

Write your Centre number, candidate number and name on all the work you hand in. Write in dark blue or black pen. You may use a soft pencil for any diagrams, or rough working. Do not use staples, paper clips, highlighters, glue or correction fluid.

Section A

Answer **all** questions in the spaces provided on the Question Paper. You are advised to spend no longer than 45 minutes on Section A.

Section B

Answer all questions in the spaces provided on the Question Paper.

Section C

Answer **either** question 8(a) **or** 8(b) on the lined pages at the end of the Question Paper. The number of marks is given in brackets [] at the end of each question or part question.

For Examiner's Use			
1			
2			
3			
4			
5			
6			
7			
8			
Total			

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	2	
	Section A	Can
	Answer all questions	.10
(a) Na	2 Section A Answer all questions	[2]
••••		[3]
(b) St	ate four functions of fat.	
1.	,	
2.		
3.		
4.		[4]
(c) (i)	Define the term 'saturated fat'.	
		[2]
(ii)	Give two examples of saturated fat.	
		[1]
(iii)	Define the term 'polyunsaturated fat'.	
(iv)	Cive two examples of polyupsaturated fat	[2]
(17)	Give two examples of polyunsaturated fat.	[1]
		[,]
(d) De	escribe the digestion and absorption of fat.	
••••		[5]

		MEN WAX	trapapers.
	(e)	3 What could be the result of an excess of saturated fat in the diet?	For Examine Use
			origge
			[4]
2		n-Starch Polysaccharide (NSP) / dietary fibre is essential in a healthy diet.	
	(a)	State the functions of NSP.	
			[3]
	(b)	Name two possible results of a lack of NSP in the diet.	
	(c)	1. 2. Name four good sources of NSP.	[1]
		1 2	
		3 4	[2]
3	(a)	State and explain five uses of water in the body.	
		1	
		2	
		2.	
		3.	
		4	
		~	
		5.	
			[5]

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4 (b) Define the term 'water balance'.	For Examiner's Use
[1] Give advice, with reasons, on the choice and cooking of food for the elderly.	Se.com
[6] [Section A Total : 40 marks]	
	(b) Define the term 'water balance'. [1] Give advice, with reasons, on the choice and cooking of food for the elderly. [1]

		Market Walk	trapapers.
		5	For
		Section B	Use Use
		Answer all questions	"Bride
(a)	Nar	ne six of the nutrients in milk.	For Examine Use
			[3]
(b)	List	four rules to follow for storing milk.	
	4		[2]
(C)	Nar	ne four milk products.	
			[2]
(d)	 Evn	lain why milk becomes sour.	[2]
(4)	∟лр		
			[2]
(e)		scribe the following methods of preserving milk:	
	(i)	pasteurising;	
			[3]
	(ii)	Ultra Heat Treatment (UHT).	
			[3]

		www.xtrapa	pers.co
		6 State five reasons for cooking food. Give an example to illustrate each reason. Reason 1 Example 1 Reason 2	For Examiner's
6	(a)	State five reasons for cooking food. Give an example to illustrate each reason.	Use
		Reason 1	bridge
		Example 1	Se.co
		Reason 2	
		Example 2	
		Reason 3	
		Example 3	
		Reason 4	
		Example 4	
		Reason 5	
		Example 5[5]	
		(i) steaming;	
		[3]	
		(ii) frying;	
		[3]	

		www.xtrapa	apers.
	(iii)	7 using a microwave oven.	For Examine Use
			bride
			Se.c
		[4]	
Т	he follo	owing ingredients can be used to make a Victoria sandwich cake:	
		100g plain flour 1 level teasp. baking powder 100g sugar 100g fat 2 eggs.	
(;	a) Des	scribe the method of making and baking the cake.	
		[5]	
(ggest two ways of varying the cake.	
	2.	[1]	

		www.xtrap
		8
(c)	Giv	e advice, with reasons, on the choice of the following ingredients for the cake.
	(i)	8 e advice, with reasons, on the choice of the following ingredients for the cake flour;
		[2]
	(ii)	sugar;
		[2]
	(iii)	fat.
		[2]
(d)	Des	scribe and explain the changes which take place when the cake is baked.
		[3]
		[Section B Total : 45 marks]

Section C

Answer either 8(a) or 8(b)

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		9	For
		9 Section C Answer either 8(a) or 8(b) Discuss different raising agents and their use in the preparation of dishes.	Examiner's Use
		Answer either 8(a) or 8(b)	his
			Sec.
8	(a)	Discuss different raising agents and their use in the preparation of dishes.	OT
OR			
	(b)	Discuss different fats and oils and their use in the preparation of dishes.	
			-

10	For Examiner's Use
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11	For Examiner's Use
Sing	2
	500.C
	OT
[Section C Total : 15 marks] [Total for Paper: 100]	



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