



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE

FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Wednesday 19 June 2024

Morning

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:

- a black pen
- a pencil.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	



J U N 2 4 8 5 8 5 W 0 1

Section A consists of multiple-choice questions.





Answer **all** questions in this section.


There are 20 marks available.


Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD 

WRONG METHODS    

If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

For each question you should shade in **one** box.

An example is shown below.

Which food is high in protein?

A Cabbage

☐

B Cheese

☒

C Cucumber

☐

D Oranges

☐

0 1 . 1 Which ingredient would add dietary fibre to a pizza?

[1 mark]

A Grated cheese

☐

B Sliced ham

☐

C Spicy chicken

☐

D Wholemeal flour

☐


0 1 . 2 Vegetable oil is a good source of which vitamin?

[1 mark]

A Vitamin B2

☐

B Vitamin B9

☐

C Vitamin C

☐

D Vitamin E

☐

0 1 . 3 What is the maximum daily amount of salt recommended for an adult?

[1 mark]

A 6 g

☐

B 7 g

☐

C 8 g

☐

D 9 g

☐

0 1 . 4 A starch based sauce will thicken when heated due to which process?

[1 mark]

A Coagulation

☐

B Dextrinisation

☐

C Emulsification

☐

D Gelatinisation

☐

0 1 . 5 Which mineral is plain flour fortified with?

[1 mark]

A Fluoride

☐

B Iodine

☐

C Iron

☐

D Phosphorus

☐

Turn over ►



0 1 . 6 Which food uses steam as the main raising agent?

[1 mark]

A Cheese scones

☐

B Jam doughnuts

☐

C Swiss roll

☐

D Yorkshire pudding

☐

0 1 . 7 Bacteria grow and multiply rapidly in food in conditions that are

[1 mark]

A acidic.

☐

B alkaline.

☐

C light.

☐

D moist.

☐

0 1 . 8 The ability for a fat to be spread or shaped is known as

[1 mark]

A aeration.

☐

B emulsification.

☐

C plasticity.

☐

D shortening.

☐

0 1 . 9 Which of the following are dry methods of cooking?

[1 mark]

A Baking and grilling

☐

B Blanching and simmering

☐

C Boiling and steaming

☐

D Braising and poaching

☐

0 1 . 1 0 Which vegetable is quickly affected by enzymic browning after chopping?

[1 mark]

A Broccoli

☐

B Cabbage

☐

C Carrot

☐

D Potato

☐

0 1 . 1 1 Which condition can calcium deficiency lead to?

[1 mark]

A Beri-beri

☐

B Goitre

☐

C Osteoporosis

☐

D Pellagra

☐

0 1 . 1 2 What is the recommended maximum percentage of energy from fat?

[1 mark]

A 15%

☐

B 25%

☐

C 35%

☐

D 45%

☐

0 1 . 1 3 What is the temperature range where bacteria multiply rapidly?

[1 mark]

A 3 °C to 61 °C

☐

B 5 °C to 63 °C

☐

C 7 °C to 65 °C

☐

D 9 °C to 67 °C

☐

Turn over ►



0 1 . 1 4 Which is an example of a primary processed food?

[1 mark]

A Bread rolls

☐

B Dried pasta

☐

C Pasteurised milk

☐

D Strawberry jam

☐

0 1 . 1 5 Which information is **not** a legal requirement on a food packaging label?

[1 mark]

A List of ingredients

☐

B Serving suggestions

☐

C Storage instructions

☐

D Weight of the product

☐

0 1 . 1 6 Night blindness is caused by a deficiency of which vitamin?

[1 mark]

A Vitamin A

☐

B Vitamin C

☐

C Vitamin D

☐

D Vitamin K

☐

0 1 . 1 7 Which of the following is a feature of organic farming?

[1 mark]

A Altering plant DNA

☐

B Rotation of crops

☐

C Spraying chemical pesticides

☐

D Using artificial fertilisers

☐

0 1 . 1 8 Which of the following is a popular Italian dish?

[1 mark]

A Curry

☐

B Fajitas

☐

C Lasagne

☐

D Paella

☐

0 1 . 1 9 The amount of energy we use for movement each day is known as

[1 mark]

A BMR

☐

B DRV

☐

C PAL

☐

D RNI

☐

0 1 . 2 0 Which vitamins can be lost when preparing and cooking vegetables?

[1 mark]

A Vitamins A and B

☐

B Vitamins B and C

☐

C Vitamins C and E

☐

D Vitamins D and K

☐

20

Turn over for the next question

Turn over ►



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Section B

Answer **all** questions in this section.

There are 80 marks available.

0 2 . 1

Name **two** food poisoning bacteria.

[2 marks]

1 _____

2 _____

0 2 . 2

Identify **two** symptoms of food poisoning.

[2 marks]

1 _____

2 _____

Question 2 continues on the next page

Turn over ►

0 2 . 3 For each possible cause of food poisoning:

- give **one** example of how food poisoning could occur
- explain why.

Do not repeat your answers.

[6 marks]

Possible cause of food poisoning	Example	Explanation
Personal hygiene		
Food storage		
Preparation and cooking of food		



[4 marks]

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14

Turn over ►



0 3 . 1 Identify **one** function for each of the following nutrients.

Do not repeat your answers.

[6 marks]

Nutrient	Function
Carbohydrate	
Fat	
Protein	
Iron	
Vitamin D	
Sodium	



[6 marks]

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Turn over ►



0 3 . 3

A care home for older people is going to add one of the following fish-based meals to the weekly menu:

- tuna and tomato pasta bake, topped with grated cheese
- battered cod and chips, served with peas.

Nutritional Information

Meals	Tuna and tomato pasta bake, topped with grated cheese.	Battered cod and chips, served with peas.
Ingredients	Wholemeal pasta, canned tuna (in spring water), chopped tomatoes, onion, sweetcorn, spinach, cheddar cheese, garlic, basil, salt and pepper.	Potato, cod fillet, milk, plain flour, egg, peas, oil, salt and pepper.
Energy (kcal)	602	859
Fat (g)	14	25
Saturated fat (g)	5	11
Carbohydrate (g)	89	65
Sugar (g)	10	4
Protein (g)	32	36
Fibre (g)	9	3
Salt (g)	0.7	1.1



- analyse the suitability of each meal for an older person
- evaluate which meal is the healthier choice, justifying your reasons.

[illegible]

Turn over ►



[illegible]

0	4	.	1
---	---	---	---

Identify **two** advantages and **two** disadvantages of genetically modified food.**[4 marks]**

Advantage 1

Advantage 2

Disadvantage 1

Disadvantage 2

Question 4 continues on the next page**Turn over ►**

Food security is when all people, at all times, have access to enough safe, affordable and nutritious food.

- Analyse how environmental factors and the production of food can impact food security.
- Evaluate how food and consumer choices can be more sustainable.

[8 marks]

[illegible]

[illegible]

Turn over ►



0	4	.	3
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State how food allergens are identified on food labels.

Explain why.

[2 marks]



0 4 . 4

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Using the packaging label for the strawberry trifle:

- identify **one** ingredient that is linked to each food intolerance/allergy
- suggest an alternative ingredient that could be used.

Do not repeat your answers.

[6 marks]

Food intolerance/allergy	Ingredient identified	Alternative ingredient
Gluten intolerance		
Lactose intolerance		
Nut allergy		

20

Turn over ►



0	5	.	1
---	---	---	---

Identify **four** different reasons why food is cooked.**[4 marks]**

Reason 1 _____

Reason 2 _____

Reason 3 _____

Reason 4 _____



[4 marks]

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8

Turn over ►



0 6 . 1

A cake is made using the following ingredients:

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

Identify **two** functions for each of the ingredients listed in the table.**Do not repeat your answers.****[6 marks]**

Ingredient	Function 1	Function 2
Butter		
Eggs		
Self-raising flour		



0 6 . 2

Explain the process of caramelisation when making a cake.

[4 marks]

Question 6 continues on the next page**Turn over ►**

0 6 . 3

Problems have occurred when making the cake.

Complete the table to identify **two** different reasons for each problem.**Do not repeat your answers.****[4 marks]**

Problem	Reasons for problem
Cake has not risen	1. 2.
Cake has a dry texture	1. 2.

14

END OF QUESTIONS

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