



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

Question	Maximum Mark	Mark Awarded
1.	12	
2.	11	
3.	11	
4.	11	
5.	6	
6.	12	
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.

(Turn over)

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]

INGREDIENT	FUNCTION
(i) Yeast	
(ii) Sugar	
(iii) Salt	

(Turn over)

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

(i) _____

(ii) _____

(iii) _____

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

(i) _____

(ii) _____

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

_____ .

(ii) _____ is important to transport oxygen around the body.

(iii) _____ is needed to maintain healthy skin and eyesight.

(Turn over)

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

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

(i) _____

(ii) _____

2 (c) (iii)

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

(Turn over)

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

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

(a) Identify the fruit with the largest amount of vitamin C per 100 g. [1 mark]

4 (a) Give **THREE** reasons why breakfast is important.

[3 marks]

(i) _____

(ii) _____

(iii) _____

(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

Explain TWO ways Morgan’s breakfast could be adapted to meet current dietary guidelines.

[4 marks]

(Turn over)

4 (c)

(Turn over)

5 (a) Name TWO nutrients that provide energy.

[2 marks]

(i) _____

(ii) _____

(b) Explain the term energy balance. [2 marks]

(Turn over)

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

(i) _____

(ii) _____

7 (a) Give THREE functions of food packaging.

[3 marks]

(i) _____

(ii) _____

(iii) _____

(Turn over)

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

[4 marks]

(i) Cardboard

ADVANTAGE

DISADVANTAGE

(Turn over)

7 (b) (ii)

Glass

ADVANTAGE

DISADVANTAGE
