Section A

Answer all the Questions

1. A 15 year old bought a pasta salad to eat after he finishes playing football.
   Study the information given about the chosen snack and answer the questions that follow:

   ![Pasta Salad Container]

   a. List the benefits of the features given.
      \textit{The first one has been done for you.}

   \begin{tabular}{|l|l|}
   \hline
   Features & Benefits \\
   \hline
   free bottle of water & \textit{a healthy drink is provided} \\
   i & \\
   ii & \\
   iii & \\
   iv & \\
   \hline
   \end{tabular}

   (4 marks)

   b. Draw a symbol that could be found on a food container to indicate that the manufacturer cares
      for the environment and explain what the symbol shows.

   \begin{tabular}{|l|}
   \hline
   Explanation \\
   \hline
   \\
   \\
   \hline
   \end{tabular}

   (1, 2 marks)
2. A family with three young children lives on a low income. One child is hyperactive and another has a nut allergy. The mother works part-time outside the home. The family wants to try a new breakfast cereal.

Study the information about breakfast cereals below and answer the questions that follow:

<table>
<thead>
<tr>
<th>Information about breakfast cereals</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A</strong></td>
</tr>
<tr>
<td>____________</td>
</tr>
<tr>
<td>Artificial additives: Colouring E102</td>
</tr>
<tr>
<td>Ease of opening: Easy</td>
</tr>
<tr>
<td>Best before: End July 2011</td>
</tr>
<tr>
<td>Free recipe booklet</td>
</tr>
<tr>
<td>Resealable pack</td>
</tr>
</tbody>
</table>

a  i  Choose the most suitable breakfast cereal for the family.

**Breakfast Cereal** ____________________________ (1mark)

ii  Give **three** reasons for your choice.

• ____________________________________________
  ____________________________________________
  ____________________________________________

• ____________________________________________
  ____________________________________________
  ____________________________________________

• ____________________________________________
  ____________________________________________
  ____________________________________________

(2, 2, 2 marks)
b. Suggest two reasons why it is important to start the day with a good breakfast.

Reason (i) __________________________________________________________________________

____________________________________________________________________________________

Reason (ii) __________________________________________________________________________

____________________________________________________________________________________

(2, 2 marks)

c. Name two foods which could be added to the chosen breakfast cereal to improve its nutritive value and identify two nutrients for each food.

<table>
<thead>
<tr>
<th>Food</th>
<th>Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ______________</td>
<td>• ______________</td>
</tr>
<tr>
<td>• ______________</td>
<td>• ______________</td>
</tr>
</tbody>
</table>

(½, 2, ½, 2 marks)

3a The following nutrients can be found in a shepherd’s pie.

- Carbohydrates
- Proteins
- Sodium
- Iron

Write down one function of each nutrient.

- Carbohydrates __________________________________________________________

__________________________________________________________________________

- Proteins ________________________________________________________________

__________________________________________________________________________

- Sodium _________________________________________________________________

__________________________________________________________________________

- Iron _______________________________________________________________________

__________________________________________________________________________

(4 marks)
b  i. If you were to serve the shepherd’s pie to a person who suffers from high blood pressure, which ingredient would you leave out?

**Ingredient**

(½ mark)

ii  Suggest another ingredient that you would add to enhance the flavour of the pie.

**Ingredient**

(½ mark)

c  Suggest two accompaniments you could serve with the shepherd’s pie. List the nutrients present in each accompaniment.

<table>
<thead>
<tr>
<th>Accompaniments</th>
<th>Nutrients Present</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1, 2 marks)

4a  i  Name two water soluble vitamins

__________________________________________________________

(1mark)

ii  List three guidelines that should be followed when preparing vegetables in order to avoid vitamin loss.

•

•

•

(3 marks)

b. Explain two effects of cooking on vegetables.

•

•

(2 marks)

c. Suggest two cooking methods and explain how they help prevent vitamin loss.

**Cooking method (i)**

**Explanation**

(½, 1 mark)
Section B

5a One of the CINDI Dietary Guidelines suggests the importance of breastfeeding in the first year of life.

Identify and explain two different benefits of breastfeeding.

Benefit 1

Explanation

(1, 2 marks)

Benefit 1

Explanation

(1, 2 marks)

b. Child obesity, caused by poor nutrition and lack of exercise, is a major health issue.

Identify two CINDI Dietary Guidelines and give an explanation of how following each guideline can help prevent child obesity.

CINDI Dietary Guideline 1.

Explanation

(1, 2 marks)

CINDI Dietary Guideline 2.

Explanation

(1, 2 marks)
6a. List two advantages and two disadvantages of convenience food.

<table>
<thead>
<tr>
<th></th>
<th>Advantages</th>
<th></th>
<th>Disadvantages</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>i</td>
<td>______________________</td>
<td>i</td>
<td>______________________</td>
<td></td>
</tr>
<tr>
<td>ii</td>
<td>______________________</td>
<td>ii</td>
<td>______________________</td>
<td></td>
</tr>
</tbody>
</table>

(2, 2 marks)

bi Name three different types of packaging materials used in food industry and give one different use for each of them.

<table>
<thead>
<tr>
<th>Packaging Material</th>
<th>Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ______________________</td>
<td>• ______________________</td>
</tr>
<tr>
<td>• ______________________</td>
<td>• ______________________</td>
</tr>
<tr>
<td>• ______________________</td>
<td>• ______________________</td>
</tr>
</tbody>
</table>

(1½, 3 marks)

ii As a green consumer, what should you keep in mind when choosing packaging materials in order to ensure they have the least impact on the environment?

• ______________________________________________________________________
• ______________________________________________________________________

(2 marks)
c. Name **three** items of consumer information found on food packaging. Explain the importance of each.

<table>
<thead>
<tr>
<th>Information on Label</th>
<th>Importance</th>
</tr>
</thead>
<tbody>
<tr>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
</tr>
<tr>
<td>•</td>
<td>•</td>
</tr>
</tbody>
</table>

(1½, 3 marks)

7. Freezing is one method of storing food for a period of time.

a. Identify **two** rules to follow when freezing food and explain why each rule is important.

**Rule 1**
________________________
**Explanation**
________________________

(1, 2 marks)

**Rule 2**
________________________
**Explanation**
________________________

(1, 2 marks)

b. The foods listed below are unsuitable for freezing. Give reasons.

<table>
<thead>
<tr>
<th>Food</th>
<th>Reason why food is unsuitable for freezing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
</tr>
<tr>
<td>Whole Eggs</td>
<td></td>
</tr>
<tr>
<td>Mayonnaise</td>
<td></td>
</tr>
<tr>
<td>Whole tomatoes</td>
<td></td>
</tr>
<tr>
<td>Whole Milk</td>
<td></td>
</tr>
</tbody>
</table>

(6 marks)
8a The kitchen below belongs to a family with young children.

- Identify three safety features which would help prevent young children from having accidents.
- Write down the type of accident prevented.
- Also explain how each safety feature helps prevent the accident.

<table>
<thead>
<tr>
<th>Safety Feature</th>
<th>Accident Prevented</th>
<th>How the accident is prevented</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1½, 1½, 3 marks)

b. Identify two kitchen hygiene rules and give a different explanation why each rule is important.

Rule 1

Explanation

(1, 2 marks)

Rule 2

Explanation

(1, 2 marks)
9. A new mum needs to buy a washing detergent for her baby’s clothes. Look at the information about detergents below.

<table>
<thead>
<tr>
<th>Information about detergents</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
</tr>
<tr>
<td>Tablets</td>
</tr>
<tr>
<td>Non-biological</td>
</tr>
<tr>
<td>Fragrance free</td>
</tr>
<tr>
<td>Built in softener</td>
</tr>
<tr>
<td>Use from 30°C–90°C</td>
</tr>
</tbody>
</table>

a. Choose the most suitable detergent.

**Detergent**

(1 mark)

Give **two** reasons for your choice.

i ________________________________________________________________________________

______________________________________________________________________________

(2 marks)

ii ________________________________________________________________________________

______________________________________________________________________________

(2 marks)

b. The baby spilled some egg on the baby-grow which has the following instruction.

Which detergent would be most suitable to remove the egg stain?

**Detergent**

(1 mark)
c. The following symbols are also found on the baby-grow care label.

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>![Symbol A]</td>
<td>![Meaning A]</td>
</tr>
<tr>
<td>![Symbol B]</td>
<td>![Meaning B]</td>
</tr>
<tr>
<td>![Symbol C]</td>
<td>![Meaning C]</td>
</tr>
</tbody>
</table>

Explain what each symbol means.

Symbol:  
Meaning: 

(1 mark)

Symbol:  
Meaning: 

(1 mark)

Symbol:  
Meaning: 

(1 mark)