



Surname _____

Other Names _____

Centre Number _____

Candidate Number _____

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I declare this is my own work.

GCSE

FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

8585/W

Tuesday 9 June 2020 Afternoon

Time allowed: 1 hour 45 minutes

At the top of the page, write your surname and other names, your centre number, your candidate number and add your signature.

[Turn over]



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For this paper you must have:

- a black pen
- a pencil.

INSTRUCTIONS

- Use black ink or black ball-point pen.
- Answer ALL questions.
- You must answer the questions in the spaces provided. Do not write 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.

DO NOT TURN OVER UNTIL TOLD TO DO SO



SECTION A consists of multiple choice questions.

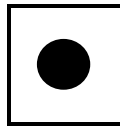
Answer ALL questions in this section.

There are 20 marks available.

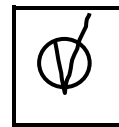
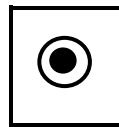
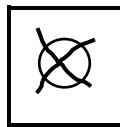
Only ONE answer per question is allowed.

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

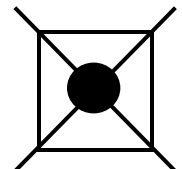
CORRECT METHOD



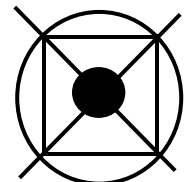
WRONG METHODS



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

[Turn over]



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.



01.2

Which condition is required for bacteria to multiply rapidly? [1 mark]

A Acid

B Alkaline

C Cold

D Warmth

[Turn over]



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**

01.4

Vitamin C is also known as [1 mark]

A acetic acid.**B ascorbic acid.****C citric acid.****D folic acid.****[Turn over]**

01.5

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.



01.6

Which food should be avoided on a low-salt diet? [1 mark]

A Dried apricots

B Fresh salmon

C Frozen spinach

D Smoked bacon

[Turn over]



01.7

The recommended **MAXIMUM** percentage of energy from fat per day is
[1 mark]

A 15%

B 25%

C 35%

D 50%



01.8

Which word describes the setting of protein? [1 mark]

A Caramelisation

B Coagulation

C Dextrinisation

D Gelatinisation

[Turn over]



01.9

The process which describes enzymic browning is [1 mark]

A fermentation.

B germination.

C oxidation.

D preservation.



01 . 10

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

[Turn over]



01 . 11

The MINIMUM temperature when producing UHT milk is [1 mark]

A 72°C

B 100°C

C 110°C

D 132°C



01 . 12

Emulsifiers are used in food production to [1 mark]

A add colour.

B develop texture.

C improve flavour.

D increase sweetness.

[Turn over]



01 . 13

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.



01 . 14

Which of the following sugars is a disaccharide? [1 mark]

A Fructose

B Galactose

C Glucose

D Lactose

[Turn over]



01 . 15

Biscuits often have a crumbly texture when baked due to [1 mark]

A denaturation.

B emulsification.

C plasticity.

D shortening.



01.16

Which food is a major allergen? [1 mark]

A Beans**B Lentils****C Nuts****D Peas****[Turn over]**

01 . 17

Which farming method produces the greatest yield? [1 mark]

A Conventional

B Free range

C Intensive

D Organic



01 . 18

Which is an example of a secondary processed food? [1 mark]

A Bread

B Fruit

C Milk

D Rice

[Turn over]



01 . 19

The religion of Judaism forbids which meat to be eaten? [1 mark]

A Beef

B Chicken

C Lamb

D Pork



01 . 20

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.

[Turn over]

20



SECTION B

Answer ALL questions in this section.

There are 80 marks available.

02.1 Give three different rules for **STORING food safely in a fridge. [3 marks]**

1 _____

2 _____

3 _____



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

1

2

[Turn over]



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

1 _____

2 _____

0 2 . 4 Define the term cross-contamination.
[2 marks]

[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 on the opposite page.

Example	Prevention
1.	
2.	

[Turn over]



03.2 Explain how the following cooking methods prevent the loss of vitamins in vegetables. [4 marks]

Steaming _____

Stir frying _____

[Turn over]



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
<p>Milk is pasteurised</p>	
<p>Starter culture is added</p>	<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>

<p>Formation of curds and whey</p>	
<p>Ripening and maturing of the cheese</p>	

[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

Each portion (530 grams) contains				
Energy 3602kJ 861kcal	Fat 46g	Sat fat 24g	Sugar 15g	Salt 4.6g
43%	66%	120%	17%	77%
of an adult's reference intake				

KEY



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.

[Turn over]



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0 4 . 1 Give three functions of starchy carbohydrates in the diet. [3 marks]

1 _____

2 _____

3 _____

[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]

Question 4.3 continues on the next page.

[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 cooking method
Conduction		



Convection		
Radiation		

[Turn over]

<hr/>
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 _____

END OF QUESTIONS

16



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For Examiner's Use	
Question	Mark
01	
02	
03	
04	
05	
06	
TOTAL	

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