



**Surname** \_\_\_\_\_

**Forename(s)** \_\_\_\_\_

**Centre Number** \_\_\_\_\_

**Candidate Number** \_\_\_\_\_

**Candidate Signature** \_\_\_\_\_

**I declare this is my own work.**

**GCSE**

**FOOD PREPARATION AND  
NUTRITION**

**Paper 1 Food Preparation and Nutrition**

**8585/W**

**Wednesday 19 June 2024 Morning**

**Time allowed: 1 hour 45 minutes**

**[Turn over]**



J U N 2 4 8 5 8 5 W 0 1

**On the front of this book, write your surname and forename(s), your centre number, your candidate number and add your signature.**

## **MATERIALS**

**For this paper you must have:**

- **a black pen**
- **a pencil.**

## **INSTRUCTIONS**

- **Use black ink or black ball-point pen.**
- **Answer ALL questions.**
- **You must answer the questions in the spaces provided. Do not write on blank pages.**



- **If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).**
- **Do all rough work in this book. Cross through any work you do not want to be marked.**

## **INFORMATION**

- **The marks for questions are shown in brackets.**
- **The total number of marks available for this paper is 100.**
- **You are reminded of the need for good English and clear presentation in your answers.**

**DO NOT TURN OVER UNTIL TOLD TO DO SO**



**SECTION A consists of multiple-choice questions.**

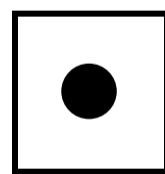
**Answer ALL questions in this section.**

**There are 20 marks available.**

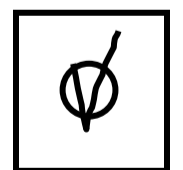
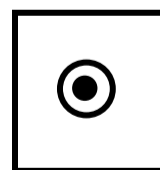
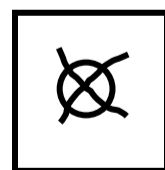
**Only ONE answer per question is allowed.**

**For each question completely fill in the circle alongside the appropriate answer.**

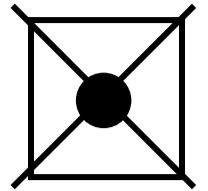
**CORRECT METHOD**



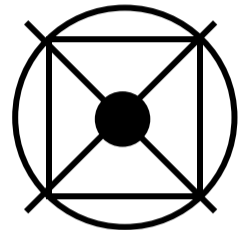
**WRONG METHODS**



**If you want to change your answer you must cross out your original answer as shown.**



**If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.**



**[Turn over]**



**For each question you should shade in ONE box.**

**An example is shown below.**

**Which food is high in protein?**

**A Cabbage**

**B Cheese**

**C Cucumber**

**D Oranges**



0	1	.	1
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**Which ingredient would add dietary fibre to a pizza?**

- A Grated cheese**
- B Sliced ham**
- C Spicy chicken**
- D Wholemeal flour**

**[1 mark]**

**[Turn over]**



**01.2**

**Vegetable oil is a good source of which vitamin?**

**A Vitamin B2**

**B Vitamin B9**

**C Vitamin C**

**D Vitamin E**

**[1 mark]**



01.3

**What is the maximum daily amount of salt recommended for an adult?**

**A 6 g**

**B 7 g**

**C 8 g**

**D 9 g**

**[1 mark]**

**[Turn over]**



**01.4**

**A starch based sauce will thicken when heated due to which process?**

- A Coagulation**
- B Dextrinisation**
- C Emulsification**
- D Gelatinisation**

**[1 mark]**



**01.5**

**Which mineral is plain flour fortified with?**

**A Fluoride**

**B Iodine**

**C Iron**

**D Phosphorus**

**[1 mark]**

**[Turn over]**



**01.6**

**Which food uses steam as the main raising agent?**

**A Cheese scones**

**B Jam doughnuts**

**C Swiss roll**

**D Yorkshire pudding**

**[1 mark]**



**01.7**

**Bacteria grow and multiply rapidly in food in conditions that are**

- A acidic.**
- B alkaline.**
- C light.**
- D moist.**

**[1 mark]**

**[Turn over]**



**01.8**

**The ability for a fat to be spread or shaped is known as**

- A aeration.**
- B emulsification.**
- C plasticity.**
- D shortening.**

**[1 mark]**



**01.9**

**Which of the following are dry methods of cooking?**

- A Baking and grilling**
- B Blanching and simmering**
- C Boiling and steaming**
- D Braising and poaching**

**[1 mark]**

**[Turn over]**



0	1	.	1	0
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**Which vegetable is quickly affected by enzymic browning after chopping?**

**A Broccoli**

**B Cabbage**

**C Carrot**

**D Potato**

**[1 mark]**



0	1	.	1	1
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**Which condition can calcium deficiency lead to?**

- A Beri-beri**
- B Goitre**
- C Osteoporosis**
- D Pellagra**

**[1 mark]**

**[Turn over]**



**01.12**

**What is the recommended maximum percentage of energy from fat?**

- A 15%**
- B 25%**
- C 35%**
- D 45%**

**[1 mark]**



0	1	.	1	3
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**What is the temperature range where bacteria multiply rapidly?**

- A 3 °C to 61 °C**
- B 5 °C to 63 °C**
- C 7 °C to 65 °C**
- D 9 °C to 67 °C**

**[1 mark]**

**[Turn over]**



0	1	.	1	4
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**Which is an example of a primary processed food?**

**A Bread rolls**

**B Dried pasta**

**C Pasteurised milk**

**D Strawberry jam**

**[1 mark]**



0	1	.	1	5
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**Which information is NOT a legal requirement on a food packaging label?**

- A List of ingredients**
- B Serving suggestions**
- C Storage instructions**
- D Weight of the product**

**[1 mark]**

**[Turn over]**



0	1	.	1	6
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**Night blindness is caused by a deficiency of which vitamin?**

- A Vitamin A**
- B Vitamin C**
- C Vitamin D**
- D Vitamin K**

**[1 mark]**



0	1	.	1	7
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**Which of the following is a feature of organic farming?**

- A Altering plant DNA**
- B Rotation of crops**
- C Spraying chemical pesticides**
- D Using artificial fertilisers**

**[1 mark]**

**[Turn over]**



0	1	.	1	8
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**Which of the following is a popular Italian dish?**

**A Curry**

**B Fajitas**

**C Lasagne**

**D Paella**

**[1 mark]**



**01.19**

**The amount of energy we use for movement each day is known as**

- A BMR**
- B DRV**
- C PAL**
- D RNI**

**[1 mark]**

**[Turn over]**



0	1	.	2	0
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**Which vitamins can be lost when preparing and cooking vegetables?**

**A Vitamins A and B**

**B Vitamins B and C**

**C Vitamins C and E**

**D Vitamins D and K**

**[1 mark]**

<hr/>
20



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**[Turn over]**



**SECTION B**

**Answer ALL questions in this section.**

**There are 80 marks available.**

**0 2 . 1**

**Name TWO food poisoning bacteria.**

**[2 marks]**

**1** \_\_\_\_\_

**2** \_\_\_\_\_

0 2 . 2

**Identify TWO symptoms of food poisoning. [2 marks]**

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

**[Turn over]**

**0 2 . 3**

**For each possible cause of food poisoning:**

- **give ONE example of how food poisoning could occur**
- **explain why.**

**DO NOT REPEAT YOUR ANSWERS.**  
**[6 marks]**

<b>POSSIBLE CAUSE OF FOOD POISONING</b>	<b>EXAMPLE</b>	<b>EXPLANATION</b>
<b>Personal hygiene</b>		



<p><b>Food storage</b></p>		
<p><b>Preparation and cooking of food</b></p>		

**[Turn over]**





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**[Turn over]**

14



**03.1**

**Identify ONE function for each of the following nutrients.**

**DO NOT REPEAT YOUR ANSWERS.**  
**[6 marks]**

<b>NUTRIENT</b>	<b>FUNCTION</b>
<b>Carbohydrate</b>	
<b>Fat</b>	
<b>Protein</b>	



<b>Iron</b>	
<b>Vitamin D</b>	
<b>Sodium</b>	

**[Turn over]**







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**03.3**

**A care home for older people is going to add one of the following fish-based meals to the weekly menu:**

- **tuna and tomato pasta bake, topped with grated cheese**
- **battered cod and chips, served with peas.**

**[Turn over]**



## NUTRITIONAL INFORMATION

<b>MEALS</b>	<b>Tuna and tomato pasta bake, topped with grated cheese.</b>	<b>Battered cod and chips, served with peas.</b>
<b>Ingredients</b>	<b>Wholemeal pasta, canned tuna (in spring water), chopped tomatoes, onion, sweetcorn, spinach, cheddar cheese, garlic, basil, salt and pepper.</b>	<b>Potato, cod fillet, milk, plain flour, egg, peas, oil, salt and pepper.</b>



<b>Energy (kcal)</b>	<b>602</b>	<b>859</b>
<b>Fat (g)</b>	<b>14</b>	<b>25</b>
<b>Saturated fat (g)</b>	<b>5</b>	<b>11</b>
<b>Carbohydrate (g)</b>	<b>89</b>	<b>65</b>
<b>Sugar (g)</b>	<b>10</b>	<b>4</b>
<b>Protein (g)</b>	<b>32</b>	<b>36</b>
<b>Fibre (g)</b>	<b>9</b>	<b>3</b>
<b>Salt (g)</b>	<b>0.7</b>	<b>1.1</b>

**[Turn over]**



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**Using the nutritional information, on pages 40–41, and your knowledge of healthy eating and nutrition:**

- analyse the suitability of each meal for an older person**
- evaluate which meal is the healthier choice, justifying your reasons.**

**[12 marks]**

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**[Turn over]**











04.1

**Identify TWO advantages and TWO disadvantages of genetically modified food. [4 marks]**

**Advantage 1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Advantage 2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Disadvantage 1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Disadvantage 2** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**[Turn over]**



**04.2**

**Food security is when all people, at all times, have access to enough safe, affordable and nutritious food.**

- Analyse how environmental factors and the production of food can impact food security.**
- Evaluate how food and consumer choices can be more sustainable.**

**[8 marks]**

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**0 4 . 3**

**State how food allergens are identified on food labels.**

**Explain why. [2 marks]**

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**[Turn over]**



04.4

**STRAWBERRY TRIFLE****INGREDIENTS**

<b>TOPPING:</b>	<b>Whipping cream, sugar, flaked almonds.</b>
<b>CUSTARD:</b>	<b>Milk, egg, vanilla extract.</b>
<b>JELLY:</b>	<b>Strawberries, strawberry purée, gelling agent.</b>
<b>SPONGE:</b>	<b>Self-raising flour, butter, sugar, egg, almond extract.</b>

**Using the information for the strawberry trifle:**

- **identify ONE ingredient that is linked to each food intolerance/allergy**



- suggest an alternative ingredient that could be used.

**DO NOT REPEAT YOUR ANSWERS.**

**[6 marks]**

<b>Food intolerance/ allergy</b>	<b>Ingredient identified</b>	<b>Alternative ingredient</b>
<b>Gluten intolerance</b>		
<b>Lactose intolerance</b>		
<b>Nut allergy</b>		

**[Turn over]**



0 5 . 1

**Identify FOUR different reasons why food is cooked. [4 marks]**

**Reason 1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Reason 2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Reason 3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Reason 4** \_\_\_\_\_

\_\_\_\_\_

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**[Turn over]**





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**[Turn over]**

8



0	6	.	1
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**A cake is made using the following ingredients:**

- **100 g butter**
- **100 g caster sugar**
- **2 eggs**
- **100 g self-raising flour.**

**Identify TWO functions for each of the ingredients listed in the table, on the opposite page.**

**DO NOT REPEAT YOUR ANSWERS.**  
**[6 marks]**



<b>INGREDIENT</b>	<b>FUNCTION 1</b>	<b>FUNCTION 2</b>
<b>Butter</b>		
<b>Eggs</b>		
<b>Self-raising flour</b>		

**[Turn over]**





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**[Turn over]**



0	6	.	3
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**Problems have occurred when making the cake.**

**Complete the table, on the opposite page, to identify TWO different reasons for each problem.**

**DO NOT REPEAT YOUR ANSWERS.**  
**[4 marks]**



<b>PROBLEM</b>	<b>REASONS FOR PROBLEM</b>
<b>Cake has not risen</b>	1.  2.
<b>Cake has a dry texture</b>	1.  2.

**END OF QUESTIONS**

<b>14</b>







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For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
<b>TOTAL</b>	

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