

Section A

Answer **all** questions.

You are advised to spend no longer than 45 minutes on Section A.

- 1 State the term used to describe a diet that contains all nutrients in the correct proportion.

..... [1]

- 2 A high salt intake can lead to high blood pressure (hypertension).

- (a) Name a mineral that helps to reduce blood pressure.

..... [1]

- (b) One way to reduce salt intake is to replace salt with herbs to flavour savoury food.
Name **four** herbs that could be used to flavour a tomato-based sauce.

1

2

3

4

[4]

[Total: 5]

- 3 Disaccharides are sugars.

- (a) Name **two** disaccharides.

1

2

[2]

- (b) Describe **three** effects of moist heat on sugar.

1

2

3

[3]

[Total: 5]

- 4 (a) Name the type of fat that does **not** contain any carbon-to-carbon double bonds.

..... [1]

- (b) Name **three** different foods that are a good source of the type of fat named in (a).

1

2

3

[3]

- (c) During digestion, fat must be emulsified.
State the name of the substance that emulsifies fat.

..... [1]

[Total: 5]

- 5 (a) State **two** different functions of vitamin B₂ (riboflavin).

1

2

[2]

- (b) State **three** different health problems caused by a deficiency of vitamin B₂.

1

2

3

[3]

[Total: 5]

6 Vitamin C is found in cabbage.

(a) Name the deficiency disease caused by a poor supply of vitamin C.

..... [1]

(b) State and explain **five** guidelines to reduce loss of vitamin C when cooking cabbage.

1

.....

2

.....

3

.....

4

.....

5

.....

[10]

[Total: 11]

7 State a reason for each of the following dietary guidelines that are often given to lactating women.

(a) Drink lots of water.

reason

.....

..... [1]

(b) Eat no more than two portions of oily fish per week.

reason

.....

..... [1]

(c) Eat a diet rich in calcium.

reason

.....

..... [1]

(d) Eat a diet rich in iron.

reason
.....
..... [1]

(e) Eat a diet rich in vitamin D.

reason
.....
..... [1]

(f) Eat an average of an extra 300 to 400 kcal per day.

reason
.....
..... [1]

(g) Eat a diet that is high in fibre.

reason
.....
..... [1]

(h) Check labels on processed foods.

reason
.....
..... [1]

[Total: 8]

Section B

Answer **all** questions.

- 8 The following ingredients can be used to make small cakes.

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

- (a) Name the ingredient in the small cakes that provides the most energy.

..... [1]

- (b) Spices can be added to the cake mixture to vary the flavour of the small cakes. Suggest **two** other different ways to vary the flavour of the cake mixture.

1

2 [2]

- (c) Give instructions on how to make the cake mixture using the creaming method.

.....
.....
.....
.....
.....
.....
.....
..... [6]

- (d) Name the ingredient in the mixture that causes coagulation to occur during baking.

..... [1]

- (e) Name the ingredient in the mixture that causes dextrinisation to occur during baking.

..... [1]

- (f) Name **two** ingredients in the mixture that cause the Maillard reaction to occur during baking.
- 1
- 2 [2]

- (g) Describe **two** effects of the Maillard reaction on the finished cakes.
- 1
- 2 [2]

- (h) Name **one** method of heat transference that occurs when the cakes are baking in the oven.
- [1]

- (i) State **four** reasons why the cakes may have a close, heavy texture after baking.
- 1
- 2
- 3
- 4 [4]

- (j) State **one** reason why it is important to use a wire rack to cool cakes.
- [1]

- (k) Give **two** guidelines for how the cakes should be stored to keep them in good condition.
- 1
- 2 [2]

[Total: 23]

- 9 A person's choice of diet is often affected by religious beliefs.

Name the religion associated with each of the following:

- (a) eating kosher food

..... [1]

- (b) eating fish on Friday

..... [1]

- (c) fasting during Ramadan.

..... [1]

[Total: 3]

- 10 Sushi can be made using fish, vegetables, cooked rice and seaweed.

- (a) Name **one** mineral found in seaweed.

..... [1]

- (b) Name **one** vitamin found in rice.

..... [1]

- (c) State **two** reasons why cooked rice is considered a high-risk food for food poisoning.

1

2 [2]

- (d) A consumer purchases sushi for consumption later the same day.
State the storage temperature needed for the sushi to prevent food poisoning.

..... [1]

- (e) Name **three** shellfish that can be used to make sushi.

1

2

3 [3]

[Total: 8]

11 Yeast is an important ingredient when making bread.

(a) State **two** conditions required for yeast to ferment.

1

2 [2]

(b) Name the gas yeast produces during the process of fermentation.

..... [1]

[Total: 3]

12 Plastic can be used to package convenience food.

(a) Name **two** other different materials that can be used to package convenience food.

1

2 [2]

(b) State **six** reasons why plastic is a suitable material for packaging convenience food.

1

2

3

4

5

6 [6]

[Total: 8]

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