



Surname _____

Forename(s) _____

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

[Turn over]



J U N 2 3 8 5 8 5 W 0 1

At the front of this book, write your surname and forename(s), your centre number, your candidate number and add your signature.

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.

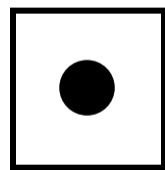
Answer ALL questions in this section.

There are 20 marks available.

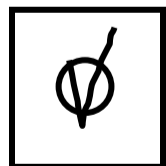
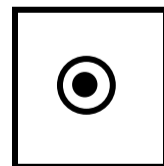
Only ONE answer per question is allowed.

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

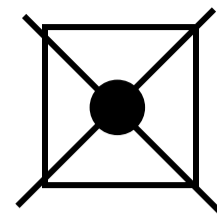
CORRECT METHOD



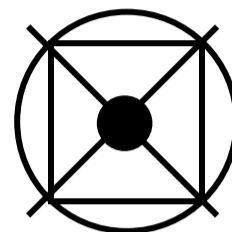
WRONG METHODS



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.



[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 Cucumber

D Oranges



01.1

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

A Brown**B Red****C White****D Yellow**

[1 mark]

[Turn over]



01.2

An example of a dry cooking method is

- A baking.**
- B braising.**
- C poaching.**
- D steaming.**

[1 mark]



01.3

Citrus fruits are a good source of

A vitamin B12.

B vitamin C.

C vitamin D.

D vitamin E.

[1 mark]

[Turn over]



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]

01.5**High blood pressure is linked to**

- A cardiovascular disease.**
- B iron deficiency.**
- C skeletal disease.**
- D tooth decay.**

[1 mark]**[Turn over]**

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]



01.7

Scrambled eggs will set when heated due to

- A coagulation.**
- B dextrinisation.**
- C gelatinisation.**
- D plasticity.**

[1 mark]

[Turn over]



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]



01.9

Which food can be affected by enzymic browning?

- A Bread**
- B Cheese**
- C Potato**
- D Tomato**

[1 mark]

[Turn over]



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

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]



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

Ambient storage is most suitable for

A canned soup.

B chilled pizza.

C frozen peas.

D raw chicken.

[1 mark]

[Turn over]



01.12

The recommended MAXIMUM percentage of energy from fat per day is

A 15%.

B 25%.

C 35%.

D 50%.

[1 mark]



0	1	.	1	3
---	---	---	---	---

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]

[Turn over]



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

Conduction is the transfer of heat through

- A a gas.**
- B a liquid.**
- C a solid.**
- D infra-red rays.**

[1 mark]



0	1	.	1	5
---	---	---	---	---

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]

[Turn over]



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

Rough puff pastry is made using which mechanical raising agent?

- A Beating**
- B Creaming**
- C Folding**
- D Whisking**

[1 mark]



01.17**A diet lacking in dietary fibre can cause**

- A constipation.**
- B osteomalacia.**
- C pellagra.**
- D rickets.**

[1 mark]**[Turn over]**

0	1	.	1	8
---	---	---	---	---

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]



0	1	.	1	9
---	---	---	---	---

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]

[Turn over]



0	1	.	2	0
---	---	---	---	---

Which food is an example of a polysaccharide?

A Bread

B Cheese

C Fish

D Sugar

[1 mark]

<hr/>
20



BLANK PAGE

[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]



02.2

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 flour**
- **600 ml milk**
- **150 g grated Cheddar cheese**
- **8 lasagne sheets**



**Explain how the ingredients can be changed so that the lasagne is suitable for someone following a VEGAN diet.
[6 marks]**

[Turn over]

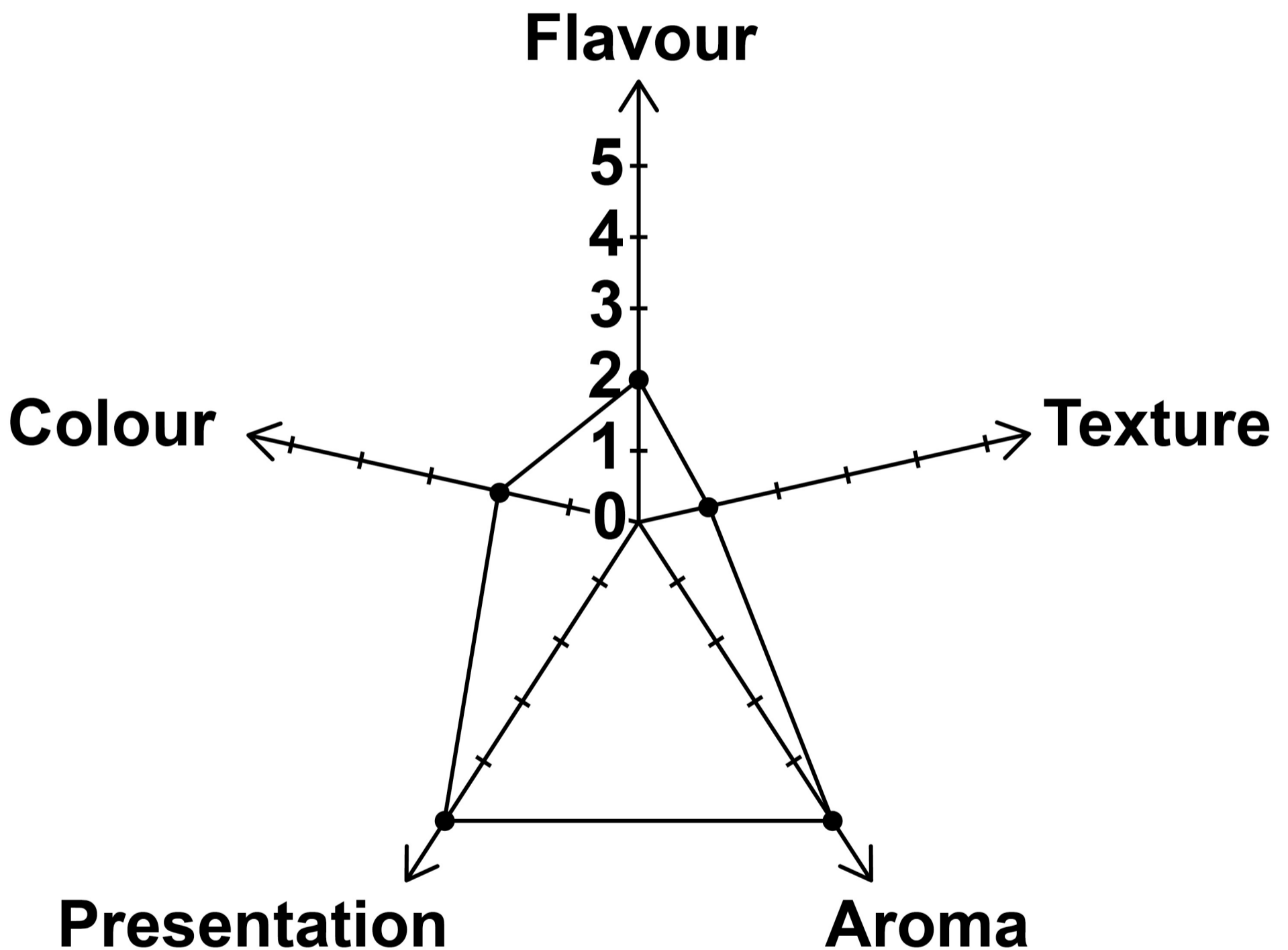


[Turn over]



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]

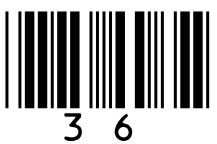
Colour _____

Flavour _____

[Turn over]



Texture _____



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, on pages 40 to 42.

**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.	

[Turn over]



STAGE	EXPLAIN WHAT HAPPENS
The cheese is left in controlled conditions.	

0 3 . 2

Microorganisms can be added to cheese, eg blue cheese.

Explain why moulds are used in cheese production. [4 marks]



[Turn over]



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**

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**

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]

[Turn over]





[Turn over]



[Turn over]

22



04.1

Explain the term seasonal foods.

You should support your answer with examples from different seasons.

[3 marks]



04.2

Identify THREE advantages of buying seasonal foods.

DO NOT REPEAT YOUR ANSWERS.

[3 marks]

Advantage 1 _____

Advantage 2 _____

Advantage 3 _____



[Turn over]

04.3

Consumers in the UK waste large amounts of food and food packaging every year.

- Analyse how consumers can reduce their food and packaging waste.**
- Evaluate the impact of reducing food and packaging waste on the environment.**

[8 marks]



BLANK PAGE

[Turn over]



05.1

Explain the formation and function of gluten when making bread. [4 marks]

[Turn over]



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
Dough balls are too sticky.	<p>1</p> <p>2</p>



PROBLEM	REASONS FOR PROBLEM
Dough balls have not risen.	1 2
Dough balls have a dense texture.	1 2

[Turn over]



05.3

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]

[Turn over]

<u>14</u>



BLANK PAGE

[Turn over]



0	6
---	---

The following ingredient list is for a chicken wrap.

- **Cooked chicken**
- **Red pepper**
- **Onion**
- **Grated cheese**
- **Sour cream**
- **Chilli powder**
- **Tortilla wrap**



06.1

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

1 _____

2 _____

[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]



06.3

The chicken wrap was left in a warm room for four hours.

Explain how this could lead to food poisoning. [4 marks]



END OF QUESTIONS

10



Additional page, if required.

Write the question numbers in the left-hand margin.



Additional page, if required.

Write the question numbers in the left-hand margin.



BLANK PAGE

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

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2023 AQA and its licensors. All rights reserved.

WP/M/SC/Jun23/8585/W/E4

7 2



2 3 6 G 8 5 8 5 / W