READ THESE INSTRUCTIONS FIRST

Write your Centre number, candidate number and name on all the work you hand in.
Write in dark blue or black pen.
You may use a soft pencil for any diagrams or graphs.
Do not use staples, paper clips, highlighters, glue or correction fluid.
DO NOT WRITE IN ANY BARCODES.

Section A
Answer all parts of Question 1.
You are advised to spend no longer than 45 minutes on Section A.

Section B
Answer any four questions.
Write your answer on the separate Answer Booklet/Paper provided.
Enter the numbers of the Section B questions you have answered in the grid below.

At the end of the examination, fasten all your work securely together.
The number of marks is given in brackets [ ] at the end of each question or part question.

For Examiner's Use
Section A
Section B
Total
SECTION A

Answer all questions.

1 (a) What is a balanced diet?

(b) (i) Name four of the elements which make up protein.

   1 ... 2 ... 3 ... 4 ...

(ii) State four functions of protein.

   1 2 3 4 ...

(iii) What are High Biological Value (HBV) proteins?

   ...

(iv) Name four examples of HBV protein foods.

   1 2 3 4 ...

(v) What are Low Biological Value (LBV) proteins?

   ...

(vi) Name two examples of LBV protein foods.

   1 2 ...

(vii) Describe the digestion and absorption of protein.

............................................................................................................................................. [5]

(c) (i) State three functions of calcium.

1 .............................................................................................................................................

2 .............................................................................................................................................

3 ............................................................................................................................................. [3]

(ii) Name four sources of calcium.

1 ............................................................................................................................................. 2 ........... .... .... .... .... .... .... .... .... .... ........... 

3 ............................................................................................................................................. 4 ............................................................................................................................................. [2]

(iii) Name one disease associated with a deficiency of calcium.

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

(iv) Describe the symptoms of the disease named in (iii).

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.............................................................................................................................................

............................................................................................................................................. [2]

(v) Identify the vitamin that helps the absorption of calcium.

............................................................................................................................................. [1]
(vi) Give four sources of this vitamin.

1  .................................................................................................................................

2  .................................................................................................................................

3  .................................................................................................................................

4  ................................................................................................................................. [2]

(d) It is recommended that the amount of saturated fat in the diet should be reduced.

(i) Give reasons for this advice.

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........................................................................................................................................ [3]

(ii) Suggest four ways to reduce the amount of fat in the diet.

1  ...........................................................................................................................................

2  ...........................................................................................................................................

3  ...........................................................................................................................................

4  ........................................................................................................................................... [2]
(e) State, with reasons, the special nutritional needs of young children.
Section B

Answer four questions.

2 (a) State four reasons for serving sauces and give an example for each reason. [4]

(b) The following ingredients can be used to make cheese sauce.

25g flour
25g margarine
250 ml milk
50g cheese

Describe, with reasons, how to make cheese sauce by the roux method. [4]

(c) Name two dishes, which include cheese sauce. [1]

(d) Suggest three reasons for a lumpy sauce. [3]

(e) Identify three different ways to reduce the amount of fat in the cheese sauce. [3]

3 Cereals are included in diets throughout the world.

(a) List six reasons for the importance of cereals. [3]

(b) Name four different cereals. [2]

(c) Give advice on the storage of cereals in the home. [4]

(d) Identify three different types of flour. State two facts about each flour and give one example of its use. [6]

4 Write an informative paragraph on each of the following:

(a) ways of conserving vitamin C when preparing, cooking and serving green vegetables; [5]

(b) different uses of sugar in cooking; [5]

(c) the importance of food labelling. [5]
5  (a) State **four** reasons for preserving food.  

(b) Freezing is a popular method of preservation.
   
   (i) State and explain **four** rules to follow when freezing food at home.
   
   (ii) State the temperature for storing food in a domestic freezer.
   
   (iii) Explain why freezing delays food spoilage.
   
   (iv) Identify the information which should be stated on a frozen food label.
   
   (v) Discuss the types of packaging suitable for use in a freezer.

6  Money, time and fuel should be used carefully when planning and preparing meals. Discuss this under the following headings:

(a) saving money when choosing food;

(b) saving time when preparing and cooking food;

(c) saving fuel when cooking food.

7  (a) State the importance of raising agents.

(b) List **five** different ways of introducing air into mixtures and give **one** example of the use of each.

(c) State and explain **five** rules to follow when making bread using yeast.

(d) Discuss the composition, use and storage of baking powder.

[Section B Total: 60]

[Paper Total: 100]