [3]

	Making a chicken stir fry	True	False
(i)	Raw chicken must be cooked thoroughly to kill bacteria.		
(ii)	A red pepper is a good source of vitamin C.		
(iii)	Stir frying is a long, slow method of cooking.		

- (b) Name **one** ingredient that could be used instead of the chicken to make the stir fry suitable for vegetarians. [1]

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- (c) Describe **one** rule to follow when stir frying foods to ensure a quality dish. [2]

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- (d) (i) Explain why the marinade was added to the chicken before cooking. [2]

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- [2]

- [1]

- [4]



Section BAnswer **all** questions.**2.** Micronutrients are required by the body in small amounts.(a) Name **one** micronutrient. [1]

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(b) Dietary recommendations state we should eat **two** portions of fish per week, including oily fish.(i) Name **two** oily fish. [2]

I.

II.

(ii) Give **two** nutritional benefits of including oily fish in the diet. [2]

I.

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II.

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(c) Fish is quick to cook.

Give **one** reason why fish cooks quickly. [1]

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- [6]



4. Eggs are a valuable food commodity.

- (a) The picture below shows labelling that may be stamped on the shell of a fresh egg.



State **two** pieces of information provided by this labelling.

[2]

(i)

(ii)

- (b) The correct storage of eggs is important.
Give advice on how to store eggs correctly.

[3]

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(c) Explain why some consumers prefer to buy free range eggs rather than battery eggs.

[2]

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(d) Emulsification is one function of eggs in cooking.

(i) Define what is meant by emulsification.

[2]

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(ii) Name a food product that uses eggs for emulsification.

[1]

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5. The pictures shown in the table below are examples of products that use raising agents.

- (a) Name the raising agent used in each of the food products and explain how the raising agent works.

Food product	Raising agent used	Explain how the raising agent works
 Victoria sponge cake	[1]	[3]
Food product	Raising agent used	Explain how the raising agent works
 Yorkshire Pudding	[1]	[3]



- (b) The cakes shown below have not turned out as expected.

Complete the table below, giving **two** reasons why each cake problem may have happened.

Cake problem	Give two reasons why this may have happened
 Cake sunk in the middle	(i) (ii) [2]
 Cake risen unevenly – forms a peak	(i) (ii) [2]



(c) Cakes, mass-produced in factories must undergo sensory analysis.

(i) Name **one** type of test used in sensory analysis. [1]

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(ii) Give **two** reasons for carrying out sensory analysis. [2]

I.

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II.

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(iii) Explain how a manufacturer should set up a tasting panel to evaluate a new cake product. [3]

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6. The ingredients used to make a batch of meatballs are shown below.

450 g minced beef
1 onion finely chopped
1 crushed garlic clove
2 tablespoon oil
1 teaspoon mixed herbs
1 egg beaten
salt and freshly ground black pepper

(a) List **three** safety rules to follow when using raw meat. [3]

(i)

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(ii)

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(iii)

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(b) Explain **one** change that could be made to the meatballs to make them healthier. [2]

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- (c) The minced beef was sold in plastic packaging.
Outline the reasons for packaging the minced beef.

[3]

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- (d) The red tractor symbol shown below was included on the packaging of the raw minced beef.



Discuss why consumers buy products that include this symbol on the packaging. [3]

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- (e) The meatballs were cooked by shallow frying.

Name the method of heat transference used and describe how the heat energy is transferred to the meatballs.

(i) Method: [1]

(ii) Description:

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7. Energy needs vary according to different life stages.

(a) State **three** ways the body uses energy. [3]

(i)

(ii)

(iii)

(b) Explain the meaning of the term physical activity level (PAL). [2]

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(c) Analyse the different energy needs of a 15-year-old and an 80-year-old. [6]

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