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GCSE

FOOD PREPARATION AND NUTRITION

8585/W

Paper 1 Food Preparation and Nutrition

Monday 10 June 2019 Morning

Time allowed: 1 hour 45 minutes

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

[Turn over]



J U N 1 9 8 5 8 5 W 0 1

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.**
- **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.

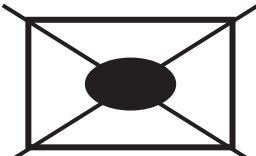
There are 20 marks available.


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 food is a good source of energy from carbohydrates? [1 mark]

- A Pasta
- B Fish
- C Broccoli
- D Cheese



0 1 . 2

**Amino acids are the components of
[1 mark]**

- A fats.**
- B vitamins.**
- C carbohydrates.**
- D proteins.**

0 1 . 3

**Which food is a good source of low
biological value protein? [1 mark]**

- A Soya**
- B Eggs**
- C Nuts**
- D Fish**

[Turn over]



0 1 . 4

Which ONE of the following sugars is found in cow's milk? [1 mark]

A Fructose

B Sucrose

C Maltose

D Lactose

0 1 . 5

The body needs dietary fibre for [1 mark]

A strong teeth and bones.

B growth and repair.

C removal of waste.

D clear vision.



0 1 . 6

Which ONE of the following is a quick method of cooking? [1 mark]

- A Stir frying**
- B Roasting**
- C Braising**
- D Baking**

0 1 . 7

Providing a reliable supply of safe, nutritious and affordable food is a definition of [1 mark]

- A organic food.**
- B Fairtrade food.**
- C food miles.**
- D food security.**

[Turn over]



01 . 8

The effect of dry heat on starch is called [1 mark]

- A caramelisation.**
- B dextrinisation.**
- C shortening.**
- D fermentation.**

01 . 9

Which ONE of the following uses a biological raising agent? [1 mark]

- A Scones**
- B Doughnuts**
- C Gingerbread**
- D Eclairs**



0 1 . 1 0

The term given to the softening, shaping or spreading of fats is [1 mark]

A emulsification.

B plasticity.

C shortening.

D oxidation.

0 1 . 1 1

Campylobacter is a type of food poisoning bacteria commonly found in [1 mark]

A raw chicken.

B cooked vegetables.

C boiled pasta.

D baked apples.

[Turn over]



0	1	.	1	2
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**Which ONE of the following can often show signs of food spoilage by yeasts?
[1 mark]**

- A Beef**
- B Fish**
- C Biscuits**
- D Tomatoes**

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

Microorganisms are used in the production of [1 mark]

- A mayonnaise.**
- B jam.**
- C cheese.**
- D pasta.**



01 . 14

**Raw fish should be prepared on a chopping board of which colour?
[1 mark]**

- A Green
- B Red
- C Blue
- D Yellow

01 . 15

**A diet deficient in Vitamin D may lead to
[1 mark]**

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

[Turn over]



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

Which ONE of the following is the raising agent in meringues? [1 mark]

- A Yeast**
- B Air**
- C Baking powder**
- D Bicarbonate of soda**

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

An example of an emulsion is [1 mark]

- A tomato sauce.**
- B hollandaise sauce.**
- C roux sauce.**
- D velouté sauce.**



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

The process when starch granules swell and thicken a sauce is [1 mark]

A caramelisation.

B emulsification.

C gelatinisation.

D aeration.

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

The function of iodine in the body is to [1 mark]

A enable iron to be absorbed.

B strengthen bones and teeth.

C help blood to clot.

D control the metabolic rate.

[Turn over]



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

Enzymes are biological catalysts made from [1 mark]

- A proteins.**
- B fats.**
- C carbohydrates.**
- D vitamins.**

20



SECTION B

Answer ALL questions in this section.

There are 80 marks available.

0 2 . 1

Give THREE different reasons why food is cooked. [3 marks]

1 _____

2 _____

3 _____

[Turn over]



0 2 . 2

**State FOUR different factors that influence food choice when planning a meal.
[4 marks]**

1 _____

2 _____

3 _____

4 _____

[Turn over]



0 2 . 3

Potatoes can be cooked in different ways.

Explain how each cooking method in the table on page 21, affects the nutritional value and the colour, flavour and texture of potatoes. [6 marks]



Cooking method	Effect on nutritional value	Effects on colour, flavour and texture
Boiling		
Baking		
Shallow frying		

[Turn over]



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03 . 1

Bradley, a 25-year-old active male tries to make healthy choices using the Eatwell guide when planning meals.

Information about two meals is given on pages 24, 25 and 26. Using this information and your knowledge of healthy eating, nutrition and energy balance:

- **assess the suitability of each meal for Bradley**
- **evaluate which is the healthier choice, justifying your reasons. [12 marks]**

[Turn over]





TABLE 1: Ingredients and percentages of recommended intake of nutrients for Bradley

	<p>CHOICE A: Spaghetti bolognese</p>	<p>CHOICE B: Cheese and onion pasty and chips with tomato ketchup</p>
<p>Ingredients</p>	<p>Wholewheat pasta, lean minced beef, tomatoes, onions, green peppers, mushrooms, parmesan cheese, celery, vegetable oil, basil, salt, pepper</p>	<p>Potato, wheat flour, lard, vegetable oil, Cheddar cheese, tomato ketchup, onion, salt, pepper</p>



2 5

Nutrients	% Recommended Intake	% Recommended Intake
Energy (kcal)	33	52
Fibre (g)	54	22
Vitamin B1 (mg)	89	116
Vitamin C (mg)	80	48
Calcium (mg)	61	72
Salt (g)	32	161

[Turn over]

TABLE 2: Percentage of energy provided by each nutrient

	Spaghetti bolognese	Cheese and onion pasty and chips with tomato ketchup
Nutrients (g)	% Energy Breakdown	% Energy Breakdown
Total carbohydrate (of which sugar)	51 (6)	38 (11)
Total fat (of which saturated)	29 (9)	55 (20)
Protein	20	7



[Turn over]



03 . 2

Give THREE functions of water in the body. [3 marks]

1 _____

2 _____

3

[Turn over]



03 . 3

The table below lists six micronutrients. Give ONE function of each. [6 marks]

Micronutrient	Function
A	
B1 (thiamin)	
C (ascorbic acid)	
K	
Calcium	
Fluoride	



0 3 . 4

Denaturation and coagulation are processes that occur when some foods are heated.

Describe the process of denaturation and coagulation when cooking eggs.

You may use diagrams to support your answer. [6 marks]

[Turn over]



[Turn over]



[Turn over]



[Turn over]



Problem	Causes of problem	Prevention
An all-in-one Victoria sandwich cake has a dense texture	1 2	1 2

[Turn over]



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

Suggest FOUR ways supermarkets and shops could reduce food waste.

[4 marks]

1

2

3



4

12

[Turn over]



0 5 . 2

Type 2 diabetes is associated with lifestyle factors and is on the increase.

**Analyse and evaluate the reasons for this increase and the impact on health.
[8 marks]**

[Turn over]



END OF QUESTIONS



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Question	Mark
1	
2	
3	
4	
5	
TOTAL	

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6 0



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