



**GCSE**

**3560UA0-1**

**WEDNESDAY, 19 JUNE 2024 – 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 \_\_\_\_\_

<b>For Examiner's use only</b>		
<b>Question</b>	<b>Maximum Mark</b>	<b>Mark Awarded</b>
<b>1.</b>	<b>12</b>	
<b>2.</b>	<b>8</b>	
<b>3.</b>	<b>12</b>	
<b>4.</b>	<b>9</b>	
<b>5.</b>	<b>9</b>	
<b>6.</b>	<b>10</b>	
<b>7.</b>	<b>10</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)**

# SECTION A VISUAL STIMULI

## Pastries with egg custard fillings



**(Turn over)**

**SECTION A**

**Answer ALL questions.**

- 1. (a) Complete the chart below to identify the function or ingredient used when making egg custard tarts. An example has been done for you.**

**[3 marks]**

<b>INGREDIENT</b>	<b>FUNCTION</b>
<b>(i) Flour</b>	<b>Structure/ bulking</b>
<b>(ii) _____</b>	<b>Shortening</b>
<b>Eggs</b>	<b>(iii) _____</b>
<b>(iv) _____</b>	<b>Caramelization</b>

**(Turn over)**

**1 (b) Milk is used in an egg custard tart. State TWO main nutrients found in milk. [2 marks]**

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

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

**1 (c) Describe TWO ways an egg custard tart recipe could be adapted to follow current dietary guidelines. [4 marks]**

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

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\_\_\_\_\_

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**(ii)**

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**1 (d) Give THREE reasons why eggs are an important food commodity. [3 marks]**

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

\_\_\_\_\_

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

\_\_\_\_\_

**(iii)** \_\_\_\_\_

\_\_\_\_\_

**SECTION B**

**Answer ALL questions.**

**2. (a) Name the equipment shown below.  
[1 mark]**



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**(Turn over)**





**2 (c) Name THREE high-risk foods.  
[3 marks]**

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

\_\_\_\_\_

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

\_\_\_\_\_

**(iii)** \_\_\_\_\_

\_\_\_\_\_

**3. (a) Name the GAS that causes bread to rise. [1 mark]**

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**3 (b) State THREE methods for incorporating air into food products. Give an example for each. [6 marks]**

**(i) Method**

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**Example**

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**(ii) Method**

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**Example**

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**(iii) Method**

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**Example**

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**(Turn over)**

**3 (c) Name TWO food products that  
rely on steam as the raising agent.  
[2 marks]**

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

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





**4. (a) Name THREE types of food additives. [3 marks]**

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

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

**(iii)** \_\_\_\_\_

**(b) Evaluate the use of additives. Make reference to the manufacturer and the consumer in your response.**

**[6 marks]**

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**(Turn over)**





<b>TIME</b>	<b>FOOD/DRINK</b>	<b>ACTIVITY/ADDITIONAL INFORMATION</b>
<b>Breakfast</b>	<b>Espresso coffee with 2 sugars and a Danish pastry</b>	<b>Some mornings he does not have time for breakfast as he struggles to get out of bed</b>
<b>Lunch</b>	<b>Beefburger and fries from the on-site food van Chocolate bar Energy drink</b>	<b>Working on site</b>
<b>Evening meal</b>	<b>Delivery app takeaway pizza with a large fizzy drink and cookie dough dessert</b>	<b>Relaxes at home playing on-line games</b>
<b>Bedtime</b>	<b>Double espresso coffee and biscuits</b>	<b>Goes to bed at 11.30 pm but ends up “gaming” until the early hours</b>
<b>Throughout the day</b>	<b>Water: 500 ml</b>	

**5. Read the following case study.**

**Rhys is 19 years of age. He is a construction apprentice on a building site. He plays badminton for his local club. He likes to play computer games online and is a keen TikTok fan. A typical day in terms of diet and routine is shown opposite.**

**Analyse the information shown opposite and discuss the changes Rhys could make to his diet and lifestyle to meet government guidelines. [9 marks]**

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**6. (a) State TWO functions of carbohydrates in the diet. [2 marks]**

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

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

**(b) Name TWO health conditions that may be caused by a lack of dietary fibre (NSP). [2 marks]**

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

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



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**7. (a) Name TWO products that can be made from soya beans. [2 marks]**

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

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

**(b) Suggest TWO ingredients you could use with soya to enhance its flavour. [2 marks]**

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

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

**(Turn over)**

**7 (c) Plant-based products have grown in popularity in recent years.**

**Discuss why eating plant-based foods is now a popular option.**

**[6 marks]**

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**(Turn over)**

- 8. Over recent years the cost of living has increased, which has impacted on food choice.**

**Assess ways in which consumers can reduce their costs when shopping for food and cooking meals. [10 marks]**

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**END OF PAPER**

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