Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3560UA0-1



TUESDAY, 20 JUNE 2023 - MORNING

FOOD AND NUTRITION Unit 1 – Principles of Food and Nutrition

1 hour 30 minutes

For Exa	aminer's us	e only
Question	Maximum Mark	Mark Awarded
1.	12	
2.	11	
3.	11	
4.	11	
5.	6	
6.	12	
7.	7	
8.	10	
Total	80	

INSTRUCTIONS TO CANDIDATES

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

Answer ALL questions.

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

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 80.

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



SECTION A VISUAL STIMULI

Bread Making









SECTION A

Answer all questions.

1. State one function of each ingredient used in bread making. [3]

Ingredient	Function
(i) Yeast	
(ii) Sugar	
(iii) Salt	

Give three conditions that are required to activate the yeast in bread making.

[3]

(ii)

(iii)

(c)		ain why the following stages are important when making bread.	
	(i)	Kneading the dough.	
	•••••		
	•••••		
	•••••		

	(::)	Duration the develop before believe	
	(ii)	Proving the dough before baking.	
	•••••		
	•••••		
	•••••		
	•••••		
<i>(</i> 1)			
(d)	iden	tify two benefits of including bread in the diet.	
	(i)		
	•••••		
	• • • • • • • • • • • • • • • • • • • •		
	(ii)		



			SE	CTION B		Examin only
			Answer	all question	S.	
2.	(a)	Nutrients have many Complete the follow			ients below.	[3]
		Vitamin A	Calcium	Iron	Vitamin B	
		(i) Strong teeth a	and bones requi	re	······································	
		(ii)	is imp	ortant to trar	sport oxygen around the body.	
		(iii)	is nee	ded to maint	ain healthy skin and eyesight.	
	(b)	State the recommer	nded daily intake	e of salt for a	dults.	[1]
	(c)	Suggest three ways	an adult can re	educe their s	alt intake.	[3]
		(ii)				
		(iii)				
	(d)	Discuss the possible	e effects of a die	et high in sall		[4]





he chart below show	s the Vitami	n C content per 100 g	of some fruits.	
Fruit Type	Mg per 100 g	Fruit Type	Mg per 100 g	
Fresh apple	5	Cooked apple	3	
Fresh pineapple	35	Tinned pineapple	8	
		Tinned grapefruit	20	
Fresh grapefruit (a) Identify the fruit		gest amount of vitamin		n strawberries are [4]
Fresh grapefruit (a) Identify the fruit (b) Other than loss	with the larg	gest amount of vitamin		n strawberries are
Fresh grapefruit (a) Identify the fruit (b) Other than loss	with the larg	gest amount of vitamin		n strawberries are
Fresh grapefruit (a) Identify the fruit (b) Other than loss preserved.	with the larg	gest amount of vitamin		n strawberries are
Fresh grapefruit (a) Identify the fruit (b) Other than loss	with the larg	gest amount of vitamin		n strawberries are
Fresh grapefruit (a) Identify the fruit (b) Other than loss preserved.	with the larg	gest amount of vitamin		n strawberries are
Fresh grapefruit (a) Identify the fruit (b) Other than loss preserved.	with the larg	gest amount of vitamin		n strawberries are
Fresh grapefruit (a) Identify the fruit (b) Other than loss preserved.	with the larg	gest amount of vitamin		n strawberries are



(c)	Data shows that many families in Wales do not eat enough fruit and vegetables. Discuss how families can increase their intake of fruit and vegetables.	[6]



4.	(a)	Give (i)	three reasons why breakfast is important.	[3]
		(ii)		
		(iii)		
	(b)		y breakfast cereal products are fortified.	[2]
		(i)	Outline what is meant by fortification.	
		(ii)	Give two reasons why foods are fortified. 1.	[2]
			2.	
		•••••	Morgan chooses the following breakfast	
			Chocolate flavoured cereal	
			Whole milk Jam doughnut	
			Fizzy drink	



	(c)	Explain two ways Morgan's breakfast could be adapted to meet current dietary guidelines.	[4]
		(i)	
		(ii)	
5.	(a)	Name two nutrients that provide energy.	[2]
		(i)	
		(ii)	
	(b)	Explain the term energy balance.	[2]
	(c)	State two factors which determine how much energy a person needs.	[2]
		(i)	
		(ii)	



	Outline, giving examples, the difference between chemical and physical contamination of food.
(b)	Identify two high risk foods.
	(i)
	(ii)



Examiner only

(c)	Discuss the food hygiene practices that must be followed when handling raw and cooked foods to ensure food safety.	[6]
•••••		······································
		············
		<u>.</u>



(a) Give three functions of food packaging. (i) (ii) (iii) (b) State one advantage and one disadvantage of each type of packaging material named below. (j) Cardboard Advantage Disadvantage (ii) Glass Advantage			12	
(ii) (iii) (iii) (b) State one advantage and one disadvantage of each type of packaging material named below. [4] (i) Cardboard Advantage Disadvantage (ii) Glass Advantage	(a)	Give	three functions of food packaging.	[3]
(iii) State one advantage and one disadvantage of each type of packaging material named below. [4] (i) Cardboard Advantage Disadvantage (ii) Glass Advantage		(i)		
(b) State one advantage and one disadvantage of each type of packaging material named below. [4] (i) Cardboard Advantage Disadvantage (ii) Glass Advantage		(ii)		·····
(b) State one advantage and one disadvantage of each type of packaging material named below. [4] (i) Cardboard Advantage Disadvantage (ii) Glass Advantage		•••••		
below. [4] (i) Cardboard Advantage Disadvantage (ii) Glass Advantage Disadvantage		(iii)		
Advantage Disadvantage (ii) Glass Advantage Disadvantage	(b)	State	e one advantage and one disadvantage of each type of packaging material name w.	ed [4]
Disadvantage (ii) Glass Advantage Disadvantage		(i)	Cardboard	
(ii) Glass Advantage Disadvantage			Advantage	•••••
Advantage Disadvantage			Disadvantage	
Disadvantage		(ii)	Glass	•••••
Disadvantage				



Analyse the impact of packaging on the environment and consider ways in which the food industry and the consumer can reduce the amount of packaging used.	[10]
	······································
	·······
	······································
	••••••
	······································



	Examiner only
END OF PAPER	



Question number	Additional page, if required. Write the question number(s) in the left-hand margin.	Examin only



Question number	Additional page, if required. Write the question number(s) in the left-hand margin.	Examiner only

