



Please write clearly in block capitals.

Centre number

--	--	--	--	--

Candidate number

--	--	--	--

Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Tuesday 9 June 2020

Afternoon

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
01	
02	
03	
04	
05	
06	
TOTAL	



JUN208585W01

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 answer 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 Oranges



D Cucumber



0 1 . 1

Which is the correct definition of a 'use-by' date?

[1 mark]

A Food can be sold after this date.



B Food is safe to eat after this date.



C Food must be eaten by this date.



D Food will still be fresh after this date.



0 1 . 2

Which condition is required for bacteria to multiply rapidly?

[1 mark]

A Acid

B Alkaline

C Cold

D Warmth

0 1 . 3

Re-heated food must reach a core temperature of

[1 mark]

A 20°C

B 37°C

C 63°C

D 75°C

0 1 . 4

Vitamin C is also known as

[1 mark]

A acetic acid.

B ascorbic acid.

C citric acid.

D folic acid.

0 1 . 5

Phosphorus is needed in the body to

[1 mark]

A help good digestion.

B keep the skin healthy.

C maintain bones and teeth.

D protect red blood cells.

Turn over ►



0 1 . 6

Which food should be avoided on a low-salt diet?

[1 mark]

A Dried apricots

B Fresh salmon

C Frozen spinach

D Smoked bacon

0 1 . 7

The recommended **maximum** percentage of energy from fat per day is

[1 mark]

A 15%

B 25%

C 35%

D 50%

0 1 . 8

Which word describes the setting of protein?

[1 mark]

A Caramelisation

B Coagulation

C Dextrinisation

D Gelatinisation

0 1 . 9

The process which describes enzymic browning is

[1 mark]

A fermentation.

B germination.

C oxidation.

D preservation.



0 1 . 1 0 Which vitamins are often added to fat spreads?

[1 mark]

A A and B

B A and C

C A and D

D A and K

0 1 . 1 1 The **minimum** temperature when producing UHT milk is

[1 mark]

A 72°C

B 100°C

C 110°C

D 132°C

0 1 . 1 2 Emulsifiers are used in food production to

[1 mark]

A add colour.

B develop texture.

C improve flavour.

D increase sweetness.

0 1 . 1 3 Fat molecules are made up of one unit of glycerol and

[1 mark]

A one fatty acid.

B two fatty acids.

C three fatty acids.

D four fatty acids.

Turn over ►



0 1 . 1 4 Which of the following sugars is a disaccharide?

[1 mark]

- A Fructose
- B Galactose
- C Glucose
- D Lactose

0 1 . 1 5 Biscuits often have a crumbly texture when baked due to

[1 mark]

- A denaturation.
- B emulsification.
- C plasticity.
- D shortening.

0 1 . 1 6 Which food is a major allergen?

[1 mark]

- A Beans
- B Lentils
- C Nuts
- D Peas

0 1 . 1 7 Which farming method produces the greatest yield?

[1 mark]

- A Conventional
- B Free range
- C Intensive
- D Organic



0 1 . 1 8 Which is an example of a secondary processed food?

[1 mark]

A Bread

B Fruit

C Milk

D Rice

0 1 . 1 9 The religion of Judaism forbids which meat to be eaten?

[1 mark]

A Beef

B Chicken

C Lamb

D Pork

0 1 . 2 0 A discrimination test is used in sensory testing to

[1 mark]

A detect differences between foods.

B find out if people like a food.

C measure the strength of flavour.

D rank in order of preference.

20

Turn over for the next question

Turn over ►



Section BAnswer **all** questions in this section.

There are 80 marks available.

0 2 . 1Give three different rules for **storing** food safely in a fridge.**[3 marks]**

1 _____

2 _____

3 _____

0 2 . 2Give two different food safety rules when **preparing** raw chicken.**[2 marks]**

1 _____

2 _____

0 2 . 3Give two different food safety rules when **cooking** raw chicken.**[2 marks]**

1 _____

2 _____



0	2	.	4
---	---	---	---

Define the term cross-contamination.

[2 marks]

Question 2 continues on the next page**Turn over ►**

0 2 . 5

When making vegetable soup

- give two **different** examples of how cross-contamination could take place
- describe how this could be prevented.

[4 marks]

Complete the table below.

Example	Prevention
1.	
2.	



0 3 . 2

Explain how the following cooking methods prevent the loss of vitamins in vegetables.

[4 marks]

Steaming _____

Stir frying _____



0 3 . 3

Cheese is made from milk. Complete the table to explain what happens at the following stages of cheesemaking.

[6 marks]

An example has been completed for you.

Production stage	Explain the process
Milk is pasteurised	
Starter culture is added	<p>The starter culture or lemon juice is added to make the mixture acidic.</p> <p>The bacteria in the starter culture change the milk sugar into acid.</p>
Formation of curds and whey	
Ripening and maturing of the cheese	

Turn over ►

0 3 . 4

Eating an unbalanced diet can cause health problems.

Use the information below to answer the following question about a main meal for an adult.

[9 marks]

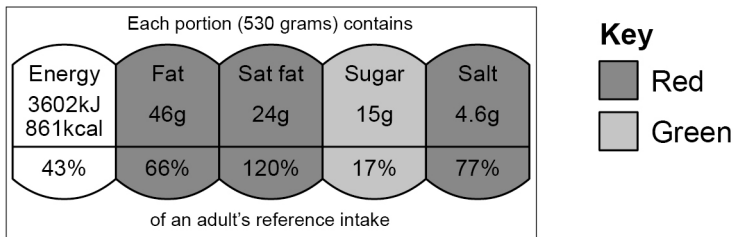
Lasagne and garlic bread

Ingredients

Lasagne
Minced beef, whole milk, chopped tomatoes, cheese, onion, egg lasagne sheets, double cream, bacon, tomato purée, flour, butter, vegetable oil, stock cube, garlic, salt, mixed herbs, mustard, pepper.

Garlic bread
White bread, butter, garlic, salt.

Nutrition label



With reference to the ingredients and nutrition label

- assess the suitability of this meal for an adult
- evaluate how regularly eating meals with similar nutritional values can **negatively** affect the health of adults.



0 4 . 1

Give three functions of starchy carbohydrates in the diet.

[3 marks]

1 _____

2 _____

3 _____

0 4 . 2

Discuss the healthy eating guidelines and their importance when planning meals for young children.

[6 marks]



*Do not write
outside the
box*

Question 4 continues on the next page

Turn over ►



0 4 . 3

You have made a custard tart using the recipe below. The tart has many faults:

- The pastry had an undercooked taste
- There was shrinkage in the pastry
- The pastry was tough
- The filling was lumpy and did not set.

Recipe

Pastry

200 g strong plain flour

100 g fat

50 ml water

Custard filling

700 ml milk

1 egg yolk

90 g caster sugar

Method – Pastry

1. Rub the fat into the flour.
2. Add the water; stir to form a dough; knead for 2 minutes.
3. Roll out the pastry.
4. Line the dish with the pastry.

Method – Filling

5. Boil the milk.
6. Beat the egg yolk and sugar together until pale and creamy.
7. Pour the boiling milk onto the egg yolk mixture.
8. Fill the tart to the top of the pastry with the egg mixture.
9. Bake at 140°C/Gas mark 1 for 25 minutes.

Analyse the ingredients and method.

- Why did these faults happen?
- Explain how you could prevent the faults, resulting in a better custard tart.

[11 marks]

The pastry had an undercooked taste _____



Do not write
outside the
box

There was shrinkage in the pastry _____

The pastry was tough _____

The filling was lumpy and did not set _____

20

Turn over ►



0 5

Heat is transferred to food in different ways.

Complete the table below.

- Explain how heat is transferred to food.
- Give an example of a cooking method. Do not repeat your answers.

[6 marks]

You may add labelled diagrams to support your answer.

Method of heat transfer	Explain how heat is transferred to food	Example of a cooking method
Conduction		
Convection		
Radiation		

6



0 6 . 3

Give two advantages and two disadvantages of buying fair trade ingredients and foods.

[4 marks]

Advantage 1 _____

Advantage 2 _____

Disadvantage 1 _____

Disadvantage 2 _____

16

END OF QUESTIONS



There are no questions printed on this page

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**



There are no questions printed on this page

*Do not write
outside the
box*

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2020 AQA and its licensors. All rights reserved.



2 8



2 0 6 G 8 5 8 5 / W

IB/M/Jun20/8585/W