



Food Preparation and Nutrition

Practice Papers for AQA GCSE

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8595**

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Teacher's Introduction

This resource contains four practice exam papers to support your teaching and revision of **8595 – AQA GCSE Food Preparation and Nutrition Exam Paper**. Each paper has been written to match the structure and style of the real exam and broadly covers the content of the specification.

Each paper is intended to be completed in 1 hour and 45 minutes, reflecting the time allowed for the real exam, and covers 100 marks in total. Mark schemes are included for easy marking and show a clear breakdown of the assessment objectives matched to each individual question. Note that additional context answers have been provided for the multiple-choice questions to guide students where they may have answered incorrectly. Levelled mark schemes are included to provide guidance on allocation of marks. Assessment objectives are also provided for each question to help you identify questions which check knowledge and understanding (AO1), ability to apply knowledge and understanding to specific situations (AO2), and ability to analyse and evaluate different aspects of food and nutrition (AO4). For each question, we have indicated which areas of the specification are covered, so you could use the questions individually when covering a particular topic.

Remember!

Always check the exam board website for new information, including changes to the specification and sample assessment material.

The following table shows the breakdown of marks linked to each of the assessment objectives for each individual paper:

		AO1 Marks	AO2 Marks	AO4 Marks	Total Marks	Total Time (mins)
Paper A	Section A	20	0	0	20	105
	Section B	20	40	20	80	
	Total	40	40	20	100	
Paper B	Section A	20	0	0	20	105
	Section B	20	40	20	80	
	Total	40	40	20	100	
Paper C	Section A	20	0	0	20	105
	Section B	20	40	20	80	
	Total	40	40	20	100	
Paper D	Section A	20	0	0	20	105
	Section B	20	40	20	80	
	Total	40	40	20	100	

March 2018

Specification Reference

This table shows you how many questions in each paper cover particular specific content. Use this table to help plan and decide which paper to use in order to focus more on specific content.

Subject Content	Paper A	Paper B
3.2 Food Nutrition and Health		
3.2.1.1 Protein	1.2	1.1
3.2.1.2 Fats	6.2, 6.3	6.2
3.2.1.3 Carbohydrates	1.4, 6.2, 6.3	6.2
3.2.2.1 Vitamins	1.1	6.2
3.2.2.2 Minerals	1.3, 6.2, 6.3	1.2
3.2.2.3 Water	0	6.2
3.2.3.1 Making informed choices for a varied and balanced diet	7.2, 6.1, 6.2, 6.3, 6.4	1.3, 6.2, 8.3
3.2.3.2 Energy needs	0	6.1
3.2.3.3 How to carry out nutritional analysis	9.1, 7.2, 6.1, 6.2, 6.3	6.1, 9.1
3.2.3.4 Diet, nutrition and health	9.1, 6.2, 6.3	6.1, 6.2
3.3 Food Science		
3.3.1.1 Why and how heat is transferred to food	7.3	8.1
3.3.1.2 Selecting appropriate cooking methods	7.3, 2.1, 6.2	6.2
3.3.2.1 Proteins	2.4, 7.1	9.1
3.3.2.2 Carbohydrates	2.2, 7.1	2.1
3.3.2.3 Fats and oils	7.4	2.2
3.3.2.4 Fruit and vegetables	0	2.3
3.3.2.5 Raising agents	2.3	2.3
3.4 Food Safety		
3.4.1.1 Microorganisms and enzymes	3.4	3.1
3.4.1.2 The signs of food spoilage	0	3.2
3.4.1.3 Microorganisms in food production	10.1	1.1
3.4.1.4 Bacterial contamination	3.2	3.1
3.4.2.1 Buying and storing food	3.1, 3.3	3.3
3.4.2.2 Preparing, cooking and serving food	3.3	3.4

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Subject Content	Paper A	Paper B
3.5 Food Choice		
3.5.1.1 Factors which influence food choice	8.1	9.1
3.5.1.2 Food choices	8.1, 7.2, 4.1, 6.4	8.1
3.5.1.3 Food labelling and marketing influences	4.2	4.2
3.5.2 British and international cuisines	4.3	4.3
3.5.3 Sensory evaluation	4.4	4.4
3.6 Food Provenance		
3.6.1.1 Food sources	8.1	5.4
3.6.1.2 Food and the environment	8.1	5.1
3.6.1.3 Sustainability of food	5.1	5.1
3.6.2.1 Food production	5.4, 10.2	5.4
3.6.2.2 Technological developments associated with better health and food production	5.2, 5.3, 8.2, 6.2, 6.3	5.3
3.7 Food preparation and cooking techniques	7.1, 10.2	8.2

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Mark Scheme – Paper A

Section	Q No.	Spec number	AO1	AO2	AO3	Marks	Answer
A	1.1	3.2.2.1				1	b) Eggs are the highest in vitamin D; tomatoes have the highest amount of vitamin D, but question asks for 'highest' amount.
A	1.2	3.2.1.1	1			1	b) Baked beans are a source of LBV (low biological value) proteins. Bacon and eggs are complementary proteins. Tomatoes are very low in protein, so they are not a good complementation.
A	1.3	3.2.2.2	1			1	a) Bacon is very high in sodium as it is cured with sodium nitrate. It also contains added salt (but not sodium chloride). Tomatoes contain only naturally occurring sodium, and only in small amounts.
A	1.4	3.2.1.3	1			1	d) Baked beans are the best source of non-starchy vegetables. Potatoes (and sweet potatoes) contain high amounts of it, and bacon is a source of protein.
A	2.1	3.3.1.2	1			1	b) Poaching is a water-based cooking method.
A	2.2	3.3.2.2	1			1	b) Gelatinisation of starch is commonly used to thicken sauces.
A	2.3	3.3.2.5	1			1	d) Air, because it is simply incorporated into the mixture.
A	2.4	3.3.2.1	1			1	c) Coagulation of protein is caused by heating. Denaturation is caused by heating, acid or applying mechanical force to a protein. Plasticity refers to fats and oils, not sugars.
A	3.1	3.4.2.1	1			1	a) Eggs are the only product in this group that would be labelled as 'raw' whether raw or cooked, will only be labelled as 'raw' if it is raw.
A	3.2	3.4.1.4	1			1	c) <i>Salmonella</i> is commonly associated with poultry. It is more characteristic of raw, unpasteurised milk. It is also found in vegetables, but can be easily spread by dirty hands.
A	3.3	3.4.2.1	1			1	b) For safety reasons, reheated food should reach 75°C.
A	3.4	3.4.1.1	1			1	a) Carbohydrates.
A	4.1	3.5.1.2	1			1	b) Cheeseburger. That's because Jews cannot eat pork. A cheeseburger is not kosher.

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks		
A	4.2	3.5.1.3	1				c) Egg yolk because eggs are considered a major source of cholesterol and they were used to make a given food product.	
A	4.3	3.5.1.3				1	d) Lamb is the most characteristic of British cuisine. Chicken is Mediterranean cuisine, while chickpeas are characteristic of Indian cuisine.	
A	4.4	3.5.1.3	1			1	a) The aroma and taste of food.	
A	5.1	3.6.1.3	1			1	a) Bananas are one of the most common Fairtrade products and products can usually be sourced locally.	
A	5.2	3.6.2.2	1			1	b) Skimmed milk. This is because during production some of the fat is lost and fortification helps to make up for that loss.	
A	5.3	3.6.2.2	1			1	c) Calcium. Other micronutrients added to plain milk include vitamins A, D and B12.	
A	5.4	3.6.2.1	1			1	a) Rennet. Rennet is a brand name of a popular cheese. Fructose is a type of sugar used to build DNA.	
B	6.1	3.2.3.1 3.2.3.3		6		6	Level 2 mark scheme:	
							0 marks	No answer given or answer incorrect.
							1–2 marks	The answer shows some knowledge and application. The answer includes reference to three or four points from the list. The explanation is given. The answer may lack detail or be simplistic.
							3–4 marks	The answer shows good knowledge and application. The answer explains briefly reference to three or four points from the list. The answer attempts to use correct subject-specific terminology.
							5–6 marks	The answer shows in-depth knowledge and application. The answer explains reference to three or four points from the list, including reference to at least five points from the list. The answer is structured, using correct subject-specific terminology.
							Indicative content: The answer may refer to the following dietary guidelines: – five a day – Eatwell Guide – Eight rules of healthy diet – Other guidelines for a healthy diet	

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	
B	6.1	3.2.3.1 3.2.3.3		6		6	<p>The answer may contain reference to the following points:</p> <ul style="list-style-type: none"> – Nutritional needs of young adults / adults, e.g. unsuitable for people suffering from diet-related conditions. – The calorific value of the meal will be high due to the use of ingredients (e.g. double cream and sugar) and ingredients (e.g. double cream and sugar). – The amount of dietary fibre in the meal will be small (due to the use of small amounts of fibre). – The amount of sugar in the meal will be quite high (due to the use of sugar in the beverage). – The amount of vitamins in the meal will be rather low (due to the use of vegetables and fruit, and the meal doesn't contain any vitamins). – The meal is a source of high biological value protein (due to the use of protein). – The meal will provide some minerals, such as calcium and iodine (from fish); these minerals are needed for bone health, and prevent goitre (iodine). – The cooking methods used to prepare the meal (e.g. frying) should be limited. The meal is prepared with a lot of fat. – The meal, if eaten regularly, may contribute to obesity. – The meal, if eaten regularly, may increase the risk of hypertension, coronary heart disease, and even cancer. – The current dietary guidelines suggest limiting the intake of fat, sugar, and salt. <p>Accept other suitable answers.</p>

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks
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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer
B	6.2	2.3.1 2.3.2 2.3.4 3.2.1.3 3.2.1.2 3.2.2.2 3.6.2.2 3.3.1.2			12	12	<ul style="list-style-type: none"> – High sodium consumption plays a role in developing risk of a stroke or heart attack. Sodium consumption can be reduced by choosing unprocessed, raw products rather than processed products. – The cooking methods used may also play a role. Low energy based cooking methods such as deep-frying, frying, roasting, food is steamed, boiled, baked, grilled, dry-fried, etc. – Lowering consumption of total fat / saturated fat can help to lower cholesterol levels. This may be achieved, for example, by choosing low-fat cheese rather than full-fat cheese. – High consumption of saturated fats / trans fats can increase the risk of a heart attack / stroke. – High consumption of saturated fats / trans fats can increase the risk of cardiovascular diseases, type 2 diabetes etc. <p>Accept other suitable answers.</p>

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer								
							Levelled mark scheme:								
							<table><tr><td>0 marks</td><td>No answer given or answer incorrect</td></tr><tr><td>1–2 marks</td><td>The answer shows some knowledge of the individual. The answer lists some ingredients / methods which are suitable for the given individual. The language used is generic and simple.</td></tr><tr><td>3–4 marks</td><td>The answer shows good knowledge of the individual. The answer describes ingredients / methods generally suitable for a young adult. The answer explains why the chosen ingredients / dishes / cooking methods are suitable. The answer is mainly clear and well-structured.</td></tr><tr><td>5–6 marks</td><td>The answer shows in-depth knowledge of the individual. The answer describes ingredients / methods which are suitable for a young adult. The answer explains why the chosen ingredients / dishes / cooking methods are suitable. The answer is clear and well-structured.</td></tr></table>	0 marks	No answer given or answer incorrect	1–2 marks	The answer shows some knowledge of the individual. The answer lists some ingredients / methods which are suitable for the given individual. The language used is generic and simple.	3–4 marks	The answer shows good knowledge of the individual. The answer describes ingredients / methods generally suitable for a young adult. The answer explains why the chosen ingredients / dishes / cooking methods are suitable. The answer is mainly clear and well-structured.	5–6 marks	The answer shows in-depth knowledge of the individual. The answer describes ingredients / methods which are suitable for a young adult. The answer explains why the chosen ingredients / dishes / cooking methods are suitable. The answer is clear and well-structured.
0 marks	No answer given or answer incorrect														
1–2 marks	The answer shows some knowledge of the individual. The answer lists some ingredients / methods which are suitable for the given individual. The language used is generic and simple.														
3–4 marks	The answer shows good knowledge of the individual. The answer describes ingredients / methods generally suitable for a young adult. The answer explains why the chosen ingredients / dishes / cooking methods are suitable. The answer is mainly clear and well-structured.														
5–6 marks	The answer shows in-depth knowledge of the individual. The answer describes ingredients / methods which are suitable for a young adult. The answer explains why the chosen ingredients / dishes / cooking methods are suitable. The answer is clear and well-structured.														
	6.3	3.2.3.3 3.2.3.4 3.2.2.2 3.2.3.1 3.2.1.2 2.1.1 2.1.2				6									

Indicative content:

- HBV sources of protein, e.g. chicken breast, oily fish
- Sources of unsaturated fats, e.g. unrefined vegetable oils
- Sources of complex carbohydrates and dietary fibre, e.g. wholegrain bread, pasta, rice
- Sources of vitamins and dietary fibre, e.g. fresh fruit and vegetables
- Sources of minerals, especially sodium – only if accepted as correct, e.g. low-sodium salt, low-sodium products
- Cured products, such as ham or canned tuna, sardines
- Cooking techniques, e.g. steaming or poaching
- The volume and amount of beverage, e.g. choose low-sugar drinks
- The amount of beverages consumed during the day (the guideline is 6–8 glasses a day.)
- The answer should provide detailed information on how the diet prevents osteoporosis; beef steak is a source of iron, which prevents anaemia; orange juice provides vitamin C, which is necessary to build healthy skin.
- Accept other suitable answers.

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer
	6.4	3.2.3.1 3.5.1.2		8		8	<p>1 mark for each correct statement; max. 4 marks for this question.</p> <p>a) Coeliacs – the answer may include reference to:</p> <ul style="list-style-type: none"> Food cannot contain any gluten. Wheat, rye, barley, spelt and uncertified oats. Cannot eat bread, pasta, couscous, cakes or any other foods made with the use of these grains. Cannot eat or drink any foods made with malt. Cannot eat soy sauce (unless certified). Cannot eat soups or sauces thickened with flour. Cannot use baking powder (unless certified). <p>Accept other suitable answers.</p> <p>b) Vegans – the answer may include reference to:</p> <ul style="list-style-type: none"> Cannot eat any food of animal origin. Cannot eat meat, poultry, game, fish or seafood. Cannot eat lard, suet, goose fat or any other animal fats. Cannot eat milk, butter or dairy products. Cannot eat honey. Cannot eat eggs or anything made with eggs. Has to use protein complementation to provide all essential amino acids. Has to supplement vitamin B12 as plant foods do not contain it. <p>Accept other suitable answers.</p>
	7.1	3.7 3.3.2.1 3.3.2.2	2			2	<p>1 mark for each function; max. 1 mark for each product.</p> <p>a) Eggs – any one from:</p> <ul style="list-style-type: none"> Binding Enriching Adding colour Adding flavour <p>Accept other suitable answers.</p> <p>b) Potatoes – any one from:</p> <ul style="list-style-type: none"> Thickening Creating texture Flavour Colour <p>Accept other suitable answers.</p>

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer								
	7.2	3.1.1 3.3 3.5.1.2	2			2	<p>1 mark for a basic description (reference to one from more from the list below)</p> <p>Indicative content:</p> <ul style="list-style-type: none">– Lactose is a disaccharide naturally occurring in milk.– The recipe uses milk.– Milk is a source of lactose.– Lactose is digested in the human digestive system.– If the enzyme is not present, or does not work correctly, lactose is not digested.– Lactose-intolerant people cannot correctly digest lactose.– Consumption of the dish may cause lactose-intolerance or diarrhoea.								
	7.3	1.2 3.3.1.1	6			6	<p>Levelled mark scheme:</p> <table><tr><td>0 marks</td><td>No answer given or answer incorrect.</td></tr><tr><td>1–2 marks</td><td>The answer shows some knowledge. The answer names two cooking methods with a relevant explanation can be given. The language used is generic and simple.</td></tr><tr><td>3–4 marks</td><td>The answer shows good knowledge. The answer correctly names two cooking methods in brief. The answer is mainly clear and uses relevant vocabulary.</td></tr><tr><td>5–6 marks</td><td>The answer shows in-depth knowledge. The answer correctly names two cooking methods and explains how they are used. The answer is clear and concise.</td></tr></table> <p>Indicative content:</p> <ul style="list-style-type: none">– Shallow frying – to caramelise onion, make the sauce and cook the fish.– Baking – to cook the whole dish, improve the texture of the cheese, coagulating and denaturing the egg.– Poaching – to seal the fish, change its colour to white.– Boiling – to cook potatoes, to make them softer. <p>Accept other suitable answers.</p>	0 marks	No answer given or answer incorrect.	1–2 marks	The answer shows some knowledge. The answer names two cooking methods with a relevant explanation can be given. The language used is generic and simple.	3–4 marks	The answer shows good knowledge. The answer correctly names two cooking methods in brief. The answer is mainly clear and uses relevant vocabulary.	5–6 marks	The answer shows in-depth knowledge. The answer correctly names two cooking methods and explains how they are used. The answer is clear and concise.
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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answers
	7.4	3.3.2.3		4		4	<p>1 mark for each function; max. 2 marks for each description. The functions must not be repeated for the two dishes.</p> <p>a) Puff pastry</p> <ul style="list-style-type: none"> – shortening – fat helps to make the pastry cannot access water and, therefore, gluten is less than soft and elastic – adding layers (no change here) – enriching – to increase nutritional value of A and D, which commonly occur in milk, from butter – giving flavour – the fat added to the pastry butter will have a more buttery, milky taste – giving colour – the fat used will also alter the colour to be yellow thanks to beta carotene in butter – create the mouthfeel – the fat used in the pastry creates the plasticity of fat, which may have the effect that butter made with butter will give a better mouthfeel than cream made with vegetable fat spread <p>b) Buttercream</p> <ul style="list-style-type: none"> – aeration (no change) – giving texture – the fat helps to trap air in the cream, giving it a light texture as the fat molecules are more hydrophobic – creating the mouthfeel – different fats have different melting ranges; for this reason, buttercream made with butter will give a better mouthfeel than cream made with vegetable fat spread

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks
	8.1	3.6.1.1 3.6.1.2 3.5.1.1 3.5.1.2		12		10

Levelled mark scheme:	
0 marks	No answer given or answer incorrect
1–2 marks	The answer shows limited knowledge; people may choose or not choose a reason from the indicative content; lack structure and clarity, and the answer is often incomplete.
3–5 marks	The answer shows some knowledge; people may choose or not choose three reasons from the indicative content; may lack structure and clarity, but the answer is more complete.
6–8 marks	The answer shows good knowledge; people may choose or not choose three or four reasons from the indicative content; describes in detail, three or four reasons; well-structured, attempting to use correct terminology.
9–10 marks	The answer shows in-depth knowledge; people may choose or not choose four or five reasons from the indicative content; describes in detail, at least three or four reasons; well-structured, using correct terminology.

Indicative content:

- The conditions for organic farming (no pesticides, no artificial fertilisers) are difficult to meet, and often don't guarantee resistance to pests and diseases, leading to lower yield.
- The conditions for conventional/intensive farming (use of pesticides, artificial fertilisers) are easier to meet, leading to better weather resistance).
- The quality of organic produce, e.g. vegetables, is often lower than conventional produce, leading to a loss for the farmers.
- The price of organic produce is often higher than conventional produce, leading to a loss for the farmers.
- High demand due to high prices.
- Difficulties when growing crops / rearing animals, leading to crop/animal failure.
- Increasing quality demands from the stakeholders.
- Low yield = less money made.
- High investment needed to run a farm; no payback.

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer										
	8.1	3.6.1.1 3.6.1.2 5.1.1.2		10		10	<ul style="list-style-type: none">– The need to apply very strict international standards– A long time is needed for land conversion (at least 3 years for pesticides); during conversion, farmers may suffer financial loss as the conversion period is over.– Organic feed for animals is very expensive, increasing the cost of the final product.– It is difficult to control pests and weeds without the use of pesticides. Accept other suitable answers.										
	8.2	3.6.2.2	4			4	1 mark for each correct statement; max. 4 marks from this question. <ul style="list-style-type: none">– Colourants – improve the colour of the food / make food more appealing.– Emulsifiers – improve the appearance of the food by preventing it from layering/splitting.– Flavoursings – to improve/enhance/change flavour of the food / make food more appealing / more appetising, to substitute for sugar.– Preservatives – to enhance shelf life, to inhibit the growth of microorganisms. Accept other suitable answers.										
	9.1	3.2.3.4 3.2.3.3			8	8	Levelled mark scheme: <table><tr><td>0 marks</td><td>No answer given or answer incorrect.</td></tr><tr><td>1–2 marks</td><td>The answer shows limited knowledge and understanding of type 2 diabetes. The answer includes a simplified definition of type 2 diabetes, but does not include general guidance, not specific to type 2 diabetes. The answer may lack clarity.</td></tr><tr><td>3–4 marks</td><td>The answer shows some knowledge and understanding of type 2 diabetes. The answer includes some detail about type 2 diabetes, but the answer includes reference to one or two points only. The answer may lack clarity.</td></tr><tr><td>5–6 marks</td><td>The answer shows good knowledge and understanding of type 2 diabetes. The answer includes a good definition of type 2 diabetes, and includes reference to at least three points from the indicative content. The answer uses correct subject-specific vocabulary.</td></tr><tr><td>7–8 marks</td><td>The answer shows in-depth knowledge and understanding of type 2 diabetes. The answer includes a detailed definition of type 2 diabetes, and includes reference to at least five points from the indicative content. The answer uses correct subject-specific vocabulary.</td></tr></table>	0 marks	No answer given or answer incorrect.	1–2 marks	The answer shows limited knowledge and understanding of type 2 diabetes. The answer includes a simplified definition of type 2 diabetes, but does not include general guidance, not specific to type 2 diabetes. The answer may lack clarity.	3–4 marks	The answer shows some knowledge and understanding of type 2 diabetes. The answer includes some detail about type 2 diabetes, but the answer includes reference to one or two points only. The answer may lack clarity.	5–6 marks	The answer shows good knowledge and understanding of type 2 diabetes. The answer includes a good definition of type 2 diabetes, and includes reference to at least three points from the indicative content. The answer uses correct subject-specific vocabulary.	7–8 marks	The answer shows in-depth knowledge and understanding of type 2 diabetes. The answer includes a detailed definition of type 2 diabetes, and includes reference to at least five points from the indicative content. The answer uses correct subject-specific vocabulary.
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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer
	9.1	3.2.3.4 3.2.3.3			8	8	<p>Indicative content:</p> <ul style="list-style-type: none"> – The calorific content of each of the desserts and contains more energy than the chocolate mousse. – The amount of fat and saturated fat in both desserts and the apple pie is higher in total fat and saturated fat. – This makes the apple pie unsuitable for people with diabetes which is a risk factor for developing type 2 diabetes. – The amount of sugar in each of the recipes and the apple pie is higher in carbohydrates in general. The amount of sugar in both desserts is very high and should be reduced. – This is because people with diabetes have trouble with the consumption of simple sugars. – The amount of fibre in the desserts as fibre slows down the sugar level, e.g. the apple pie is higher in dietary fibre. – This makes the apple pie more suitable for diabetics as it might help to control blood sugar levels. <p>The answer should indicate which dessert is more suitable. The chocolate mousse seems to be more suitable for a diabetic as it contains less sugar. However, the apple pie may be better for diabetics as it contains more fibre. Neither of the desserts is suitable for diabetics as the amounts, which is not recommended in a diet for type 2 diabetes.</p>

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Section	Q No.	Spec number	AO1	AO2	AO4	Marks	Answer
	10.1	3.4.1.3	6			6	<p>1 mark for each correct; max. 2 marks for each category.</p> <p>a) Bacteria – any two from:</p> <ul style="list-style-type: none"> – Cheese – Yoghurt – Sourdough bread – Vinegar – Buttermilk – Kefir – Koumiss – Sauerkraut – Gherkins / dill pickles – Olives – Salami <p>b) Yeast – any two from:</p> <ul style="list-style-type: none"> – Bread – Doughnuts – Sourdough – Beer – Wine – Cider <p>c) Mould – any two from:</p> <ul style="list-style-type: none"> – Blue cheese (Stilton, Gorgonzola) – Soft ripened cheese (Brie, Camembert) – Sausages – Soy sauce – Quorn™ <p>Accept other suitable answers.</p>
	10.2	3.7 3.6.2.1		4		4	<p>1 mark for each mistake and 1 mark for a correct explanation.</p> <p>Any two from:</p> <ul style="list-style-type: none"> – Too much cornstarch – will produce tough, hard bread (gluten is the binding agent in the dough) – Too little water was used – so the dough will not rise – The water was too hot – so the yeast might be killed – Too much yeast was used – so the dough will rise too fast <p>Accept other suitable answers.</p>

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ZigZag Practice Exam

Supporting AQA GCSE Food Preparation and Nutrition

Practice Paper 2

Name



Time allowed

1 hour 45 minutes

Instructions

Answer **all** of the questions and use the space provided.

Information

The total number of marks available for this paper is **100**. The number of marks available for each question is shown in brackets.

Questions will be assessed on the quality of your written answer. You should answer all questions in full, using clear, concise prose.

Cross out answers that you do not wish to be marked.

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Section A – Multiple Choice

Question 1 is about food, nutrition and health.

A school canteen prepared four types of pasty:

- a) Spicy tomato and Quorn™ pasty
- b) Melted Stilton and ham pasty
- c) Tofu and spinach pasty
- d) Lentil and millet pasty

1.1 Which **one** of the pasties contains LBV proteins?

- a) Spicy tomato and Quorn™
- b) Melted Stilton and ham
- c) Tofu and spinach
- d) Lentil and millet

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1.2 Which **one** of the pasties is a source of haem iron?

- a) Spicy tomato and Quorn™
- b) Melted Stilton and ham
- c) Tofu and spinach
- d) Lentil and millet

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1.3 Which **one** of the pasties is not suitable for vegetarians?

- a) Spicy tomato and Quorn™
- b) Melted Stilton and ham
- c) Tofu and spinach
- d) Lentil and millet

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1.4 Which **one** of the following ingredients is not made with the use of microorganisms?

- a) Quorn™
- b) Stilton
- c) Tofu
- d) Millet

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Question 2 is about food science.

2.1 Complete the sentence.

Dextrinisation is a process which occurs when dry-cooking...

- a) starch.
- b) sugar.
- c) fat.
- d) oil.

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2.2 Which **one** of the following statements is **untrue** about enzymatic browning?

- a) It can be stopped by the use of lemon juice.
- b) It can be prevented by blanching food.
- c) It is inhibited by the presence of oxygen.
- d) It is accelerated by various metals.

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2.3 Which **one** of the following is commonly used in recipes containing butter?

- a) Yeast
- b) Self-raising flour
- c) Baking powder
- d) Bicarbonate of soda

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2.4 Which **one** of the following best describes the function of eggs in mayonnaise?

- a) Coagulation
- b) Emulsification
- c) Denaturation
- d) Foam formation

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Question 3 is about food safety.

3.1 Which **one** of the following is **not** a source of bacterial contamination of food?

- a) Hands of the people cooking
- b) Cooked meat and poultry
- c) Work surfaces and equipment
- d) Waste food and rubbish

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3.2 Which **one** of the following is necessary for the ripening of fruit and vegetables?

- a) Yeast
- b) Bacteria
- c) Mould
- d) Enzymes

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3.3 Which **one** is the correct temperature range for ambient storage?

- a) Below -18 °C
- b) From 5 to 63 °C
- c) From 18 to 22 °C
- d) From 0 to 5 °C

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3.4 Colour coding is used to prevent cross-contamination between food products. Which **one** of the following colours codes for items used for processing raw meat?

- a) Red
- b) White
- c) Green
- d) Blue

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Question 4 is about food choice.

4.1 Which **one** of the following is **not** suitable for a Muslim?

- a) Pork chops
- b) Beefburger
- c) Goat stew
- d) Roasted lamb

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4.2 Which **one** of the following does **not** refer to a marketing technique?

- a) BOGOF
- b) BMI
- c) PoS
- d) Meal deal

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4.3 Which **one** of the following tests is used to order samples from the least sweet to the most sweet?

- a) Profiling test
- b) Hedonic test
- c) Triangle test
- d) Ranking test

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4.4 Compare the influence of the time of day on the consumption of food.
A siesta is a short afternoon nap typical of...

- a) Scandinavian countries.
- b) Spanish-speaking countries.
- c) Arab countries.
- d) Asian countries.

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Question 5 is about food provenance.

5.1 Complete the sentence.

Transportation contributes to an increase in...

- a) oxygen release.
- b) sustainability of food sources.
- c) carbon footprint.
- d) food waste.

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5.2 Which **one** of the following statements is true about the sterilisation of milk?

- a) It is useful as it increases the vitamin content of milk.
- b) It kills bacteria, but not spores, so the milk is not safe to drink.
- c) It helps to decrease the amount of fat in milk.
- d) It kills all bacteria and spores, so makes the milk safe to drink.

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5.3 Which **one** of the following substances is added to vegetable fat spreads to prevent disease?

- a) Plant extracts
- b) Vitamin A
- c) Vitamin D
- d) Hydrogen

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5.4 Which **one** of the following numbers is used on food labels to signify free-range?

- a) 0
- b) 1
- c) 2
- d) 3

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Section B

Question 6 is about diet, nutrition and health.

Mo is an obese 40-year-old who works as a builder.
For lunch yesterday, Mo had meatballs in tomato
sauce with mashed potatoes (side with butter, milk
and cheese), a hot chocolate, and a scone with
potato cream and jam.

- 6.1 Explain why the diet above reflects Mo's nutritional needs.



- 6.2 The National Osteoporosis Society states that every second woman and even men suffer from osteoporosis.

Assess various factors which contribute to osteoporosis, and describe a meal for a person suffering from this condition.



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- 6.3 Mo's daughter, Lara, is 16 years old.
Describe the nutritional needs of a teenage girl such as Lara.

- 6.4 Consider how consumption of various types of fat may affect Lara's health

Question 7 is about food safety.

- 7.1 Cross-contamination is one of the main causes of food poisoning.
Describe the food safety principles which help to avoid cross-contamination

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- 7.2 There is a wide variety of microorganisms which cause food spoilage.
Name the type of microorganism responsible for each of the following signs

a) Furry green growth on a piece of bread

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b) Foam and fizziness in a bottle of juice

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Question 8 is about food science and cooking of food.

8.1 Sauces play an important role in dishes and meals.

Identify **two** functions of sauces in meals.

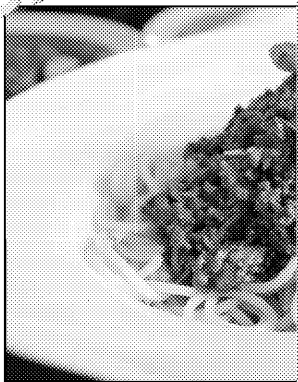
- a)
- b)

8.2 A chef noticed that his sauce went lumpy.

Identify **two** possible causes of the failed sauce.

- a)
- b)

8.3 Below is a recipe for a classic spaghetti bolognese.

Spaghetti bolognese	
1 teaspoon oil	
1 garlic clove, crushed	
1 onion, chopped	
500 g minced beef	
2 cans of tomato sauce	
400 g chopped tomatoes	
250 ml beef stock	
a pinch of pepper	
1 tsp salt	
1 bunch of fresh flat-leaf parsley, chopped	
100 g Parmesan cheese, grated	
500 g dried spaghetti	

Explain why the meal is not suitable for coeliacs.

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8.4 Explain how heat is transferred during the following stages of making spaghetti

a) dry-frying minced beef

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b) simmering beef ragu (sauce)

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9.2 Explain the function of eggs in the following dishes. Do NOT repeat your an

No.	Dish	Function of eggs
a)	Omelette	
b)	Meatballs	
c)	Sponge cake	

9.3 A middle-class family of five has asked you to prepare a three-course dinner for a birthday party, which is to take place on 3rd January.

Describe the meal you are going to prepare. Justify your choice of ingredients.



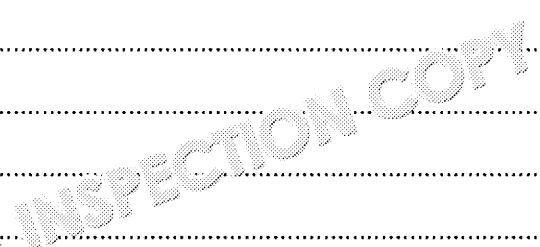
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10.2 What are the negative effects of using genetically modified (GM) foods?

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10.3 Due to changes in food production and processing, many foods need to be fortified.
What are the advantages of food fortification?

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