

A



Surname _____

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Centre Number _____

Candidate Number _____

Candidate Signature _____

I declare this is my own work.

GCSE

FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

8585/W

Tuesday 20 June 2023

Morning

Time allowed: 1 hour 45 minutes

At the top of the page, write your surname and forename(s), your centre number, your candidate number and add your signature.

[Turn over]



JUN238585W01

MATERIALS

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.

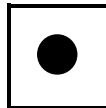
Answer ALL questions in this section.

There are 20 marks available.

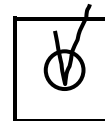
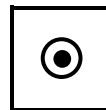
Only ONE answer per question is allowed.

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

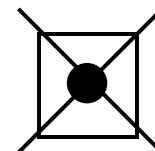
CORRECT METHOD



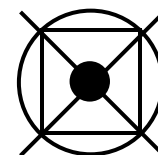
WRONG METHODS



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 Cucumber

D Oranges

[Turn over]



01.1

Cooked meat should be prepared on a chopping board of which colour?

A Brown**B Red****C White****D Yellow****[1 mark]**

01.2

An example of a dry cooking method is

A baking.

B braising.

C poaching.

D steaming.

[1 mark]

[Turn over]



0	1	.	3
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Citrus fruits are a good source of

A vitamin B12.

B vitamin C.

C vitamin D.

D vitamin E.

[1 mark]



01.4

Fluoride is needed by the body to

A help the nervous system.

B maintain the metabolic rate.

C make red blood cells.

D strengthen teeth and bones.

[1 mark]

[Turn over]



01.5**High blood pressure is linked to****A cardiovascular disease.****B iron deficiency.****C skeletal disease.****D tooth decay.****[1 mark]**

01.6

Chicken should be reheated to a MINIMUM core temperature of

A 58 °C.**B 63 °C.****C 75 °C.****D 80 °C.**

[1 mark]

[Turn over]



01.7

Scrambled eggs will set when heated due to

A coagulation.

B dextrinisation.

C gelatinisation.

D plasticity.

[1 mark]



01.8

Which four conditions are needed for yeast fermentation?

A Food, light, moisture and time

B Food, light, salt and time

C Food, moisture, time and warmth

D Food, salt, time and warmth

[1 mark]

[Turn over]



01.9

Which food can be affected by enzymic browning?

A Bread

B Cheese

C Potato

D Tomato

[1 mark]



0	1	.	1	0
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Which of the following foods is most likely to cause listeria?

A Canned beans

B Dried pasta

C Soft cheese

D Tomato ketchup

[1 mark]

[Turn over]



0	1	.	1	1
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Ambient storage is most suitable for

A canned soup.

B chilled pizza.

C frozen peas.

D raw chicken.

[1 mark]



01.12

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

A 15%.

B 25%.

C 35%.

D 50%.

[1 mark]

[Turn over]



01.13

Basal metabolic rate (BMR) is

- A the amount of energy used for physical activity.**
- B the amount of energy food and drink contains.**
- C the amount of energy the body needs to stay alive.**
- D the amount of energy used compared to food eaten.**

[1 mark]



01.14

Conduction is the transfer of heat through

A a gas.

B a liquid.

C a solid.

D infra-red rays.

[1 mark]

[Turn over]



0	1	.	1	5
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High risk foods are DEFINED as ready-to-eat and usually

A high in protein and low in moisture.

B high in protein and high in moisture.

C low in protein and high in moisture.

D low in protein and low in moisture.

[1 mark]



01.16

Rough puff pastry is made using which mechanical raising agent?

A Beating

B Creaming

C Folding

D Whisking

[1 mark]

[Turn over]



0	1	.	1	7
---	---	---	---	---

A diet lacking in dietary fibre can cause

A constipation.

B osteomalacia.

C pellagra.

D rickets.

[1 mark]



0	1	.	1	8
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The function of vitamin K in the body is to

A help release energy.

B maintain nerve cells.

C make blood clot.

D prevent spina bifida.

[1 mark]

[Turn over]



0	1	.	1	9
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Fairtrade is best described as

A growing sufficient food to be eaten without waste.

B a foundation to support producers in developing countries.

C producing food whilst protecting the environment.

D providing sufficient nutritious and affordable food.

[1 mark]



01.20

Which food is an example of a polysaccharide?

A Bread

B Cheese

C Fish

D Sugar

[1 mark]

20

[Turn over]



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

[Turn over]



0	2	.	2
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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 flour
- 600 ml milk
- 150 g grated Cheddar cheese
- 8 lasagne sheets



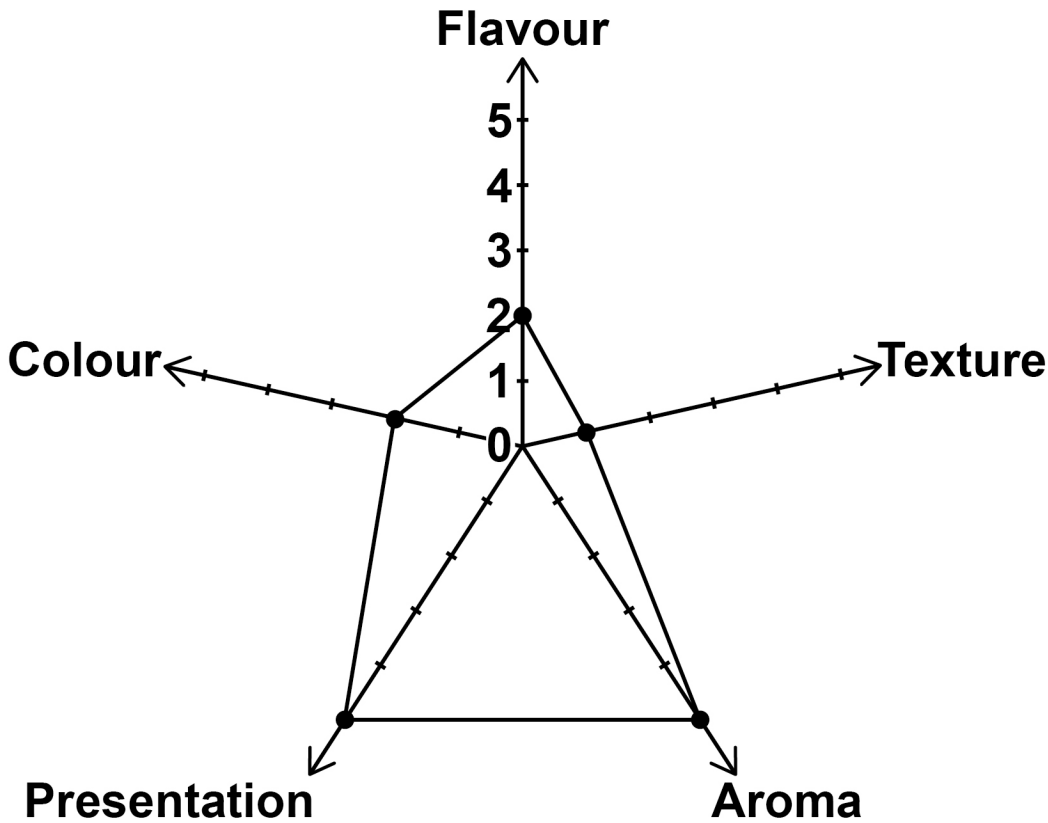
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[Turn over]



02.3

The sensory profile below is for a vegetable stir fry.



Explain how to improve the **THREE** sensory qualities of the **VEGETABLE STIR FRY**.

DO NOT REPEAT YOUR ANSWERS. [6 marks]

Colour _____



Flavour _____

Texture _____

[Turn over]





BLANK PAGE

[Turn over]



0 2 . 4

Give FOUR controlled conditions for carrying out sensory testing.

An example has been done for you. [4 marks]

Example Samples should be served on the same
coloured plate.

1 _____

2 _____



3

4

[Turn over]

20



03.1

Explain what happens at each stage of the cheesemaking process.

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.	



STAGE	EXPLAIN WHAT HAPPENS
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.	

[Turn over]



[Turn over]



0	3	.	3
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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

SNACK

- Salt and vinegar crisps

LUNCH

- 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



[Turn over]

22



04.2

Identify **THREE** advantages of buying seasonal foods.

DO NOT REPEAT YOUR ANSWERS. [3 marks]

Advantage 1 _____

Advantage 2 _____

Advantage 3 _____

[Turn over]



BLANK PAGE

[Turn over]



[Turn over]



05.2

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
Dough balls are too sticky.	1 2



0	5	.	3
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Mayonnaise is an example of an emulsion.

A recipe for mayonnaise is shown below.

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 mayonnaise.

Diagrams may be used in your answer. [4 marks]



0	6
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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
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Identify TWO ingredients that would display a use-by date. [2 marks]

1

2



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[Turn over]



06.2

Give FOUR personal hygiene rules that should be followed when preparing a chicken wrap. [4 marks]

1 _____

2 _____

3 _____



4

[Turn over]



END OF QUESTIONS

<hr/>
10



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

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WP/M/MG/Jun23/8585/W/E5

