

Please write clearly in block capitals.

School _____

Class _____

Name _____

Teacher _____

GCSE FOOD PREPARATION AND NUTRITION

FOOD & NUTRITION

Food Preparation and Nutrition · Written paper · 2019 original GCSE practice set

Suggested practice time: 1 hour 45 minutes

Materials

For this paper you must have:

- a pen.
- a calculator (where appropriate).
- no other materials are required.

Instructions

- Answer all questions in the spaces provided.
- Use black ink or black ball-point pen.
- Show your working where calculations are required.
- All questions and materials in this paper are original works written for practice and do not reproduce any real exam content.

Information

- The maximum mark for this paper is 100.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation.

For Examiner's Use	
Question	Mark
1	
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TOTAL	

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Answer all questions in the spaces provided.

1 Section A

Answer all questions in this section.

1.1

Which nutrient is the body's main source of energy? Shade one box. A Protein B Carbohydrate C Vitamin C D Calcium.

A ☐ B ☐ C ☐ D ☐

[1 mark]

2.1

At what temperatures can harmful bacteria multiply rapidly (the 'danger zone')? Shade one box. A -18 to 0 C B 5 to 63 C C 75 to 100 C D above 100 C.

A ☐ B ☐ C ☐ D ☐

[1 mark]

3.1

Which cooking method uses dry heat in an oven? Shade one box. A Boiling B Steaming C Baking D Poaching.

A ☐ B ☐ C ☐ D ☐

[1 mark]

4.1

Name two macronutrients.

[2 marks]

5.1

Give two sources of calcium in the diet.

[2 marks]

6.1

Describe how to prevent the growth of bacteria when preparing food.

[3 marks]

7.1

Explain why a teenager needs a diet that is high in calcium and iron.

[4 marks]

8.1

Explain how the functions of carbohydrates, protein and fat support a healthy body.

[5 marks]

9.1

Explain two consequences of a diet that contains too much sugar and fat.

[6 marks]

10.1

Plan a balanced main meal for a teenager and explain how it meets their nutritional needs.

[8 marks]

11.1

Evaluate the importance of a balanced diet for long-term health.

[9 marks]

12.1

Discuss the causes and effects of diet-related ill health in the UK, and how they could be reduced.

[12 marks]

13**Section B****Answer all questions in this section.****13.1**

Name two water-soluble vitamins.

[2 marks]

14.1

Describe the difference between a use-by date and a best-before date.

[3 marks]

15.1

Explain why protein is especially important for children and teenagers.

[4 marks]

16.1

Explain how a recipe could be adapted to reduce its salt, sugar and fat content.

[5 marks]

17.1

Explain two effects of not eating enough of a named nutrient (deficiency).

[6 marks]

18.1

Plan and explain a nutritious packed lunch for a primary-school child.

[8 marks]

19.1

Evaluate the importance of understanding food science when cooking and developing recipes.

[9 marks]

20.1

Evaluate the view that healthy eating is mainly the responsibility of the individual.

[9 marks]

END OF QUESTIONS