



GCSE – NEW

3560UA0-1

FOOD AND NUTRITION

Unit 1 – Principles of Food and Nutrition

THURSDAY, 14 JUNE 2018 – AFTERNOON

**1 hour 30 minutes plus your additional
time allowance**

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only

Question	Maximum Mark	Mark Awarded
1.	12	
2.	8	
3.	15	
4.	12	
5.	8	
6.	8	
7.	7	
8.	10	
Total	80	

INSTRUCTIONS TO CANDIDATES

Use black ink, black ball-point pen or your usual method.

Answer ALL questions.

Write your name, centre number and candidate number in the spaces provided on the front cover.

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

Answer ALL questions.

1(a) Identify the method of cake making used when making scones. [1]

1(b) Standard ingredients are used when making scones. Complete the chart below and opposite. [3]

INGREDIENT	FUNCTION
(i) Flour	<hr/> <hr/> <hr/> <hr/> <hr/>
(ii) Fat	<hr/> <hr/> <hr/> <hr/> <hr/>

(iii) Milk	<hr/> <hr/> <hr/> <hr/> <hr/>
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1(c) Name ONE ingredient that can add flavour to:

(i) a SWEET scone

[1]

(ii) a SAVOURY scone

[1]

1(d) State TWO ways of ensuring air is incorporated into the mixture when making scones. [2]

(i) _____

(ii) _____

1(e) Explain TWO characteristics of scones made using wholemeal flour. [4]

(i)


1(e)

(ii)

SECTION B

Answer ALL questions.

- 2. The following ingredients are used to make a lemon cheesecake.**

CHEESECAKE	INGREDIENTS
	<p>150g digestive biscuits 75g butter 250g full fat cream cheese 150ml double cream 1 lemon 75g caster sugar</p>

2(a) Identify ONE ingredient that provides a good source of calcium. [1]

(b) Identify ONE ingredient that provides dietary fibre (NSP). [1]

2(c) State TWO changes to the ingredients that would lower the fat content of the cheesecake. [2]

(i) _____

(ii) _____

2(d) Identify why this cheesecake would not be suitable for someone who is lactose intolerant. [1]

3(a) There are many different classifications of fruit. Complete the chart below. [3]

CLASSIFICATION	EXAMPLE
(i) Stoned	<hr/> <hr/>
(ii) <hr/> <hr/>	Orange
(iii) Dried	<hr/> <hr/>

3(b) Once cut or peeled, apples discolour. State the correct term for this process. [1]

(c) Identify ONE way in which this process can be prevented. [1]

4(b) Explain the role of TWO macro-nutrients in the daily diet. [4]

(i) Name of macro-nutrient

Role

4(b)

(ii) Name of macro-nutrient

Role

- 5. A banana is one example of a food that can end up travelling more than 4000 miles around the world before landing in a shopping basket. Assess the impact of importing foods from other countries and suggest how customers can be more environmentally friendly when food shopping. [8]**

6. Chicken is the most widely eaten type of poultry in the world.

(a) Give THREE reasons why chicken is a popular commodity. [3]

(i) _____

(ii) _____

6(a)

(iii)

8. Recent reports suggest that changing dietary habits and increasing activity levels will have a major impact in reducing rates of Cardio Vascular Disease (CVD) in Wales.

Evaluate diet and lifestyle changes that individuals would need to follow to reduce the risk of Cardio Vascular Disease. [10]

SECTION A VISUAL STIMULI

SCONE MAKING

