



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 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	12	
2.	8	
3.	12	
4.	9	
5.	9	
6.	10	
7.	10	
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

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]

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

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

(i) _____

(ii) _____

(Turn over)

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

(i) _____

(ii) _____

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]



(b) Explain how and why the equipment shown above is used when cooking food. [4 marks]

(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]

(b) State **THREE** methods for incorporating air into food products.

Give an example for each. [6 marks]

(i) Method

Example

(ii) Method

Example

(iii) Method

Example

(Turn over)

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

(i) _____

(ii) _____

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

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) _____



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) _____

END OF PAPER

(Turn over)

