



Oxford Cambridge and RSA

Monday 20 June 2022 – Afternoon

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes

No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number

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Candidate number

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First name(s)

Last name

INSTRUCTIONS

- Use black ink.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.
- Answer **all** the questions.

INFORMATION

- The total mark for this paper is **100**.
- The marks for each question are shown in brackets [].
- Quality of extended response will be assessed in questions marked with an asterisk (*).
- This document has **12** pages.

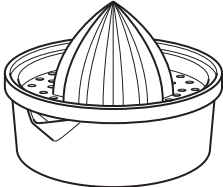
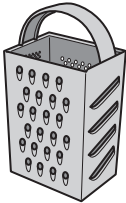
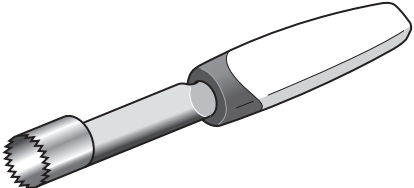
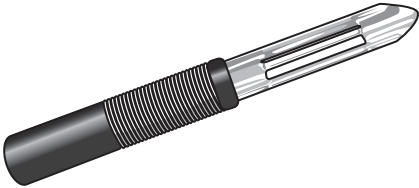
ADVICE

- Read each question carefully before you start your answer.

Answer **all** the questions.

1 (a) Different equipment is used when preparing fruit and vegetables.

Complete the table below with the name of each piece of equipment.

Equipment	Name of equipment
	
	
	
	

[4]

(b) State **three** ways fresh fruit can be processed to increase shelf life.

- 1
- 2
- 3

[3]

(c) (i) Name **one** hard fruit.

..... [1]

(ii) Name **one** soft fruit.

..... [1]

(iii) Name **one** citrus fruit.

..... [1]

(d) Knife skills are required for vegetable preparation.

Describe how to chop an onion.

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.....
.....
.....
.....
.....
.....
..... [4]

2 (a)* Explain why manufacturers use different types of additives in food production.

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.....

[8]

(b) Explain the term **food security**.

.....
.....

[2]

(c) (i) State **two** advantages of genetically modified (GM) foods.

1
2

[2]

(ii) State **one disadvantage** of genetically modified (GM) foods.

.....

[1]

(d) Describe **two** ways consumers can reduce the carbon footprint of the food they choose to eat.

1

.....

.....

.....

2

.....

.....

[4]

3 (a) Anaemia is a health condition that can be diet related.

(i) Identify the mineral that would be lacking in the diet to cause this condition.

..... [1]

(ii) Identify **two** foods that can help prevent anaemia.

1

2

[2]

(iii) Identify **one** group of people who are most at risk of developing anaemia.

..... [1]

(iv) State **one** symptom of anaemia.

..... [1]

(b) State **four** ways to reduce salt intake in the diet.

1

.....

2

.....

3

.....

4

.....

[4]

Turn over

4 (a) Identify **two** foods which are often protected using controlled atmosphere packaging (CAP).

1

2 [2]

(b) Describe how food should be stored in a refrigerator.

.....
.....
.....
.....
.....
..... [4]

5 (a) State **two** conditions required for yeast to grow.

1

2 [2]

(b) Identify **one** sign of food spoilage.

..... [1]

(c) Explain **two** ways food poisoning can be prevented when preparing food.

1

.....
.....

2

.....
..... [4]

6 To make successful choux pastry the recipe instructions should be followed carefully.

(a) Identify **one** reason for each of the following instructions.

(i) Measure the ingredients accurately.

..... [1]

(ii) Sieve the flour.

..... [1]

(iii) Allow the mixture to cool before adding the eggs.

..... [1]

(iv) Bake in a hot oven.

..... [1]

(b) Name the raising agent used in choux pastry.

..... [1]

(c) State **two** qualities of successful choux pastry.

1

2

[2]

8 (a) Explain scientifically how a white sauce thickens when heated.

.....
.....
.....
.....
.....
..... [4]

(b) Explain scientifically how mayonnaise is made.

.....
.....
.....
.....
..... [4]

(c) Describe how boiling can affect the consistency and taste of a reduction sauce.

.....
..... [2]

9 (a) Describe the difference between a vegan diet and a lacto-ovo vegetarian diet.

.....
..... [2]

(b) Identify **two** dishes suitable for a lacto-ovo vegetarian to eat.

1

2 [2]

- 10 Complete the table below with **one** function and **one** good food source for each named micronutrient.

Micronutrient	Function	Good food source
Folic acid/folate (vitamin B9)		
Sodium		
Fluoride		
Iodine		

[8]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

A large rectangular area with a vertical solid line on the left side and horizontal dotted lines across the rest of the page, providing space for writing answers.



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