

Please write clearly in	ı block capitals.	
Centre number	Candidate ı	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 20 June 2023 Morning 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	
1		
2		
3		
4		
5		
6		
TOTAL		



Section A consists of multiple choice questions	Section A	A c	onsists	of	multi	ole	choice	questions
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Answer all questions in this section.

There are 20 marks available.
Only one answer per question is allowed.
For each question completely fill in the circle alongside the appropriate answer.
CORRECT METHOD WRONG METHODS \(\infty \)
f you want to change your answer you must cross out your original answer as shown.
f you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.
or each question you should shade in one box.
n example is shown below.
Which food is high in protein?
A Cabbage
B Cheese
C Cucumber
D Oranges
Cooked meat should be prepared on a chopping board of which colour?
A Brown
B Red
C White
D Yellow



0 1.2	An example of a dry cooking m	ethod is	[1 mark]
	A baking.	0	
	B braising.	0	
	C poaching.	0	
	D steaming.	0	
0 1.3	Citrus fruits are a good source	of	[1 mark]
	A vitamin B12.	0	
	B vitamin C.	0	
	C vitamin D.	0	
	D vitamin E.	0	
0 1.4	Fluoride is needed by the body	to	[1 mark]
	A help the nervous system.	0	
	B maintain the metabolic rate.	0	
	C make red blood cells.	0	
	D strengthen teeth and bones.		
0 1.5	High blood pressure is linked to)	[1 mark]
	A cardiovascular disease.	0	
	B iron deficiency.	0	
	C skeletal disease.	0	
	D tooth decay.	0	



0 1.6	Chicken should be reheated to a mir	limum core temperature of	[1 mark]
	A 58 °C.	0	
	B 63 °C.	0	
	C 75 °C.	0	
	D 80 °C.	0	
0 1.7	Scrambled eggs will set when heated	d due to	[1 mark]
	A coagulation.	0	
	B dextrinisation.	0	
	C gelatinisation.	0	
	D plasticity.	0	
0 1.8	Which four conditions are needed for	yeast fermentation?	[1 mark]
	A Food, light, moisture and time	0	
	B Food, light, salt and time	0	
	C Food, moisture, time and warmth	0	
	D Food, salt, time and warmth	0	
0 1.9	Which food can be affected by enzyr	nic browning?	[1 mark]
	A Bread	0	
	B Cheese	0	
	C Potato	0	
	D Tomato	0	



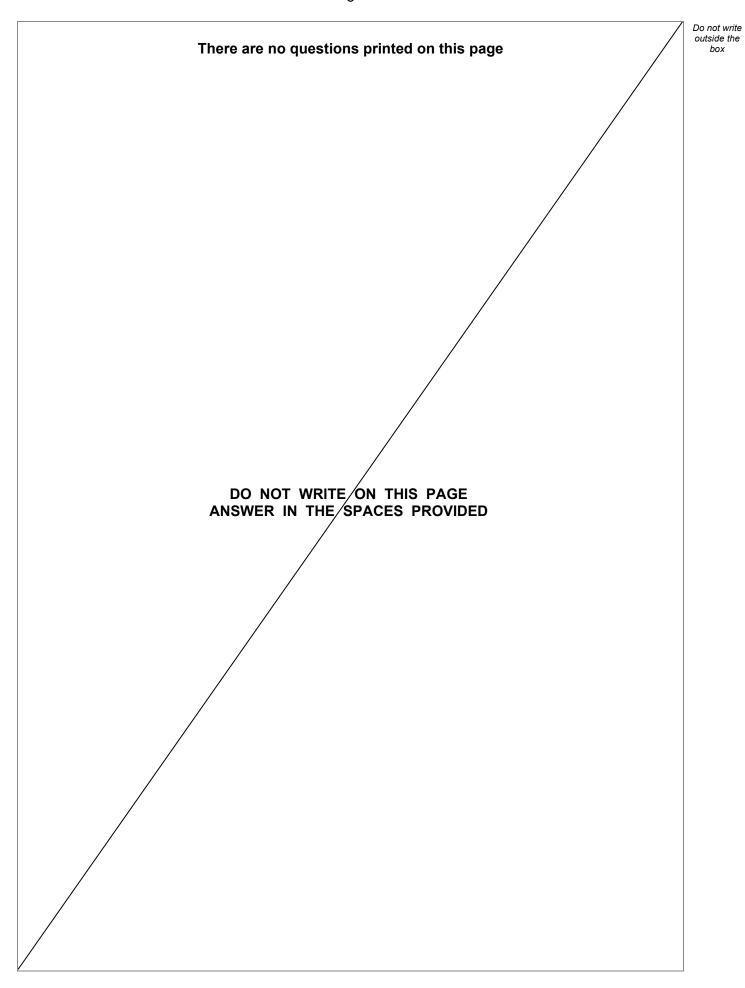
0 1.10	Which of the following foods is most likely to cause listeria?		[1 mark]
	A Canned beans	0	
	B Dried pasta	0	
	C Soft cheese	0	
	D Tomato ketchup	0	
0 1.11	Ambient storage is most suitable for		[1 mark]
	A canned soup.	0	
	B chilled pizza.	0	
	C frozen peas.	0	
	D raw chicken.	0	
0 1.12	The recommended maximum percentage of energy from fa	t per day is	[1 mark]
	A 15%.	0	
	B 25%.	0	
	C 35%.	0	
	D 50%.	0	
0 1.13	Basal metabolic rate (BMR) is		[1 mark]
	A the amount of energy used for physical activity.	0	
	B the amount of energy food and drink contains.	0	
	C the amount of energy the body needs to stay alive.	0	
	D the amount of energy used compared to food eaten.	0	

0 1.14	Conduction is the transfer of heat through	gh	[1 mark]
	A		[
	A a gas.		
	B a liquid.		
	C a solid.	0	
	D infra-red rays.	0	
0 1 . 1 5	High risk foods are defined as ready-to-	eat and usually	[1 mark]
	A high in protein and low in moisture.	0	
	B high in protein and high in moisture.	0	
	C low in protein and high in moisture.	0	
	D low in protein and low in moisture.	0	
0 1.16	Rough puff pastry is made using which	mechanical raising agent?	[1 mark]
	A Beating	0	
	B Creaming	0	
	C Folding	0	
	D Whisking	0	
0 1.17	A diet lacking in dietary fibre can cause		[1 mark]
	A constipation.	0	
	B osteomalacia.	0	
	C pellagra.	0	
	D rickets.	0	



0 1 . 1 8	Th	ne function of vitamin K in the body is to				outside i box
]	is randial of vital in the body to to			[1 mark]	
	Α	help release energy.	0			
	В	maintain nerve cells.	0			
	С	make blood clot.	0			
	D	prevent spina bifida.	0			
0 1.19] Fa	irtrade is best described as			[1 mark]	
	A	growing sufficient food to be eaten with	out waste.	0		
	В	a foundation to support producers in de	veloping countries.	0		
	С	producing food whilst protecting the env	rironment.	0		
	D	providing sufficient nutritious and afford	able food.	0		
0 1.2 0] WI	hich food is an example of a polysaccha	ride?		[1 mark]	
	A	Bread	0			
	В	Cheese	0			
	С	Fish	0			
	D	Sugar	0			20
		Turn over for the next qu	uestion			







Section B

Answer all questions in this section.

There are 80 marks available.

0 2 . 1	Give four reasons why someone might follow a vegetarian or vegan diet.	[4 marks]
	1	
	2	
	3	
	4	

Question 2 continues on the next page



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0	2	. 2	The ingredient list below is for beef lasagne
---	---	-----	---

Ingredient List

For the meat sauce:

- 500 g beef mince
- 1 onion
- 400 g chopped tomatoes
- 1 beef stock cube
- 1 teaspoon mixed herbs

For the cheese sauce:

- 50 g butter
- 50 g plain flour600 ml milk
- 150 g grated Cheddar cheese
- 8 lasagne sheets

omeone following a vegan diet.	[6 marks]
	[o marks]



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Question 2 continues on the next page	
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12 0 2 . 3 The sensory profile below is for a vegetable stir fry. Flavour 5 Colour • Texture Presentation Aroma Explain how to improve the three sensory qualities of the vegetable stir fry. Do not repeat your answers. [6 marks] Colour Flavour____ Texture



0 2 . 4	Cive four controlled conditions for corruing out concern testing	Do not write outside the box
0 2 . 4	Give four controlled conditions for carrying out sensory testing. An example has been done for you. [4 marks]	SOX
	Example Samples should be served on the same coloured plate.	
	1	
	2	
	3	
	4	
		20

Turn over for the next question

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0 3. 1 Explain what happens at each stage of the cheesemaking proce	ess
---	-----

One stage has been completed.

[6 marks]

Stage	Explain what happens
Milk is pasteurised.	
Bacteria culture is added to the milk.	
An enzyme called rennet is added to the milk.	
Curds are cut up. The curd is dried and stacked.	
Curds are heated and cut into smaller pieces.	This helps form the final texture of the cheese.
Salt is added and curds are pressed into cheese moulds.	
The cheese is left in controlled conditions.	



3 . 2	Microorganisms can be added to cheese, eg blue cheese.		out
	Explain why moulds are used in cheese production.	[4 marks]	
	Question 3 continues on the next page		



16 0 3 . 3 The following food diary is a record of a day's food intake for an overweight adult. **Breakfast** • Sausage sandwich on white bread • Cup of coffee with milk and two sugars <u>Snack</u> • Salt and vinegar crisps • Tuna and mayonnaise sandwich • Bag of salted peanuts Chocolate brownie · Can of fizzy drink **Evening meal** • Cheese and tomato pizza, served with chips • Glass of orange juice Use this information and your knowledge of healthy eating guidelines and nutrition to: • analyse the suitability of this food diary for an overweight adult • evaluate how the adult's diet could be improved to meet their nutritional needs. [12 marks]



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box

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0 4.1	Explain the term seasonal foods.	Do not write outside the box
	You should support your answer with examples from different seasons. [3 marks]	
0 4.2	Identify three advantages of buying seasonal foods.	
	Do not repeat your answers. [3 marks]	
	Advantage 1	
	Advantage 2	
	Advantage 3	
	Advantage 3	



 Analyse how consumers can reduce their food and packaging waste. Evaluate the impact of reducing food and packaging waste on the environment. [8 marks] 	box
	14



20 Do not write outside the box 0 5 . 1 Explain the formation and function of gluten when making bread. [4 marks]



0 5.2 A bread recipe is being used to make dough balls.

A number of problems have occurred.

Complete the table to identify **two** reasons for each problem.

Do not repeat your answers.

[6 marks]

Problem	Reasons for problem
	1
Dough balls are too sticky.	2
	1
Dough balls have not risen.	2
	1
Dough balls have a dense texture.	2

Question 5 continues on the next page



			Do not write outside the box
0 5 . 3	Mayonnaise is an example of an emulsion. A recipe for mayonnaise is shown below.		БОХ
	Ingredients • 1 egg yolk • 125 ml oil • 1 teaspoon vinegar Method 1. Whisk the egg yolk in a bowl. 2. Gradually add small drops of oil and whisk until combined. 3. Whisk in the vinegar.		
	Using the recipe, explain the process of emulsification when making ma	ayonnaise.	
	Diagrams may be used in your answer.	[4 marks]	
			14



Do not write outside the box Turn over for the next question DO NOT WRITE ON THIS PAGE ANSWER IN THE SPACES PROVIDED



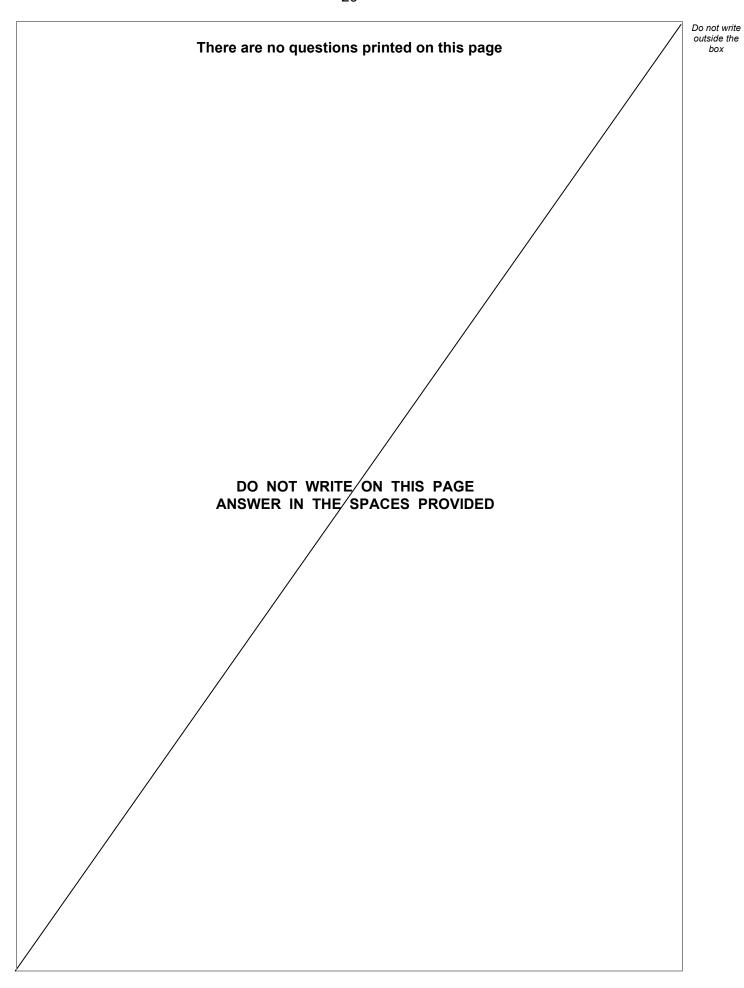
0 6	The following ingredient list is for a chicken wrap.	
	 Cooked chicken Red pepper Onion Grated cheese Sour cream Chilli powder Tortilla wrap 	
0 6.1	Identify two ingredients that would display a use-by date.	[2 marks]
	1	
	2	
0 6.2	Give four personal hygiene rules that should be followed when preparations were	ring a
	chicken wrap.	
	chicken wrap.	[4 marks]
	1	[4 marks]
		[4 marks]
		[4 marks]
	1	[4 marks]
	2	[4 marks]
	2	[4 marks]



0 6.3	The chicken wrap was left in a warm room for four hours.	Do not wri outside th box
	Explain how this could lead to food poisoning.	
	[4 marks]	
		10

END OF QUESTIONS







Question number	Additional page, if required. Write the question numbers in the left-hand margin.



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