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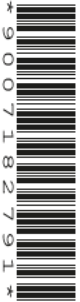
Monday 5 June 2023 – Morning

GCSE (9–1) English Language

J351/01 Communicating information and ideas

Insert

Time allowed: 2 hours



INSTRUCTIONS

- Do **not** send this Insert for marking. Keep it in the centre or recycle it.

INFORMATION

- Use this Insert to answer the questions in Section A.
- This document has **8** pages.

Details of text extracts:

Text 1

Text: adapted from *Shilling Cookery for the People*

Author: Alexis Soyer (1855)

Text 2

Text: adapted from *You Are What You Eat*

Author: Gillian McKeith (2004)

Text 1

Alexis Soyer was a famous chef in London. He wrote his book 'Shilling Cookery for the People' to improve the standard of cooking among ordinary working people. He based his ideas on research he had done by visiting the homes of the poorest people in England. In the introduction to his book he explains to his sister what he wants to achieve.

In the course of my journeys I have made a point of visiting the cottages and abodes of the poorest people and I have viewed with pleasure the efforts made by philanthropic individuals to improve the poorest people's morals, and render their dwellings more comfortable.

5 But still I have found a great lack of knowledge in that one object which produces almost as much comfort as all the rest put together, that is, the making the most of that food so bountifully spread before us on the face of the planet.

10 What a high feeling of delight and satisfaction it will be to us, should we find that the result of our labour is crowned with success in improving the conditions of these classes. For, believe me, I was right when I stated that the morals of a people greatly depend on their food and, wherever the home of an individual is made comfortable and happy, the more moral and religious that person will be.

15 It is to be regretted that men of science do not interest themselves more than they do on a subject of such vast magnitude as this; for I feel confident that the food of a country might be increased by at least one-third if the culinary science was properly developed, instead of its being slighted as it is now. I myself think it worthy the attention of a peer of the realm; for the morals of a country greatly depend on the production and preparation of its food.

Cookery, in our era, has been thought beneath the attention of men of science; and yet, was there ever a political, commercial, or even a domestic event, that has not been celebrated either by a banquet or a dinner?

20 You will perceive that nothing more disposes the heart to amicable feeling and friendly transactions than a dinner well-conceived and artistically prepared. And pray, who is answerable for the comfort and conviviality of the guests of such festivals but the cook, who has been entrusted with such important duties. In ancient times, a cook was looked upon as a distinguished member of society; while now he is, in the opinion of almost everyone, a mere menial servant. Still, there are a few, especially in the higher circles, who appreciate the
25 knowledge he possesses and classify cookery as a high art.

Text 2

Gillian McKeith is a doctor who advises people about how to eat more healthily. She published a famous book called 'You Are What You Eat' in 2004 and presented a television series based on the book. Her understanding of the importance of healthy eating began when her boyfriend took her on a surprise trip for her birthday.

© Gillian McKeith, *You Are What You Eat*, pp 6-9, Penguin Books Ltd, 2004. Item removed due to Third Party Copyright restrictions.



¹ esoteric – only understood by people with specialised knowledge

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