Section A

Answer all the Questions

1. A fifteen 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.

   a. List the benefits of the features given.
      *(The first one has been done for you)*

      **Features:**
      • *free bottle of water*  
      • ________________________  
      • ________________________  
      • ________________________  
      • ________________________  

     **Benefits:**
     • *a healthy drink is provided*  
     • ________________________  
     • ________________________  
     • ________________________  
     • ________________________  

     (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 it means.

     **Explanation:** ________________________________
     ________________________________
     ________________________________

     **Symbol**
     ________________________________
     ________________________________
     ________________________________

     (1, 2 marks)
2. A family with three young children live on a low income. One child is hyperactive and another has a nut allergy. The mother works part-time outside the home. The family want 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>A</td>
</tr>
<tr>
<td><strong>Preparation:</strong></td>
</tr>
<tr>
<td>Serve with hot milk</td>
</tr>
<tr>
<td><strong>Artificial additives:</strong></td>
</tr>
<tr>
<td>Colouring E102</td>
</tr>
<tr>
<td><strong>Ease of opening:</strong></td>
</tr>
<tr>
<td>Easy</td>
</tr>
<tr>
<td><strong>Best before:</strong></td>
</tr>
<tr>
<td>End July 2011</td>
</tr>
<tr>
<td>Free recipe booklet</td>
</tr>
<tr>
<td>Reseable pack</td>
</tr>
</tbody>
</table>

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

**Breakfast Cereal** ________________________________ (1 mark)

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>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(1, 2 marks)

4a. i. Name two water soluble vitamins.

__________________________________  ________________________________  (1 mark)

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.

<table>
<thead>
<tr>
<th>Cooking method (1)</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½, 1 mark)

<table>
<thead>
<tr>
<th>Cooking method (2)</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(½, 1 mark)

Section B
Answer all the Questions

5a. The CINDI Dietary Guidelines suggest that babies should be breastfed during the first year of life.

Write down three advantages of breastfeeding a baby.

(an example has been done for you)

Advantages:

i. Breastmilk is always at the correct temperature.

ii. ____________________________________________

iii. ____________________________________________

iv. ____________________________________________

(3 marks)

b. i. It has been found that children who are obese (very overweight) usually lack exercise and do not eat healthy food.

List two CINDI Dietary Guidelines which can help prevent obesity.

Guideline i) ____________________________________________

Guideline ii) ____________________________________________

(2 marks)
ii. Choose one guideline from b) i) and suggest how it can be put into practice when preparing family meals.

**Guideline:** ________________________________________________________________

**Suggestions:**
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________
- ________________________________________________________________

(2, 2, 2 marks)

iii. Suggest two types of exercise that would be suitable for an obese six year old schoolchild.
- ________________________________________________________________
- ________________________________________________________________

(1 mark)

6a. Below is a list of ingredients found in a convenience food. Identify the diet related disease which can be caused by each food by matching Column A with Column B.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td>i. cheddar cheese</td>
<td>high blood pressure</td>
</tr>
<tr>
<td>ii. bacon</td>
<td>heart disease</td>
</tr>
<tr>
<td>iii. cane sugar</td>
<td>high blood cholesterol</td>
</tr>
<tr>
<td>iv. red meat</td>
<td>Diabetes</td>
</tr>
</tbody>
</table>

(2 marks)

b. Convenience food have become very popular in meal preparation. List two advantages and two disadvantages of using convenience food.

**Advantages**
- ________________________________________________________________
- ________________________________________________________________

**Disadvantages**
- ________________________________________________________________
- ________________________________________________________________

(2, 2 marks)
c. Look carefully at the label and list **four** important pieces of information. Also identify why each piece of information is important.

<table>
<thead>
<tr>
<th>Information</th>
<th>Importance for Consumer</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

(2, 4 marks)
d.  

i. Name **three** different types of packaging materials used in the food industry and give an example of a food packed in it.

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

(1½, 1½ marks)

ii. As a green consumer, what must you keep in mind when choosing packaging materials to make sure that they cause the least harm to the environment?

• __________________________________________________________
• __________________________________________________________

(2 marks)

7. Freezing is a method of storing food for a long time.

a. Name **six** foods / dishes which freeze well.

i. ii. iii. iv. v. vi.

(3 marks)

b. Write down **two** rules you would follow when freezing food at home.

*(an example has been done for you)*

**RULES**

i. *Make sure food to be frozen is really fresh.*

ii. __________________________________________________________

iii. __________________________________________________________

(2, 2 marks)
c. The foods listed below do not freeze well. What happens when they are frozen?

<table>
<thead>
<tr>
<th>Unsuitable for freezing</th>
<th>What happens when frozen.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</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>
</tbody>
</table>

(4 marks)

8a. Below is the kitchen of a family with young children. Find three safety features which ensure that young children do not have accidents. Also write down how the accident is prevented.

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

(3, 3 marks)
b. Hygiene is very important in the kitchen. List two kitchen hygiene rules and explain why each rule is important.

Hygiene Rule 1: ____________________________________________________________

Importance: ______________________________________________________________

___________________________________________________

(1, 2 marks)

Hygiene Rule 2: ____________________________________________________________

Importance: ______________________________________________________________

___________________________________________________

(1, 2 marks)

9a. A parent needs to buy a detergent for washing the baby’s clothes. The detergent must be:

• easy to measure
• suitable for sensitive skin
• suitable for washing at low temperatures
• leaves clothes soft

Look at the information below.
i. Which detergent do you think is the best choice?

Detergent

(1 mark)

ii. Give two reasons for your choice of detergent.

Reason 1

___________________________________________________

___________________________________________________

Reason 2

___________________________________________________

___________________________________________________

(2, 2 marks)

b. The following symbols were found on a care label. What does each symbol mean?

Symbol A
Meaning: ________________________________________

Symbol B
Meaning: ________________________________________

Symbol C
Meaning: ________________________________________

(1, 1, 1 marks)