

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

3560UA0-1



MONDAY, 20 JUNE 2022 – AFTERNOON

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.	12	
3.	7	
4.	9	
5.	12	
6.	10	
7.	8	
8.	10	
Total	80	

INSTRUCTIONS TO CANDIDATES

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



JUN223560UA0101

SECTION A VISUAL STIMULI

Sauce-Making Mood board



SECTION A

Answer **all** questions.

1. (a) State **two** different methods for making a cheese sauce. [2]

(i)

(ii)

(b) Name **one** ingredient that is used to thicken a cheese sauce. [1]

.....

(c) Many problems can occur when making a cheese sauce.

Complete the table below to match the problem to the **correct** cause. [4]

If you think the answer to 1 is A write A in the box.

Problem	Cause
1. Sauce is lumpy. <input style="display: inline-block; width: 30px; height: 20px; vertical-align: middle;" type="checkbox"/>	A. Mistake when weighing ingredients.
2. Sauce tastes floury. <input style="display: inline-block; width: 30px; height: 20px; vertical-align: middle;" type="checkbox"/>	B. Flour and fat not cooked enough.
3. Sauce is too thick. <input style="display: inline-block; width: 30px; height: 20px; vertical-align: middle;" type="checkbox"/>	C. No seasoning added to sauce.
4. Sauce lacks flavour. <input style="display: inline-block; width: 30px; height: 20px; vertical-align: middle;" type="checkbox"/>	D. Sauce not stirred during making.

(d) Give **three** reasons why a sauce is used in some dishes. [3]

(i)

.....

(ii)

.....

(iii)

.....



(e) Cheese is often added to a white sauce.

Suggest **two** other ingredients that could be added to flavour a white sauce. [2]

(i)

(ii)



SECTION BAnswer **all** questions.2. (a) Name **three** bacteria that could cause food poisoning. [3]

(i)

(ii)

(iii)

(b) Identify **two** symptoms of food poisoning. [2]

(i)

(ii)

(c) Bacterial Activity occurs at different temperatures.

Complete the table by placing a tick (✓) in the correct box to show which are true or false. [3]

Bacterial Activity		True	False
(i)	Bacterial activity is high between the temperatures of 5-63°C		
(ii)	All bacteria are destroyed at temperatures below -18°C		
(iii)	Bacterial activity slows down at temperatures between 0-5°C		



(d) Explain how the following microorganisms are used in the food industry.

(i) Yeast

[2]

.....

.....

.....

.....

(ii) Mould

[2]

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.....

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.....



3. (a) Name the type of heat transference for each method of cooking shown below. [3]

Cooking method	Heat transfer
(i) Boiling	
(ii) Roasting	
(iii) Grilling	

- (b) State **two** advantages of steaming green vegetables. [2]

(i)

.....

(ii)

.....

- (c) Give **two** reasons why grilling is a healthier method of cooking than frying. [2]

(i)

.....

(ii)

.....



4. (a) Give **two** reasons why food is packaged. [2]

(i)

.....

(ii)

.....

(b) Evaluate the use of the following types of packaging. [4]

(i) Modified Atmosphere Packaging

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.....

.....

(ii) Canning

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.....

(c) Name **three** pieces of information that must be included on a food label. [3]

(i)

.....

(ii)

.....

(iii)

.....



7. (a) State **two** reasons why someone may choose to follow a vegan diet. [2]

(i)

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(ii)

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(b) Discuss ways in which a vegan can achieve a balanced diet. [6]

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