Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1





TUESDAY, 17 NOVEMBER 2020 - AFTERNOON

FOOD PREPARATION AND NUTRITION Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Examiner's use only				
Question	Maximum Mark	Mark Awarded		
1.	15			
2.	9			
3.	6			
4.	13			
5.	16			
6.	8			
7.	12			
8.	11			
9.	10			
Total	100			

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or 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 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.



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Section A Visual Stimuli Making Choux Pastry





Section A

Answer all questions

1. (a) Tick (J) the box next to each statement to show if it is **True** or **False**. [3]

	Choux Pastry	True	False
(i)	Cornflour is used to make choux pastry.		
(ii)	The water should be boiling when adding the flour.		
(iii)	The mixture should be cooled before adding the beaten egg.		

(b)	State	e one function of each of the following ingredients used when making choux pastry [3]
	(i)	water
	(ii)	eggs
	(iii)	flour
(c)	Give pastr (i)	one reason why each of the following problems may occur when making choury. The mixture is too thin to pipe or spoon onto the baking tray.
	(ii)	The cooked pastry has a dense, heavy texture.



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(C560UA0-1) Turn over.

C560UA01

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(e)	Éclairs and profiteroles are always filled be	fore serving.
	(i) State one type of fresh cream that co	ould be used.
	(ii) Name one ingredient used to flavour	Chantilly cream.
(f)	Outline two reasons why fresh cream é refrigerator.	clairs or profiteroles should be stored
	(i)	
	(ii)	



Section B

Answer all questions

2. Many supermarket cafés offer 'Meal Deals' where children can choose one item from each category.

MAIN MEALS	SNACKS	DRINKS
Mini cheese and tomato pizza	Crisps	Cola
Pasta Bolognese	Biscuit	Lemonade
Ham sandwich	Yogurt	Orange juice

(a)	Evaluate the nutritional value of the food choices available as part of the meal deal shabove.	own [4]
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•••••		
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(b) Discuss how parents can establish healthy eating habits with their children.	[5]



. ((a)	Nam (i)	ne the method of heat transference when: toasting bread	[3]	Examine only
		(ii)	steaming broccoli		
		(iii)	frying an egg		
((b)	Diffe Com	erent cooking methods give different outcomes. Appare the different sensory qualities between fried fish and poached fish.	[3]	
<u></u>					
•···					



<i>a</i> .	(ii)	Identify one micro-nutrient found in wheat.	г
4.			
(b)	Give	three health benefits of eating wholegrain cereals.	
	(i)		
	(ii)		
	(iii)		
(c)	Desc of wh	cribe what is meant by the term ' extraction rate ' of flour during the primary proces neat.	si
(d)	Som	e people have to avoid eating products containing gluten.	
	(i)	What is gluten?	
	(ii)	Name the diet related condition that affects the immune system of some pe when they eat gluten.	0
	(iii)	Identify two gluten-free cereal grains.	•••
		l	
		II.	



C560UA01 09

(e) Describe how using gluten-free flour could affect the texture of baked products.	[2]



(a)	Discuss the i	nutritional effec	cts of reducing	the intake of r	neat.	
(b)	Identify two	non onimal cou	urana of protoi	n alternatives i	used to replace	moat
(b)	(i)	non-animal sou	urces or protein	ii aileirialives i	ised to replace	ineat.
	(ii)					



(c)	Describe why the use of protein alternatives is on the increase.	[4]
d)	Food manufacturers invest considerable time and money in order to create successful alternative protein dishes. Describe two costs that are involved when developing a new product.	
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Е	British Food Fortnight is held annually to celebrate British food and drink.	
E	Evaluate the benefits of buying and eating food produced in Britain.	[8]
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Durir back	ng processing, raw foods lose some nutrients. Food manufacturers can add these nutrients during secondary processing.
(a)	State the term used when adding the lost nutrients back into food. [1]
(b)	The law requires that certain nutrients are added to margarine or spreads. Name one nutrient that is added to margarine or spreads. [1]
(c)	Antioxidants are also added to many processed foods. Give two reasons why food manufacturers use antioxidants in their products. [2]
	(ii)
(d)	Foods can be packaged in a variety of ways. Describe why packaging is important to food manufacturers and retailers. Use examples to support your answer. [8]



Exan
on



. Foo	d manufacturers and food outlets must follow strict regulations to keep the public safe.	
(a)	Name two food poisoning bacteria.	[2]
	(i)	
	(ii)	
(b)	State three ways a food handler can prevent cross contamination.	[3]
	(i)	
	(ii)	
	(iii)	
(c)	Food can be preserved in many ways. Discuss how a family can use freezing as a method of preservation to save money minimise waste.	and [6]
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	d retailers and restaurants use a range o	
platforms to communicate		uenced by advances in the
platforms to communicate Evaluate how the adverti	e with consumers. sing and purchasing of food has been infl gy (e.g. smartphones, computers and table	uenced by advances in the ets). [10]
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