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Section A

Answer **all** questions.

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

- 1 (a) Name the deficiency disease associated with a lack of vitamin A.

..... [1]

- (b) Complete the table by naming **four** other different deficiency diseases and identifying the nutrient that is in poor supply for each.

deficiency disease	nutrient in poor supply

[8]

[Total: 9]

- 2 Name **one** plant food that is a good source of high biological value (HBV) protein.

..... [1]

- 3 (a) State **three** possible effects on the body of eating too little carbohydrate.

1

2

3

[3]

- (b) State **one** reason why B-group vitamins should be eaten with carbohydrate food.

..... [1]

- (c) Potatoes are a good source of vitamin B₁ (thiamin).

Name **three** other different plant foods that provide vitamin B₁.

1

2

3

[3]

[Total: 7]

4 State **four** ways that Dietary Reference Values (DRVs) are useful when planning meals.

- 1
- 2
- 3
- 4 [4]

5 Making cheese is a method of preserving milk.

(a) Name **two** minerals that are found in cheese.

- 1
- 2 [2]

(b) Name **one** vitamin that is found in cheese.

..... [1]

(c) Name **one** nutrient that is **not** found in cheese.

..... [1]

(d) Name the enzyme used to set cheese.

..... [1]

[Total: 5]

6 The recommended daily intake of salt is 3–6g.

State **three** ways consuming too much salt can affect health.

- 1
- 2
- 3 [3]

7 Name **two** enzymes in the ileum that are involved in the digestion of starch.

- 1
- 2 [2]

- 8 State **three** reasons why active teenage boys are recommended to follow each of the following dietary guidelines.

(a) Eat a diet high in protein.

reason 1

.....

reason 2

.....

reason 3

.....

[3]

(b) Drink lots of water.

reason 1

.....

reason 2

.....

reason 3

.....

[3]

(c) Eat a diet high in calcium.

reason 1

.....

reason 2

.....

reason 3

.....

[3]

[Total: 9]

Section B

Answer **all** questions.

- 9 When making a cake by the melting method, fat, syrup and sugar are heated and then added to dry ingredients.

(a) Name **four** types of sugar that can be used when making a cake by the melting method.

- 1
- 2
- 3
- 4 [4]

(b) State **five** functions of sugar in a cake recipe.

- 1
- 2
- 3
- 4
- 5 [5]

(c) State **one** function of sugar in the body.

- [1]

(d) State **two** health problems that may be caused by too high an intake of sugar.

- 1
- 2 [2]

(e) Melted mixtures usually produce a cake with a dense texture.

Name **one** mechanical and **one** chemical method of lightening a cake made by the melting method.

- mechanical
- chemical [2]

[Total: 14]

10 It is important to use correct proportions when making a white roux sauce.

(a) Complete the ingredients list for making a white roux sauce that is suitable for coating.

25 g plain flour

..... g butter

250 ml

[2]

(b) Identify **one** ingredient in the sauce that is unsuitable for a coeliac.

..... [1]

(c) Give **four** qualities of a successful white roux sauce.

1

2

3

4

[4]

(d) Describe how the sauce thickens during cooking.

.....

.....

.....

.....

.....

..... [4]

- (e) Many ready-made sauces contain additives.

State **two** reasons why each of the following types of additives are used in ready-made sauces.

- (i) flavours

1
2
[2]

- (ii) colours

1
2
[2]

[Total: 15]

- 11 Food poisoning can be caused by cross-contamination.

Give **three** different examples of how cross-contamination can occur.

1
2
3
[3]

12 Using a pressure cooker is one method of cooking that minimises loss of nutrients.

(a) Name **two** other methods of cooking that minimise loss of nutrients.

1

2 [2]

(b) Explain the principles involved in pressure cooking.

.....

.....

.....

.....

.....

.....

.....

..... [5]

[Total: 7]

13 Explain **two** benefits to the consumer of each of the following pieces of information that can be found on a food label.

(a) product name or description

1

2 [2]

(b) cooking instructions

1

2 [2]

(c) country of origin

1

2 [2]

[Total: 6]

14 Fats and oils are an important commodity.

- [15]

15 Discuss methods of reducing or conserving fuel energy when cooking family meals.

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