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.



SECTION A VISUAL STIMULI

Sauce-Making Mood board









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SECTION A Answer all questions. 1. 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] Many problems can occur when making a cheese sauce. (c) 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 Sauce is lumpy. Α. Mistake when weighing ingredients. Sauce tastes floury. Flour and fat not cooked enough. Sauce is too thick. No seasoning added to sauce. 4. Sauce lacks flavour. D. Sauce not stirred during making. Give three reasons why a sauce is used in some dishes. [3] (ii) (iii)



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(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 B

Answer all questions.

(a)	Nam	ne three bacteria that could cause food poisoning.	[3]
	(i)		
	(ii)		
	(iii)		
(b)	Iden	tify two symptoms of food poisoning.	[2]
	(i)		
	(ii)		
		(i) (ii) (iii) (b) Iden	(ii) (iii) (b) Identify two symptoms of food poisoning. (i) (ii)

(c) Bacterial Activity occurs at different temperatures.

Complete the table by placing a tick $(\ensuremath{\checkmark})$ in the correct box to show which are true or false.

	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		

[3]

(d)	Expl	ain how the following microorganisms are used in the food industry.	Ex
		Yeast	[2]
	•••••		
	(ii)	Mould	[2]
	.		
	•••••		



[3]

(a) Mario trio type of mode transference for each metrica of econtring enount belo	nethod of cooking shown below.
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Cooking method	Heat transfer
(i) Boiling	
(ii) Roasting	
(iii) Grilling	

(b)	State two advantages of steaming green vegetables.	[2]
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(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. (i)	[2]
		(ii)	
	(b)	Evaluate the use of the following types of packaging. (i) Modified Atmosphere Packaging	[4]
		(ii) Canning	
	(c)	Name three pieces of information that must be included on a food label. (i)	[3]
		(ii)	
		(iii)	



(a)	Milk	can be purchased in different forms.				
	Describe the differences between the following types of milk.					
	(i)	Pasteurised milk				
		UHT milk				
		Dried milk				
	(111)	Died Hilk				
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Many factors can influence food choice.	
(a) Discuss how different types of advertising can influence food choice.	[6]



(D)	poverty.	ns why some chi	nuren in vvale	s are livilly III	nouscholus e	vhericilling in
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7. (a)	State two reasons why someone may choose to follow a vegan diet. (i)	[2]	Examine only
	(ii)		
(b)	Discuss ways in which a vegan can achieve a balanced diet.	[6]	



Examiner only

8.	Dylan is a 21-year-old student who enjoys an active lifestyle which includes playing rugby for a
	local team.

Meal	A sample of Dylan's daily diet
Breakfast	Chocolate cereal with semi-skimmed milk White toast with butter and jam Cup of tea with 2 sugars
Lunch	'Take away' beef burger with fries and a strawberry milkshake
Evening meal	Supermarket-bought chicken curry with rice Naan bread Can of fizzy sugary drink
Snacks throughout the day	Sausage roll, 1 apple and a small bottle of water

Analyse Dylan's daily diet against his lifestyle needs and current dietary guidelines. [10]



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