



Oxford Cambridge and RSA

Monday 29 November 2021 – Afternoon

GCSE (9–1) Food Preparation and Nutrition

J309/01 Food preparation and nutrition

Time allowed: 1 hour 30 minutes



No extra materials are needed.



Please write clearly in black ink. **Do not write in the barcodes.**

Centre number Candidate number

First name(s) _____

Last name _____

INSTRUCTIONS

- Use black ink.
- Write your answer to each question in the space provided. If you need extra space use the lined pages at the end of this booklet. The question numbers must be clearly shown.
- Answer **all** the questions.

INFORMATION

- The total mark for this paper is **100**.
- The marks for each question are shown in brackets [].
- Quality of extended response will be assessed in questions marked with an asterisk (*).
- This document has **12** pages.

ADVICE

- Read each question carefully before you start your answer.

2

Answer **all** the questions.

1 Food is often cooked before we eat it.

(a) Give **two** reasons for cooking food.

- 1
-
- 2
-

[2]

(b) Name the **three** methods of transferring heat to food.

- 1
- 2
- 3

[3]

2 Wheat can be processed and made into different types of flour.

(a)* Explain how wheat is processed into flour.

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[6]

(b) Flour is used to make pasta.

Describe how to make fresh pasta.

.....
.....
.....
.....
..... [4]

(c) Flour and pasta have a high starch content.

(i) Name **two** other foods that have a high starch content.

1
2 [2]

(ii) State **two** functions of starch in the diet.

1
.....
2
..... [2]

4 (a) Food labels can provide important information for the consumer.

(i) Additives used in food products must be stated on the label.

Give **one** reason why additives are used in food products.

..... [1]

(ii) Explain the meaning of the **use by date** on food labels.

.....
.....
.....
..... [2]

(b) It is recommended that a visual check is made on food we buy.

Explain **one** visual check that is important when buying fresh fruit.

.....
.....
.....
..... [2]

(c) (i) Mould is a micro-organism that causes food spoilage.

Give **three** conditions needed for mould to grow.

- 1
- 2
- 3 [3]

(ii) Name **two** other micro-organisms that cause food spoilage.

- 1
- 2 [2]

(d) Preparing and cooking chicken safely is important.

(i) Identify **one personal hygiene** rule that should be followed when preparing fresh chicken and explain how the rule helps protect against indirect contamination.

Personal hygiene rule

.....

Explanation

.....

..... [2]

(ii) Cooked chicken is a high risk food.

Explain **one** way of reducing the risk of food poisoning when reheating cooked chicken.

.....

.....

..... [2]

5 We are advised to eat a healthy diet to avoid diet related health issues.

(a) Describe the dietary advice you would give to a person who is obese.

.....
.....
.....
.....
.....
..... [3]

(b) Name **one** diet related health issue other than obesity.

..... [1]

(c) (i) Explain why water is needed in the body.

.....
.....
.....
.....
.....
..... [3]

(ii) State **two** foods that have a high water content.

1
2 [2]

7 Food comes from a variety of sources.

(a) Describe the following terms:

Seasonal foods

.....
.....
.....

Free range products

.....
.....
.....

Sustainable fish supply

.....
.....
.....

[6]

(b) Name **one** type of

(i) Oily fish

..... [1]

(ii) White fish

..... [1]

(iii) Poultry

..... [1]

8 Food choices can be influenced by religious and cultural beliefs.

Describe how the following religious and cultural beliefs influence food choices.

Hinduism

.....

.....

Islam

.....

.....

Judaism

.....

.....

[6]

9 Protein and fat are macronutrients.

(a) (i) State **three** functions of protein in the body.

1

2

3

[3]

(ii) Tick (✓) the box to identify the high biological value (HBV) protein food.

Protein food	Tick (✓) the HBV protein food
Nuts	
Peas	
Soya beans	

[1]

(b) (i) One function of fat in the diet is to protect our vital organs. State **two** other functions of fat in the diet.

1

2

[2]

(ii) Give **one** example of visible animal fat.

..... [1]

(iii) Give **one** example of invisible animal fat.

..... [1]

10 Senses work together so we can enjoy the food we eat.

(a) Name the **five** senses.

1

2

3

4

5

[5]

(b) (i) Name **one** suitable garnish that could make a cheese sandwich taste more appealing.

..... [1]

(ii) Identify **one** technique that could be used to make the pastry on an apple pie more attractive.

..... [1]

(iii) Identify **two** different ways of improving the flavour of a savoury sauce.

1

.....

2

.....

[2]

END OF QUESTION PAPER

ADDITIONAL ANSWER SPACE

If additional space is required, you should use the following lined page(s). The question number(s) must be clearly shown in the margin(s).

A large rectangular area with a solid vertical line on the left side and horizontal dotted lines across the rest of the page, providing space for writing answers.



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