



GCSE

3560UA0-1

MONDAY, 10 JUNE 2019 – MORNING

FOOD AND NUTRITION

Unit 1 – Principles of Food and Nutrition

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

Surname _____

Other Names _____

Centre Number _____

Candidate Number 0 _____

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	12	
2.	6	
3.	8	
4.	8	
5.	9	
6.	13	
7.	14	
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.

SECTION A VISUAL STIMULI

PASTA MOOD BOARD



SECTION A

Answer ALL questions.

1(a) State the main ingredient used in fresh pasta. [1]

(b) Suggest ONE natural ingredient often used to colour fresh pasta. [1]

1(c) Name TWO different traditional pasta shapes. [2]

(i) _____

(ii) _____

1(d) Explain why pasta is unsuitable for a person with coeliac disease. [3]

COLLAPSED VICTORIA SPONGE



INGREDIENTS

100g caster sugar
100g self-raising flour
100g butter
2 eggs

SECTION B

Answer ALL questions.

2. The ingredients opposite are used to make a Victoria Sponge cake using the CREAMING METHOD.

(a) State TWO functions of sugar in this recipe. [2]

(i) _____

(ii) _____

2(b) Identify ONE ingredient that provides protein. [1]

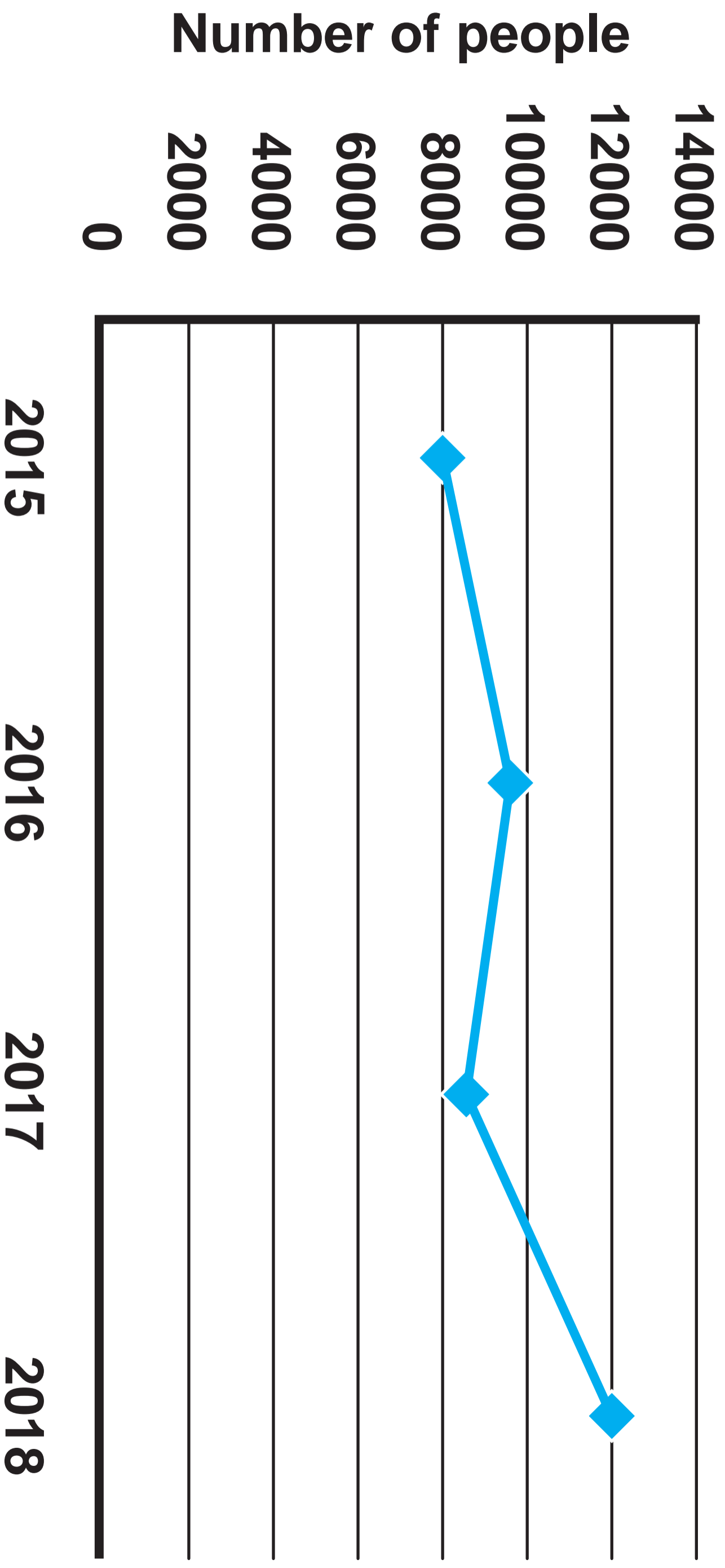
(c) Give THREE reasons why a Victoria Sponge cake may collapse in the centre. [3]

(i) _____

2(c)(ii)

(iii)

Number of people buying ready meals



4(a) Describe the changes to the sales of ready meals as shown in the graph opposite. [2]

(b) Discuss and evaluate how food manufacturers have expanded the range of ready meals in order to meet consumer needs. [6]

6(a) Name TWO food poisoning bacteria. [2]

(i) _____

(ii) _____

6(b) Identify THREE factors that bacteria need to grow. [3]

(i) _____

(ii) _____

(iii) _____

- 7. Emulsification and Aeration are two examples of the functions of eggs.**
- (a) Name a food product that relies on these functions and explain how each process works.**

