

Surname	Centre Number	Candidate Number
First name(s)		0



GCSE

C560UA0-1



TUESDAY, 20 JUNE 2023 – MORNING

FOOD PREPARATION AND NUTRITION Component 1

Principles of Food Preparation and Nutrition

1 hour 45 minutes

For Examiner's use only		
Question	Maximum Mark	Mark Awarded
1.	15	
2.	14	
3.	14	
4.	12	
5.	11	
6.	15	
7.	7	
8.	12	
Total	100	

INSTRUCTIONS TO CANDIDATES

Use black ink or black ball-point pen. Do not use gel pen or correction fluid.

Write your name, centre number and candidate number in the spaces at the top of this page.

Answer **all** questions.

Write your answers in the spaces provided in this booklet. If you run out of space, use the additional page(s) at the back of the booklet, taking care to number the question(s) correctly.

INFORMATION FOR CANDIDATES

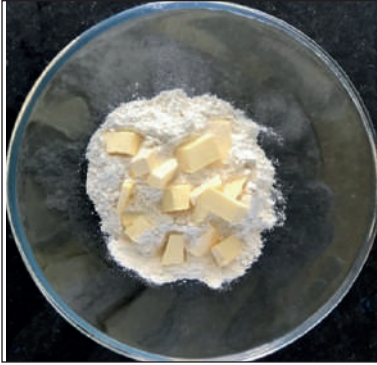
The number of marks is given in brackets at the end of each question or part-question. You are advised to divide your time accordingly.

The total number of marks available is 100.

You are reminded of the need for good English and orderly, clear presentation in your answers.



JUN23C560UA0101

Section A Visual Stimuli**Making a Shortcrust Pastry Vegetable Quiche**

Section AAnswer **all** questions.

1. (a) Tick (✓) the box next to each statement to show if it is **True** or **False**. [3]

	Making a Shortcrust Pastry Vegetable Quiche	True	False
(i)	Plain flour is normally used when making shortcrust pastry.		
(ii)	Warm water is used to bind the pastry ingredients together.		
(iii)	Shortcrust pastry can become tough if overhandled.		

- (b) Identify **two** different ways to increase the dietary fibre (NSP) content when making shortcrust pastry. [2]

(i)

(ii)

- (c) Describe the function of the following ingredients used when making shortcrust pastry. [4]

(i) Fat:

.....

(ii) Flour:

.....

- (d) Give **one** reason why some recipes require shortcrust pastry cases to be baked blind. [1]

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- (e) State **one** mineral provided by cheese in a vegetable quiche. [1]

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(f) Explain the changes that occur to the eggs when baking a vegetable quiche.

[4]

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Section BAnswer **all** questions.**2.** Cereals are one of the major food commodity groups.

(a) Define the term cereals. [1]

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(b) Wheat is an example of a cereal grown in the UK. Name **one other** cereal grown in the UK. [1]

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(c) Carbohydrates are found in cereals. State **two other** nutrients found in wholegrain cereals. [2]

(i)

(ii)



[6]



- (e) Monosaccharides and disaccharides are simple carbohydrates. Explain, with examples, the differences between monosaccharides and disaccharides. [4]

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3. Sauces can form part of a dish and be served as an accompaniment to a dish.

(a) State **two** reasons why sauces are added to dishes.

[2]

(i)

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(ii)

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(b) Describe what is meant by a **blended** sauce and give an example to support your answer.

[4]

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- (c) The ingredients used to make a tomato sauce are shown below.

1 garlic clove
1 skinned and deseeded fresh tomato
1 tin chopped tomatoes
1 tablespoon tomato puree
1 vegetable stock cube
125 ml water
Pinch mixed herbs

Give **one** reason why the sauce will thicken during the cooking process.

[2]

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- [6]



(a) Give **two** reasons why vitamin C is needed by the body. [2]

(i)

(ii)

(b) Name **two** food sources **rich** in vitamin C. [2]

(i)

(ii)

(c) Identify **two** problems caused by a lack of vitamin C in the body. [2]

(i)

(ii)

(d) Explain how you can minimise vitamin C loss during food preparation and cooking. [6]



(a) Assess how food poverty is affecting the diet and health of some families. [8]



(b) Suggest **three** ways families experiencing food poverty can eat nutritious meals. [3]

(i)

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(ii)

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(iii)

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6. (a) Bread is made using strong plain flour and yeast.
Name **two other** ingredients that can be used when making bread. [2]

(i)

(ii)

(b) Explain why strong white flour is used in breadmaking. [3]

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[2]

[4]



- (d) The picture below shows a loaf of bread made during a practical lesson.



The sensory analysis results identified that the bread scored low for its appearance. Suggest, using examples, **two** changes that could be made, to make the bread more appealing. [4]

Change 1:

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Change 2:

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7. (a) List **two** points to consider when storing fresh fish. [2]
- (i)
-
- (ii)
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- (b) State **two** different cooking methods used for cooking fish. [2]
- (i)
-
- (ii)
-
- (c) Give **three** nutritional benefits of including fish in the diet. [3]
- (i)
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- (ii)
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- (iii)
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- Discuss and evaluate how technology and new initiatives have influenced people's choices when planning meals and purchasing food.

[12]



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END OF PAPER



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