

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 Examiner's use 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.



JUN233560UA0101

SECTION A VISUAL STIMULI

Bread Making



SECTION AAnswer **all** questions.

1. (a) State **one** function of each ingredient used in bread making. [3]

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

- (b) Give **three** conditions that are required to activate the yeast in bread making. [3]

(i)

(ii)

(iii)



(c) Explain why the following stages are important when making bread.

(i) Kneading the dough.

[2]

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(ii) Proving the dough before baking.

[2]

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(d) Identify **two** benefits of including bread in the diet.

[2]

(i)

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(ii)

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4. (a) Give **three** reasons why breakfast is important. [3]

(i)

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(ii)

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(iii)

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(b) Many breakfast cereal products are fortified. [2]

(i) Outline what is meant by fortification.

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(ii) Give **two** reasons why foods are fortified. [2]

1.

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2.

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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)

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(ii)

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5. (a) Name **two** nutrients that provide energy. [2]

(i)

(ii)

(b) Explain the term energy balance. [2]

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(c) State **two** factors which determine how much energy a person needs. [2]

(i)

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(ii)

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6. (a) Outline, giving examples, the difference between chemical and physical contamination of food. [4]

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(b) Identify **two** high risk foods. [2]

(i)

(ii)



7. (a) Give **three** functions of food packaging. [3]

(i)

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(ii)

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(iii)

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(b) State **one** advantage and **one** disadvantage of each type of packaging material named below. [4]

(i) Cardboard

Advantage

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Disadvantage

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(ii) Glass

Advantage

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Disadvantage

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