



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

At the top of the page, write your surname and forename(s), your centre number, your candidate number and add your signature.

[Turn over]



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.

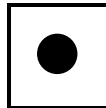
Answer ALL questions in this section.

There are 20 marks available.

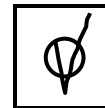
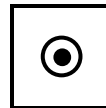
Only ONE answer per question is allowed.

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

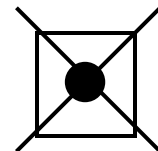
CORRECT METHOD



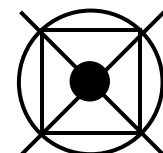
WRONG METHODS



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.



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

[Turn over]



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]



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]

[Turn over]



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]



01.4

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

A Coagulation

B Dextrinisation

C Emulsification

D Gelatinisation

[1 mark]

[Turn over]



01.5

Which mineral is plain flour fortified with?

A Fluoride

B Iodine

C Iron

D Phosphorus

[1 mark]



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]

[Turn over]



01.7

Bacteria grow and multiply rapidly in food in conditions that are

A acidic.

B alkaline.

C light.

D moist.

[1 mark]



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]

[Turn over]



0	1	.	9
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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]



0	1	.	1	0
---	---	---	---	---

Which vegetable is quickly affected by enzymic browning after chopping?

A Broccoli

B Cabbage

C Carrot

D Potato

[1 mark]

[Turn over]



0	1	.	1	1
---	---	---	---	---

Which condition can calcium deficiency lead to?

A Beri-beri

B Goitre

C Osteoporosis

D Pellagra

[1 mark]



0	1	.	1	2
---	---	---	---	---

What is the recommended maximum percentage of energy from fat?

A 15%

B 25%

C 35%

D 45%

[1 mark]

[Turn over]



0	1	.	1	3
---	---	---	---	---

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]



01.14

Which is an example of a primary processed food?

A Bread rolls

B Dried pasta

C Pasteurised milk

D Strawberry jam

[1 mark]

[Turn over]



01.15

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]



01.16

Night blindness is caused by a deficiency of which vitamin?

A Vitamin A

B Vitamin C

C Vitamin D

D Vitamin K

[1 mark]

[Turn over]



01.17

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]



0	1	.	1	8
---	---	---	---	---

Which of the following is a popular Italian dish?

A Curry

B Fajitas

C Lasagne

D Paella

[1 mark]

[Turn over]



0	1	.	1	9
---	---	---	---	---

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

A BMR

B DRV

C PAL

D RNI

[1 mark]



01.20

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]

20

[Turn over]



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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]



02.3

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]

POSSIBLE CAUSE OF FOOD POISONING	EXAMPLE	EXPLANATION
Personal hygiene		
Food storage		



<p>Preparation and cooking of food</p>		
---	--	--

[Turn over]



[Turn over]

14



03.1

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

DO NOT REPEAT YOUR ANSWERS. [6 marks]

NUTRIENT	FUNCTION
Carbohydrate	
Fat	
Protein	
Iron	



Vitamin D	
Sodium	

[Turn over]



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.

NUTRITIONAL INFORMATION

MEALS	Tuna and tomato pasta bake, topped with grated cheese.	Battered cod and chips, served with peas.
Ingredients	Wholemeal pasta, canned tuna (in spring water), chopped tomatoes, onion, sweetcorn, spinach, cheddar cheese, garlic, basil, salt and pepper.	Potato, cod fillet, milk, plain flour, egg, peas, oil, salt and pepper.
Energy (kcal)	602	859
Fat (g)	14	25



Saturated fat (g)	5	11
Carbohydrate (g)	89	65
Sugar (g)	10	4
Protein (g)	32	36
Fibre (g)	9	3
Salt (g)	0.7	1.1

Using the nutritional information 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]

[Turn over]



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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]



BLANK PAGE

[Turn over]



04.4

STRAWBERRY TRIFLE**INGREDIENTS**

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

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]



FOOD INTOLERANCE/ ALLERGY	INGREDIENT IDENTIFIED	ALTERNATIVE INGREDIENT
Gluten intolerance		
Lactose intolerance		
Nut allergy		

[Turn over]

20



05.1

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

Reason 1 _____

Reason 2 _____

Reason 3 _____



Reason 4 _____

[Turn over]



[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]



INGREDIENT	FUNCTION 1	FUNCTION 2
Butter		
Eggs		
Self-raising flour		

[Turn over]



[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]



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For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

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