



GCSE

3560UA0-1

MONDAY, 20 JUNE 2022 – AFTERNOON

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.	12	
3.	7	
4.	9	
5.	12	
6.	10	
7.	8	
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

SAUCE-MAKING MOOD BOARD



SECTION A

Answer ALL questions.

1 (a) State TWO different methods for making a cheese sauce. [2 marks]

(i) _____

(ii) _____

(b) Name ONE ingredient that is used to thicken a cheese sauce. [1 mark]

(Turn over)

- 1 (c) Many problems can occur when making a cheese sauce.

Complete the table below to match the problem to the **CORRECT** cause. [4 marks]

If you think the answer to 1 is A write A in the box.

	Problem		Cause
1.	Sauce is lumpy.	<input type="checkbox"/>	A. Mistake when weighing ingredients.
2.	Sauce tastes floury.	<input type="checkbox"/>	B. Flour and fat not cooked enough.
3.	Sauce is too thick.	<input type="checkbox"/>	C. No seasoning added to sauce.
4.	Sauce lacks flavour.	<input type="checkbox"/>	D. Sauce not stirred during making.

(Turn over)

1 (d) Give **THREE** reasons why a sauce is used in some dishes. [3 marks]

(i) _____

(ii) _____

(iii) _____

1 (e) Cheese is often added to a white sauce.

Suggest TWO other ingredients that could be added to flavour a white sauce. [2 marks]

(i) _____

(ii) _____

SECTION B

Answer ALL questions.

2 (a) Name THREE bacteria that could cause food poisoning. [3 marks]

(i) _____

(ii) _____

(iii) _____

(Turn over)

2 (b) Identify TWO symptoms of food poisoning.

[2 marks]

(i) _____

(ii) _____

2 (c) **Bacterial Activity** occurs at different temperatures.

Complete the table by placing a tick (✓) in the correct box to show which are true or false.

[3 marks]

BACTERIAL ACTIVITY	TRUE	FALSE
(i) Bacterial activity is high between the temperatures of 5-63°C		
(ii) All bacteria are destroyed at temperatures below -18°C		
(iii) Bacterial activity slows down at temperatures between 0-5°C		

(Turn over)

2 (d) Explain how the following microorganisms are used in the food industry.

(i) Yeast [2 marks]

2 (d) (ii)

Mould [2 marks]

3 (a) Name the type of heat transference for each method of cooking shown below. [3 marks]

COOKING METHOD	HEAT TRANSFER
(i) Boiling	
(ii) Roasting	
(iii) Grilling	

(Turn over)

3 (b) State TWO advantages of steaming green vegetables. [2 marks]

(i) _____

(ii) _____

3 (b) Give TWO reasons why grilling is a healthier method of cooking than frying. [2 marks]

(i) _____

(ii) _____

4 (a) Give TWO reasons why food is packaged.

[2 marks]

(i)

(ii)

4 (b) Evaluate the use of the following types of packaging. [4 marks]

(i) Modified Atmosphere Packaging

4 (b) (ii)

Canning

4 (c) Name THREE pieces of information that must be included on a food label. [3 marks]

(i) _____

(ii) _____

(iii) _____

6 (b) Assess reasons why some children in Wales are living in households experiencing food poverty.

[4 marks]

(Turn over)

7 (a) State TWO reasons why someone may choose to follow a vegan diet. [2 marks]

(i) _____

(ii) _____

(b) Discuss ways in which a vegan can achieve a balanced diet. [6 marks]

8. Dylan is a 21-year-old student who enjoys an active lifestyle which includes playing rugby for a local team.

MEAL	A SAMPLE OF DYLAN'S DAILY DIET
Breakfast	Chocolate cereal with semi-skimmed milk White toast with butter and jam Cup of tea with 2 sugars
Lunch	'Take away' beef burger with fries and a strawberry milkshake
Evening meal	Supermarket-bought chicken curry with rice Naan bread Can of fizzy sugary drink
Snacks throughout the day	Sausage roll, 1 apple and a small bottle of water

