



Surname _____

Other Names _____

Centre Number _____

Candidate Number _____

Candidate Signature _____

I declare this is my own work.

GCSE

FOOD PREPARATION AND NUTRITION

8585/W

Paper 1 Food Preparation and Nutrition

Time allowed: 1 hour 45 minutes

MATERIALS

For this paper you must have:

- a black pen
- a pencil.

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

[Turn over]



BLANK PAGE



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



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SECTION A consists of multiple choice questions.

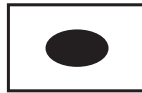
Answer **ALL** questions in this section.

There are 20 marks available.

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

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

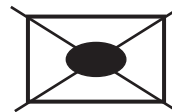
CORRECT METHOD



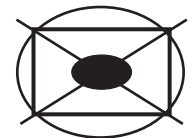
WRONG METHODS



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.



[Turn over]



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 of the following foods is a protein alternative?
[1 mark]

☐

A Cheese

☐

B Chicken

☐

C Egg

☐

D Tofu



01 . 2

**Sodium is needed in the body to
[1 mark]**

- ☐ A help absorb iron.
- ☐ B maintain water balance.
- ☐ C make teeth and bones strong.
- ☐ D protect connective tissue.

01 . 3

**A diet deficient in Vitamin A can cause
[1 mark]**

- ☐ A anaemia.
- ☐ B night blindness.
- ☐ C rickets.
- ☐ D scurvy.

[Turn over]



01 . 4

**Which bacteria are spread by coughing and sneezing?
[1 mark]**

☐**A Campylobacter**☐**B E-coli**☐**C Listeria**☐**D Staphylococcus aureus****01 . 5**

**Which type of fish is most suitable for storing safely at an
ambient temperature? [1 mark]**

☐**A Canned**☐**B Fresh**☐**C Frozen**☐**D Smoked**

01 . 6

The amount of greenhouse gases produced by human activity is known as
[1 mark]

- ☐ A carbon footprint.
- ☐ B fairtrade.
- ☐ C food waste.
- ☐ D genetic modification.

01 . 7

Chilled foods are best stored at
[1 mark]

- ☐ A -18°C
- ☐ B -3°C
- ☐ C 2°C
- ☐ D 9°C

[Turn over]



01 . 8**Which ONE of these vitamins is an antioxidant? [1 mark]**☐**A Vitamin B**☐**B Vitamin C**☐**C Vitamin D**☐**D Vitamin K****01 . 9****When making a sauce, gelatinisation is fully complete at [1 mark]**☐**A 40°C**☐**B 60°C**☐**C 80°C**☐**D 100°C**

0	1
---	---

 .

1	0
---	---

An ingredient used to denature protein in a marinade is
[1 mark]

☐ A black pepper.

☐ B brown sugar.

☐ C lemon juice.

☐ D vegetable oil.

0	1
---	---

 .

1	1
---	---

Flour is fortified with which mineral? [1 mark]

☐ A Fluoride

☐ B Iodine

☐ C Iron

☐ D Phosphorus

[Turn over]



0	1
---	---

 .

1	2
---	---

Which food is an example of primary processing?
[1 mark]

☐ A Butter

☐ B Jam

☐ C Milk

☐ D Pasta

0	1
---	---

 .

1	3
---	---

Which of the following vitamins are fat soluble? [1 mark]

☐ A Vitamins A and B

☐ B Vitamins B and K

☐ C Vitamins C and D

☐ D Vitamins D and E



0	1
---	---

 .

1	4
---	---

Which of the following is a polysaccharide? [1 mark]

☐ A Fructose

☐ B Glycerol

☐ C Lactose

☐ D Starch

0	1
---	---

 .

1	5
---	---

The process of bread changing colour during baking is [1 mark]

☐ A dextrinisation.

☐ B enzymic browning.

☐ C gelatinisation.

☐ D oxidation.

[Turn over]



0	1
---	---

 .

1	6
---	---

When making pastry, rubbing fat into flour to create a waterproof coating is called
[1 mark]

☐ A caramelisation.

☐ B coagulation.

☐ C emulsification.

☐ D shortening.

0	1
---	---

 .

1	7
---	---

Which acid is produced when making yoghurt? [1 mark]

☐ A Ascorbic

☐ B Citric

☐ C Folic

☐ D Lactic



0	1
---	---

 .

1	8
---	---

Which of these ingredients is a high biological value protein? [1 mark]

☐ A Lentils

☐ B Nuts

☐ C Seeds

☐ D Soya

0	1
---	---

 .

1	9
---	---

Which food uses steam as its main raising agent? [1 mark]

☐ A Cakes

☐ B Biscuits

☐ C Profiteroles

☐ D Scones

[Turn over]



0	1
---	---

 .

2	0
---	---

**A person with lactose intolerance should avoid
[1 mark]**

☐

A eggs.

☐

B gluten.

☐

C milk.

☐

D nuts.



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[Turn over]



SECTION B

Answer ALL questions in this section.

There are 80 marks available.

0 2 . 1

State THREE food safety points to consider when buying fresh fish. [3 marks]

1 _____

2 _____

3 _____



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

Explain the term sustainable fishing. [2 marks]

[Turn over]



0	2	.	3
---	---	---	---

Explain why the Eatwell Guide recommends eating two portions of fish each week, one of which is oily. [4 marks]

[illegible]

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

Explain the food term TEMPERATURE DANGER ZONE when storing and cooking beef burgers. [4 marks]

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13

[Turn over]



0	3	.	1
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Amy, a 10-year-old girl, takes the same packed lunch to school every day.

Information about this packed lunch is given below.

PACKED LUNCH

Cheese sandwich, made with white bread and butter

Salt and vinegar crisps

Chocolate cereal bar

Bag of jelly sweets

Bottle of fizzy lemonade

Using this information and your knowledge of nutrition and the healthy eating guidelines:

- analyse the suitability of this packed lunch for Amy
- evaluate and explain how this packed lunch could be improved to meet current healthy eating guidelines.

[12 marks]









0	3	.	2
---	---	---	---

Give **THREE** functions of fat in the diet. [3 marks]

1 _____

2 _____

3 _____

[Turn over]



0	3	.	3
---	---	---	---

Explain the term protein complementation.

Give examples in your answer. [6 marks]

[illegible]

0	3	.	4
---	---	---	---

Explain what dietary advice you would give to teenage girls to prevent iron deficiency anaemia. [6 marks]

[illegible]



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

Explain how different moral and ethical beliefs can affect the food choices we make. [6 marks]

[illegible]

[Turn over]



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

Give THREE advantages and THREE disadvantages of intensive farming. [6 marks]

ADVANTAGES

1 _____

2 _____

3 _____



DISADVANTAGES

1 _____

2 _____

3 _____

[Turn over]



0	4	.	3
---	---	---	---

Explain how consumers can reduce the amount of single-use plastic packaging when buying food. [4 marks]

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[Turn over]



0	5
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Coronary heart disease and high blood pressure are major risks affecting long-term health.

- **Analyse the reasons for the increase in coronary heart disease and high blood pressure in the UK.**
- **Evaluate how diet and lifestyle choices can reduce these health risks. [8 marks]**

[illegible]



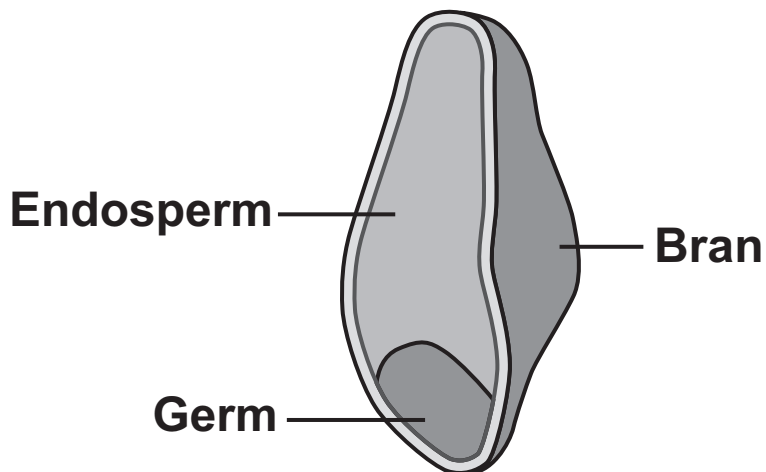




0	6	.	1
---	---	---	---

FIGURE 1 shows the parts of a wheat grain. Milling is the process that turns wheat grain into flour.

FIGURE 1



Give TWO reasons for each milling stage. [4 marks]

The first one has been done for you.



CLEANING THE GRAIN

1. To remove dirt.
2. To soften the grain.

**Crushing and rolling the grain**

1. _____
2. _____

**Sieving the crushed grain**

1. _____
2. _____

[Turn over]



0	6	.	2
---	---	---	---

The following ingredients are used to make bread:

- warm water
- bread flour
- salt
- yeast

Complete the table to show TWO functional and/or chemical properties of each ingredient.

The first one has been done for you. [6 marks]

INGREDIENT	FUNCTIONAL/CHEMICAL PROPERTIES
Warm water (Example)	1. Binds the flour and other ingredients together. 2. Creates steam during baking.
Bread flour	1. 2.



Salt	1. 2.
Yeast	1. 2.

[Turn over]



0	6	.	3
---	---	---	---

Cheese scones were made which had the following faults:

- unpleasant flavour
- heavy texture
- uneven colour

Complete the table to show TWO possible reasons for each fault.

Do not repeat your answers [6 marks]

FAULTS	REASONS FOR FAULTS
Unpleasant flavour	1. 2.



Heavy texture	1. 2.
Uneven colour	1. 2.

END OF QUESTIONS



Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

Additional page, if required.

Write the question numbers in the left-hand margin.

[illegible]

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

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