Instructions

- Use black ink or ball-point pen.
- If pencil is used for diagrams/sketches it must be dark (HB or B). Coloured pens, pencils and highlighters must not be used.
- Fill in the boxes at the top of this page with your name, centre number and candidate number.
- Answer all questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is 80.
- The marks for each question are shown in brackets – use this as a guide as to how much time to spend on each question.
- Questions labelled with an asterisk (*) are ones where the quality of your written communication will be assessed – you should take particular care on these questions with your spelling, punctuation and grammar, as well as the clarity of expression.

Advice

- Read each question carefully before you start to answer it.
- Keep an eye on the time.
- Try to answer every question.
- Check your answers if you have time at the end.
### Question 1
The ‘Eatwell plate’ encourages us to:
- [ ] A drink plenty of water
- [ ] B eat lots of fruit and vegetables
- [ ] C eat more fish
- [ ] D all of the above

**(Total for Question 1 = 1 mark)**

### Question 2
Foods classified as cereals would be:
- [ ] A milk, cheese, cream and yogurt
- [ ] B fish, meat and dairy foods
- [ ] C wheat, oats and maize
- [ ] D fruit and vegetables

**(Total for Question 2 = 1 mark)**

### Question 3
Good sources of HBV (High Biological Value) protein are:
- [ ] A herbs and spices
- [ ] B fish, meat and dairy foods
- [ ] C rice, corn and cous cous
- [ ] D apples, pears and bananas

**(Total for Question 3 = 1 mark)**

### Question 4
Sources of fat originating from animals are:
- [ ] A suet, lard and olive oil
- [ ] B butter and corn oil
- [ ] C sunflower oil and low fat spreads
- [ ] D lard, suet and butter

**(Total for Question 4 = 1 mark)**
5. The process used to harden plant oil is called:

- A homogenisation
- B hydrogenation
- C condensation
- D evaporation

(Total for Question 5 = 1 mark)

6. Halal meat is associated with which culture?

- A Islam
- B Christianity
- C Hinduism
- D Sikhism

(Total for Question 6 = 1 mark)

7. Foods may be shaped and formed during food processing. Which food has been processed in this way?

- A Syrup
- B Oil
- C Pasta
- D Jam

(Total for Question 7 = 1 mark)

8. What is HACCP?

- A A food preparation technique
- B A method of cooking
- C An industrial preservation method
- D A system used for identifying potential hazards in food production

(Total for Question 8 = 1 mark)
9  Food is fortified to improve and enhance its nutritional content. Which food has been fortified by law?
   □  A  Sugar
   □  B  Eggs
   □  C  Rice
   □  D  White flour

(Total for Question 9 = 1 mark)

10 Which one of the following is a tropical fruit?
   □  A  Banana
   □  B  Apple
   □  C  Lemon
   □  D  Grape

(Total for Question 10 = 1 mark)
11 (a) The table below shows some tools and equipment. Complete the table below by giving the missing names and uses.

<table>
<thead>
<tr>
<th>Tools/Equipment</th>
<th>Name</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Measuring cup" /></td>
<td>Measuring dry/wet ingredients</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Food probe" /></td>
<td>Industrial/commercial food probe</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Wok" /></td>
<td>Frying/stir frying ingredients</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Rolling pin" /></td>
<td>Flattening/rolling</td>
<td></td>
</tr>
</tbody>
</table>
(b) Meat is a highly perishable food product.

Give **three** rules to follow when storing fresh meat. 

1 
2 
3

(c) Processing techniques are used to create secondary food products.

Name **two** processing techniques used to shape and form meat. 

Technique 1

Technique 2

(d) Radiation is a method of heat transference used in cooking.

(i) Give **two** other methods of heat transference. 

Method 1

Method 2

(ii) Name **two** moist methods of cooking. 

Method 1

Method 2
(iii) Explain one safety rule that must be followed when using a microwave oven.

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(iv) Describe one change that happens to meat during cooking.

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(e) The following recipe was used to produce a prototype meat pasty:

- 100g plain flour
- 25g lard
- 25g butter
- 50g cubed steak
- 1 onion
- 100ml meat stock
- 1 potato
- seasoning
- milk or egg for sealing and glazing

Describe two modifications that would make the meat pasty suitable for someone following a vegan diet.

1. ..........................................................................................................................

2. ..........................................................................................................................

(Total for Question 11 = 21 marks)
A manufacturer is developing a new range of savoury salads, suitable to be sold in a garden centre cafe.

The specification for the savoury salad products is that they must:

- include one named starchy carbohydrate product
- include a good source of protein
- contain a suitable sauce
- contain one portion as part of the ‘five a day’ recommendation
- be a single portion
- include a sensory quality linked to texture
- be suitable for batch production
- be sustainable.

In the spaces opposite, use sketches and, where appropriate, brief notes to show two different design ideas for the savoury salad products that meet the specification points above.

Candidates are reminded that if a pencil is used for diagrams/sketches it must be dark (HB or B).

Coloured pens, pencils and highlighter pens must not be used.

PLEASE DO NOT WRITE OR DRAW IN THIS SPACE.
PLEASE USE THE SPACES OPPOSITE FOR YOUR DESIGNS.
Design idea 1

Design idea 2

(Total for Question 12 = 16 marks)
13 The drawing below shows a fish pie product, sold in the chilled section of a supermarket.

(a) The fish pie contains different component layers to add a range of flavours to the product.

Give one other property of the cheddar cheese sauce layer that makes it suitable for the fish pie.

(1)
(b) Explain **one** reason for sampling during the manufacture of the fish pie. (2)

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(c) Give **one** reason why piping is used as a finishing technique for the fish pie. (1)

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(d) Explain **one** nutritional benefit of eating more fish. (2)

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(e) Explain why the fish pie successfully meets the following specification points:

(i) suitable for batch production (2)

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(ii) suitable for a wide range of people. (2)

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*(f)* A food manufacturer uses sensory testing to check the quality of products.

Below are two sensory tests.

### Sensory Test A: Ranking Test

<table>
<thead>
<tr>
<th>Food Product: Fish Pies</th>
<th>Rank order</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pie 792</td>
<td>4</td>
</tr>
<tr>
<td>Pie 186</td>
<td>2</td>
</tr>
<tr>
<td>Pie 429</td>
<td>3</td>
</tr>
<tr>
<td>Pie 035</td>
<td>5</td>
</tr>
<tr>
<td>Pie 851</td>
<td>1</td>
</tr>
</tbody>
</table>

### Sensory Test B: Rating Test

<table>
<thead>
<tr>
<th>Food Product: Fish Pies</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Even Layers</td>
<td>5</td>
</tr>
<tr>
<td>Colourful</td>
<td>4</td>
</tr>
<tr>
<td>Tasty</td>
<td>3</td>
</tr>
<tr>
<td>Smooth</td>
<td>2</td>
</tr>
<tr>
<td>Crunchy</td>
<td>1</td>
</tr>
</tbody>
</table>

Key:
5 = excellent
4 = good
3 = average
2 = fair
1 = poor

Star Profile: Fish Pies

- Even Layers
- Colourful
- Tasty
- Smooth
- Crunchy

- Pie 792
- Pie 186
- Pie 429
- Pie 035
- Pie 851
Evaluate sensory test A compared with sensory test B for use by a food manufacturer.

(Total for Question 13 = 16 marks)
Food preparation is the method of preparing ingredients into food.

(a) Describe **two** cleaning processes used in the food industry as part of food preparation.

Process 1

Process 2

(b) Explain **one** use of blanching during food preparation.

(c) Name **one** suitable food that could be blanched during food preparation.

(d) Describe **two** principles of food preservation.
(e) Technological developments used within the food industry have created new food products.

Discuss how the technological developments and the new food products meet the needs of the consumer.

(Total for Question 14 = 17 marks)

TOTAL FOR PAPER = 80 MARKS