Surname	Centre Number	Candidate Number
First name(s)		0



## **GCSE**



C560UA0-1

## **MONDAY, 20 JUNE 2022 - AFTERNOON**

## FOOD PREPARATION AND NUTRITION Component 1

## **Principles of Food Preparation and Nutrition**

1 hour 45 minutes

For Examiner's use only							
Question	Maximum Mark	Mark Awarded					
1.	15						
2.	14						
3.	10						
4.	12						
5.	8						
6.	8						
7.	15						
8.	8						
9.	10						
Total	100						

#### **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

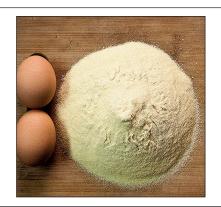
The number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.



# Section A Visual Stimuli Making pasta

















#### **Section A**

Answer all questions.

1. (a) Tick (/) the box next to each statement to show if it is True or False. [3]

	Making pasta	True	False
(i)	Separate the egg yolk from the egg white.		
(ii)	Knead the pasta dough until it becomes elastic.		
(iii)	Cover the pasta dough to stop it drying out.		

- (b) Name **two** ingredients that could be added to change the colour of the pasta. [2]
  - (ii) .....
- (c) Standard ingredients are used when making pasta. Complete the table below. [3]

	Ingredient	Function
(i)	Flour	
(ii)	Eggs	
(iii)	Salt	

	State <b>four</b> guidelines to follow to successfully cook fresh pasta.	
	(i)	
	(ii)	
	(iii)	
	(iv)	
(e)	Describe ways in which flavour could be added to fresh pasta during preparation, cooking or serving.	



### Section B

## Answer all questions.

2. Look at the table below.

Serving size: 2 slices	White bread	Wholemeal bread
Energy	150 Kcal	187 Kcal
Protein	5.6 g	10.2g
Total Fat	1.0 g	2.2g
Carbohydrate	31.2g	34.5 g
Dietary fibre	1.4 g	4.9 g
Sodium	249.7 mg	234.8 mg
Vitamin B1 Thiamine	0.44 mg	0.61 mg
Vitamin B2 Riboflavin	0.27 mg	0.29 mg
Vitamin B3 Niacin	2.88 mg	4.28 mg
Calcium	97.52 mg	86.25 mg
Iron	2.58 mg	3.75 mg

(a)	(i)	State which bread has the most energy value per serving size.	[1]
	(ii)	State which bread has the highest protein content.	[1]
	(iii)	Name <b>two</b> minerals found in bread.  1.	[2]
		2.	
	(iv)	Describe why wholemeal bread has more dietary fibre (NSP) content than wholemeal.	nite [2]



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(b)	Give <b>two</b> reasons why bread is a popular commodity.  (i)	
	(ii)	
(c)	A baker has produced a batch of bread rolls which are heavy and small.	••
	Give <b>two</b> reasons why this has happened and suggest how this could have been avoided.	
	(i)	
	(ii)	
(d)	Outline how bread is mass produced by manufacturers to meet consumer demand.	
•••••		
•••••		



3.	(a)	Define what is meant by obesity.	[2]	Examiner only
	(b)	Obesity is a national health issue. Discuss the consequences of obesity.	[4]	
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e <b>two</b> functions of protein in the diet.	[2]
	[2]
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e two functions of protein in the diet.	
ins can be High Biological Value (HBV) or Low Biological Value (LBV).	
State what is meant by Low Biological Value.	[1]
	State what is meant by Low Biological Value.



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Describe two health problems that may be caused by a protein deficiency.  (i)  (ii)					
(i)	***************************************				
(i)					
(i)	•••••				
(i)					
(ii)	 Describe	e <b>two</b> health prob	blems that may b	e caused by a pro	otein deficiency.
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	(i)				
	(i)				
	(i) (ii)				
	(i) (ii)				



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Examiner only



	Examiner only



(ii)  (iii)  (b) Cooking can transfer heat energy to food in different ways.  Describe how heat energy is transferred when:  (i) Grilling bacon. [2]	(a)	Give <b>three</b> reasons for cooking food.	[3]
(iii)  (b) Cooking can transfer heat energy to food in different ways.  Describe how heat energy is transferred when:  (i) Grilling bacon. [2]  (ii) Cooking soup in a saucepan on the hob. [4]		(i)	
(b) Cooking can transfer heat energy to food in different ways.  Describe how heat energy is transferred when:  (i) Grilling bacon. [2]  (ii) Cooking soup in a saucepan on the hob. [4]		(ii)	
Describe how heat energy is transferred when:  (i) Grilling bacon. [2]  (ii) Cooking soup in a saucepan on the hob. [4]		(iii)	
(ii) Cooking soup in a saucepan on the hob. [4]	(b)	Cooking can transfer heat energy to food in different ways.	
(ii) Cooking soup in a saucepan on the hob. [4]		Describe how heat energy is transferred when:	
		(i) Grilling bacon.	[2]
		(ii) Cooking soup in a saucepan on the hob.	[4]



(c) Outline the process of blanching.	[2]
(d) Describe the effect of cooking on meat.	[4]



Aicro-organisms are transferred by cross-contamination.	ما
Discuss how cross-contamination can occur when making a chicken and bacon salad <b>an</b> escribe the methods of control that can be used to ensure food safety.	<b>u</b> [8]



9.	Discuss the influences cultural and lifestyle changes have had on food choice and availability. [10]



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