Surname	Centre Number	Candidate Number
Other Names		0



GCSE - NEW

3560UA0-1



FOOD AND NUTRITION Unit 1 – Principles of Food and Nutrition

THURSDAY, 14 JUNE 2018 - AFTERNOON

1 hour 30 minutes

For Examiner's use only					
Question	Maximum Mark	Mark Awarded			
1.	12				
2.	8				
3.	15				
4.	12				
5.	8				
6.	8				
7.	7				
8.	10				
Total	80				

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen. Do not use correction fluid.

Answer ALL questions.

Write your name, centre number and candidate number in the spaces at the top of this page.

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

Scone making













SECTION A

Answer all questions.

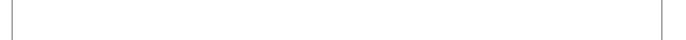
- 1. (a) Identify the method of cake making used when making scones. [1]
 - (b) Standard ingredients are used when making scones. Complete the chart below. [3]

Ingredient	Function
(i) Flour	
(ii) Fat	
(iii) Milk	

(c) Name **one** ingredient that can add flavour to:

(i)	a sweet scone	[1
(1)		

-) a **savoury** scone[1]
- (d) State two ways of ensuring air is incorporated into the mixture when making scones. [2]
 - (1)
 - (ii)





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Explain two characteristics of scones made using wholemeal flour.	[4]
(i)	
(ii)	<u>.</u>



SECTION B

Answer all questions.

2. The following ingredients are used to make a lemon cheesecake.

<u>Cheesecake</u>	<u>Ingredients</u>
	150g digestive biscuits 75g butter 250g full fat cream cheese 150ml double cream 1 lemon 75g caster sugar

(a)	Identity one ingredient that provides a good source of calcium.	[1]
(b)	Identify one ingredient that provides dietary fibre (NSP).	[1]
(c)	State two changes to the ingredients that would lower the fat content of the cheesecake. (i) (ii)	
(d)	Identify why this cheesecake would not be suitable for someone who is lactose intolerant.	[1]
•••••		



(e) Explain the factors to consider when whipping double cream.	[3]



	Classification	Example	
	(i) Stoned		
((ii)	Orange	
(i	iii) Dried		
(b) (Once cut or peeled, apples discol	our. State the correct term for this process.	
<i>(c)</i> lo	dentify one way in which this prod	cess can be prevented.	
(d) [Discuss ways in which fruit can b	e incorporated into the daily diet.	



Turn over.

(e)	Discuss and consumer.	evaluate the	e range of p	processed f	ruit products	s currently a	vailable to the [6]
•••••							
•••••							
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(a)	Desc	cribe the differences between a macro-nutrient and a micro-nutrient.	
(b)	Expl	ain the role of two macro-nutrients in the daily diet.	
	(i)	Name of macro-nutrient	
		Role	
	(ii)	Name of macro-nutrient	
		Role	
	•••••		



(c) Explain how different complementary nutrients work together.	[6]



11 Examiner only A banana is one example of a food that can end up travelling more than 4000 miles around the world before landing in a shopping basket.
Assess the impact of importing foods from other countries and suggest how customers can be more environmentally friendly when food shopping. [8]





Chic	ken is the most widely eaten type of poultry in the world.	
(a)	Give three reasons why chicken is a popular commodity.	[3
	(i)	
	(ii)	
	(iii)	
(b)	Explain how raw chicken should be stored and prepared to reduce food safety risks.	[5
•••••		



	Exa o



The average household throws away more than 14 kilograms of food packaging every week. Assess ways in which both the consumer and the food manufacturer are attempting to reduce the impact of food packaging waste on the environment. [7]



Exa



Evaluate diet an	d lifestyle changes that individuals would need to follow to reduce the risk	(O
Cardio Vascular	Disease.	[10]
		•••••
•••••		



	Examiner only
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