



**GCSE**

**3560UA0-1**

**TUESDAY, 20 JUNE 2023 – MORNING**

**FOOD AND NUTRITION**

**Unit 1 – Principles of Food and Nutrition**

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

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

**First name(s)** \_\_\_\_\_

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

**Candidate Number** 0 \_\_\_\_\_

**For Examiner's use only**

<b>Question</b>	<b>Maximum Mark</b>	<b>Mark Awarded</b>
<b>1.</b>	<b>12</b>	
<b>2.</b>	<b>11</b>	
<b>3.</b>	<b>11</b>	
<b>4.</b>	<b>11</b>	
<b>5.</b>	<b>6</b>	
<b>6.</b>	<b>12</b>	
<b>7.</b>	<b>7</b>	
<b>8.</b>	<b>10</b>	
<b>Total</b>	<b>80</b>	

**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.**

**(Turn over)**

**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.**

**(Turn over)**

4

## SECTION A VISUAL STIMULI

### Bread Making



**(Turn over)**

**SECTION A**

**Answer ALL questions.**

**1 (a) State ONE function of each ingredient used in bread making.**

**[3 marks]**

<b>INGREDIENT</b>	<b>FUNCTION</b>
<b>(i) Yeast</b>	
<b>(ii) Sugar</b>	
<b>(iii) Salt</b>	

**(Turn over)**

**1 (b) Give THREE conditions that are required to activate the yeast in bread making. [3 marks]**

**(i)**

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**(ii)**

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**(iii)**

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**1 (d) Identify TWO benefits of including bread in the diet. [2 marks]**

**(i)**

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**(ii)**

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**(Turn over)**

**SECTION B**

**Answer ALL questions.**

**2 (a) Nutrients have many functions in the diet.**

**Complete the following sentences using the nutrients below. [3 marks]**

**Vitamin A**

**Calcium**

**Iron**

**Vitamin B**

**(i) Strong teeth and bones require**

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**(Turn over)**

**2 (a) (ii)**

\_\_\_\_\_ is  
important to transport oxygen  
around the body.

**(iii)** \_\_\_\_\_ is  
needed to maintain healthy skin and  
eyesight.

**(b) State the recommended daily intake  
of salt for adults. [1 mark]**

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**2 (c) Suggest THREE ways an adult can reduce their salt intake. [3 marks]**

**(i)**

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**(ii)**

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**(Turn over)**

**2 (c) (iii)**

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**(d) Discuss the possible effects of a diet high in salt. [4 marks]**

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**(Turn over)**



**15**

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**(Turn over)**

3. The chart below shows the Vitamin C content per 100 g of some fruits.

<b>Fruit Type</b>	<b>Mg per 100 g</b>	<b>Fruit Type</b>	<b>Mg per 100 g</b>
<b>Fresh apple</b>	<b>5</b>	<b>Cooked apple</b>	<b>3</b>
<b>Fresh pineapple</b>	<b>35</b>	<b>Tinned pineapple</b>	<b>8</b>
<b>Fresh grapefruit</b>	<b>40</b>	<b>Tinned grapefruit</b>	<b>20</b>

(a) Identify the fruit with the largest amount of vitamin C per 100 g.

[1 mark]

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(Turn over)













**4 (a) Give THREE reasons why breakfast is important. [3 marks]**

**(i)**

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**(ii)**

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**(ii)**

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**(Turn over)**



4 (b) (ii)

**Give TWO reasons why foods are fortified.**

**[2 marks]**

1. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**(Turn over)**

4 (c)

**Morgan chooses the following  
breakfast**

**Chocolate flavoured cereal**

**Whole milk**

**Jam doughnut**

**Fizzy drink**

**(Turn over)**

**4 (c) Explain TWO ways Morgan's breakfast could be adapted to meet current dietary guidelines.**

**[4 marks]**

**(i)** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**(ii)** \_\_\_\_\_

\_\_\_\_\_

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**(Turn over)**

**5 (a) Name TWO nutrients that provide energy. [2 marks]**

**(i)**

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**(ii)**

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**5 (c) State TWO factors which determine how much energy a person needs. [2 marks]**

**(i)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**(ii)** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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**6 (b) Identify TWO high risk foods.**

**[2 marks]**

**(i)**

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**(ii)**

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**(Turn over)**







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**7 (a) Give THREE functions of food packaging. [3 marks]**

**(i)**

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**(ii)**

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**(iii)**

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**(Turn over)**

**7 (b) State ONE advantage and ONE disadvantage of each type of packaging material named below.**

**[4 marks]**

**(i) Cardboard**

**ADVANTAGE**

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**DISADVANTAGE**

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**(Turn over)**

**40**

**7 (b) (ii)**

**Glass**

**ADVANTAGE**

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**DISADVANTAGE**

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**(Turn over)**











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**END OF PAPER**

**(Turn over)**







