

Answer **either** Question 9 **or** Question 10.

At the end of the examination, fasten all your work securely together. The number of marks is given in brackets [] at the end of each question or part question.

> 10 Total

5

6

7

8

9

This document consists of  ${\bf 13}$  printed pages and  ${\bf 3}$  blank pages.



	4333	
	2	20
	SECTION A	an
	Answer <b>all</b> questions.	1
Vha	2 SECTION A Answer all questions.	
		[2]
a)	Name <b>four</b> of the elements that make up protein.	
	12	
	34	[2]
b)	State <b>four</b> functions of protein.	
	1	
	2	
	3	
	4	[4]
-)	What are High Biological Value (HBV) proteins?	
<i>.</i> ,		[1]
d)	Name <b>four</b> examples of HBV protein foods.	
	12	
	34	[2]
e)	What are Low Biological Value (LBV) proteins?	
		[1]
F)	Name <b>two</b> examples of LBV protein foods.	
	12	[1]
		[1]

	Mary C	
(g)	3 Describe the digestion and absorption of protein.	Car
	]	5]
(a)	State <b>three</b> functions of calcium.	
	1	
	2	
	3 [	3]
(b)	Name <b>four</b> sources of calcium.	
	12	
	34 [	[2]
;)	Name <b>one</b> disease associated with a deficiency of calcium.	
	[	[1]
(d)	Describe the symptoms of the disease named in <b>(c)</b> .	

	the second second	
<i>,</i> , ,	4 Identify the vitamin that helps the absorption of calcium.	
(e)	Identify the vitamin that helps the absorption of calcium.	For
		99e.c
(f)	Give <b>four</b> sources of this vitamin.	
	12	
	34 [2]	
It is	recommended that the amount of saturated fat in the diet should be reduced.	
(a)	Give reasons for this advice.	
	[3]	
(b)	Suggest <b>four</b> ways to reduce the amount of fat in the diet.	
	1	
	2	
	3	
	4 [2]	

	5 State, with reasons, the special nutritional needs of young children.	
5	State, with reasons, the special nutritional needs of young children.	For iner's
		se.com
	[6]	
	[Section A Total: 40]	

	42
	6
	Section B
	Answer all questions.
(a)	6 Section B Answer all questions. State four reasons for serving sauces and give an example for each reason.
	Reason 1
	Example 1
	Reason 2
	Example 2
	Reason 3
	Example 3
	Reason 4
	Example 4 [4]
(b)	The following ingredients can be used to make cheese sauce:
	25g flour 25g margarine 250 ml milk
	50g cheese
	Describe, with reasons, how to make cheese sauce by the roux method.

	7 Name two dishes, which include cheese sauce. 1 2 [1]
	7
(c)	Name <b>two</b> dishes, which include cheese sauce.
	1
	2 [1]
(d)	Suggest <b>three</b> reasons for a lumpy sauce.
(u)	
	Reason 1
	Deccer 0
	Reason 2
	Reason 3
	[3]
(e)	Identify three different ways to reduce the amount of fat in the cheese sauce.
	1
	2
	3[3]
Co	eals are included in diets throughout the world.
	List <b>six</b> reasons for the importance of cereals.
(4)	
	۰
	3
	4
	5
	6 [3]
(b)	Name <b>four</b> different cereals.
	12
	34 [2]

	Mar Mar	
	8	
(c)	8 Give advice on the storage of cereals in the home.	36
		T
	[4]	
(d)	Identify <b>three</b> different types of flour. State <b>two</b> facts about each flour and give <b>one</b> example of its use.	
	[6]	

			9 te four reasons for preserving food.	
8	(a)	Stat	te four reasons for preserving food.	2
		1		di
		2		
		3		
		4		[2]
	(h)	Гис		
	(a)	(i)	ezing is a popular method of preservation. State and explain <b>four</b> rules to follow when freezing food at home.	
		(')	Rule 1	
				•••
			Rule 2	
			Rule 3	
			Rule 4	
			[	[4]
		(::)	Ctate the terms exeture for staring food in a demostic fragmer	
		(11)	State the temperature for storing food in a domestic freezer.	[1]
			I	. י ו
		(iii)	Explain why freezing delays food spoilage.	
			[	[3]

(iv)	10 Identify the information which should be stated on a frozen food label.	For
		aritige.com
	[2]	
(v)	Discuss the types of packaging suitable for use in a freezer.	
	[3]	
	[Section B Total: 45]	

## Section C

## Answer either Question 9 or Question 10.

www.papacambridge.com Discuss the ways in which money, time and fuel can be saved when planning, preparing 9 and cooking food.

## OR

10 Discuss the advantages and disadvantages of convenience foods and suggest ways of including them in family meals. [15]

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12	
P C C	For
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13 MANUE PROCEEDING	
13	For
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[Section C Total: 15]	
[Paper Total: 100]	



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