Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1





TUESDAY, 20 JUNE 2023 - MORNING

FOOD PREPARATION AND NUTRITION Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Exa	aminer's us	e only
Question	Maximum Mark	Mark Awarded
1.	15	
2.	14	
3.	14	
4.	12	
5.	11	
6.	15	
7.	7	
8.	12	
Total	100	

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.



Section A Visual Stimuli

Making a Shortcrust Pastry Vegetable Quiche





Section A

Answer all questions.

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

	Making a Shortcrust Pastry Vegetable Quiche	True	False
)	Plain flour is normally used when making shortcrust pastry.		
)	Warm water is used to bind the pastry ingredients together.		
)	Shortcrust pastry can become tough if overhandled.		

(b) Identify **two** different ways to increase the dietary fibre (NSP) content when making shortcrust pastry. [2]

(i)	
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- (ii)
- (c) Describe the function of the following ingredients used when making shortcrust pastry. [4]

(i)	Fat:

- (ii) Flour:
- (d) Give **one** reason why some recipes require shortcrust pastry cases to be baked blind. [1]
- (e) State **one** mineral provided by cheese in a vegetable quiche. [1]



(i)

(ii)

(iii)

(f) Explain the changes that occur to the eggs when baking a vegetable quiche.	[4]
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Section B

Answer all questions.

2. Cereals are one of the major food commodity groups.

(a) Define the term cereals.

[1]

(b) Wheat is an example of a cereal grown in the UK. Name **one other** cereal grown in the UK.

(c) Carbohydrates are found in cereals. State **two other** nutrients found in wholegrain cereals.

[2]

(i)

(ii)

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(d)	Discuss why we should be eating more starchy carbohydrate foods and less sugary carbohydrate foods.	[6]
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(e)	Monosaccharides and disaccharides are simple carbohydrates. Explain, with example the differences between monosaccharides and disaccharides.



a)	State two reasons why sauces are added to dishes.	[2]
	(i)	
	(ii)	
b)	Describe what is meant by a blended sauce and give an example to support your answer.	[4]
•••••		



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1 garlic clove 1 skinned and deseeded fresh tomato 1 tin chopped tomatoes 1 tablespoon tomato puree 1 vegetable stock cube 125 ml water		
Pinch mixed herbs		
 Pinch mixed herbs Give one reason why the sauce will thicke	n during the cooking process.	[2
	en during the cooking process.	[2





Exp	for the rest of the day. lain the importance of correctly storing the cooked meat curry.	[6]
		•••••••
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Vita	min C is an essential micronutrient needed by the body.	
(a)	Give two reasons why vitamin C is needed by the body.	[2]
	(i)	
	(ii)	
(b)	Name two food sources rich in vitamin C.	[2]
(D)	(i)	[4]
	(ii)	
(c)	Identify two problems caused by a lack of vitamin C in the body.	[2]
	(i)	
	(ii)	
(d)	Explain how you can minimise vitamin C loss during food preparation and cooking.	[6]

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he UK has seen a rise in food poverty.	
a) Assess how food poverty is affecting the diet and health of some families.	[8]



(b)	Suggest three ways families experiencing food poverty can eat nutritious meals.	[3]
	(i)	
	(ii)	
	(iii)	
6. (a)	Bread is made using strong plain flour and yeast. Name two other ingredients that can be used when making bread.	[2]
	(i)	
	(ii)	
(b)	Explain why strong white flour is used in breadmaking.	[3]
·····		



c) Dur	ring the making process bread dough is left to prove.	
(i)	Describe what 'proving' is.	[2]
(ii)	Discuss why proving is such an important stage in breadmaking.	[4]



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(d) The picture below shows a loaf of bread made during a practical lesson.



The sensory analysis results identified that the bread scored low for its appearance. Suggest, using examples, two changes that could be made, to make the bread more appealing. [4]
Change 1:
Change 2:



7.	(a)	List two points to consider when storing fresh fish. (i)	[2]
		(ii)	
	(b)	State two different cooking methods used for cooking fish.	[2]
		(i)	
		(ii)	
	(c)	Give three nutritional benefits of including fish in the diet.	[3]
		(i)	
		(ii)	
		(iii)	
			·············



Many households in the UK have changed their shopping and eating habits over the last few rears. Discuss and evaluate how technology and new initiatives have influenced people's choices when planning meals and purchasing food.	12]
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