



Year 9 Mock (I)GCSE Examination

Food, Preparation and Nutrition – Paper

Date: _____

Name:

Teacher:

Teaching Group:

Time allowed: 55minutes

Total number of pages in the examination:

Read the full instructions for this examination on the inside cover.

Total Marks available	/ 50	Teacher comment:
	%	
(I)GCSE Grade		

Student reflection –

Time finished the exam (If you finish early note down when you finished) -

Section A consists of multiple choice questions.

There are 20 marks available.

Answer **all** questions.

For the multiple-choice questions, completely fill in the circle alongside the appropriate answer(s).

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

0 1 . **1** Which of the following are both fat soluble vitamins?

[1 mark]

A A and D

B A and C

C B and C

D B and D

0 1 . **2** What does the abbreviation PAL stand for?

[1 mark]

A Physical Activity Limit

B Physical Activity Level

C Physical Activity Label

D Physical Action Level

0 1 . **3** Which one of the following vitamins help with the absorption of iron in the body? **[1 mark]**

- A Vitamin A
- B Vitamin B
- C Vitamin C
- D Vitamin D

0 1 . **4** Which of the following is a source of unsaturated fat? **[1 mark]**

- A Butter
- B Olive oil
- C Coconut oil
- D Lard

0 1 . **5** Dry heat causes the starch in bread to change colour. The name of this process is: **[1 mark]**

- A shortening.
- B dextrinization.
- C gelatinisation.
- D caramelisation.

0 1 . **6** High risk foods allow harmful bacteria to multiply because they are:

[1 mark]

A high in protein and acidic.

B high in protein and moist.

C low in protein and moist.

D low in protein and dry.

0 1 . **7** A 'use by' date is displayed on which of the following foods?

[1 mark]

A Pasteurised milk

B Condensed milk

C UHT milk

D Dried milk

0 1 . **8** Which one of the following is the temperature for a domestic freezer?

[1 mark]

A -1°C

B -5°C

C -10°C

D -18°C

0 1 . **9** Raw meat should be prepared on a chopping board with which colour code? **[1 mark]**

- A Yellow
- B Red
- C Blue
- D Green

0 1 . **10** Which one of the following cooking methods is used when blanching vegetables? **[1 mark]**

- A Boiling
- B Stewing
- C Braising
- D Roasting

0 1 . **11** Caramelisation occurs when: **[1 mark]**

- A a starch is broken down when heated.
- B protein is coagulated when heated.
- C fat melts when heated.
- D sugar melts and changes colour when heated.

0 1 . **12** Which one of the following is a chemical raising agent?

[1 mark]

- A Steam
- B Yeast
- C Air
- D Baking powder

0 1 . **13** What is the process called when yeast produces carbon dioxide?

[1 mark]

- A Emulsification
- B Plasticity
- C Gelatinisation
- D Fermentation

0 1 . **14** What is the process called where an acid denatures meat and adds flavour?

[1 mark]

- A Marinating
- B Stewing
- C Braising
- D Poaching

0 1 . **15** The cooking of food by infra-red heat rays is called:

[1 mark]

A convection.

B radiation.

C conduction.

D evaporation.

0 1 . **16** The olfactory receptors send messages to the brain about the:

[1 mark]

A taste of food.

B texture of food.

C appearance of food.

D smell of food.

0 1 . **17** Halal meat is a food choice made by which religion?

[1 mark]

A Sikhism

B Buddhism

C Islam

D Judaism

0 1 . **18** People with lactose intolerance should avoid:

[1 mark]

- A bread.
- B milk.
- C fish.
- D eggs.

0 1 . **19** Which of the following is the correct definition of a GM food?

[1 mark]

- A Food grown without the use of artificial chemicals
- B Food grown where farmers get a better price for their crops
- C Food grown in season
- D Food that has its genes altered to give it different characteristics

0 1 . **20** The percentage of recommended daily energy from protein is:

[1 mark]

- A 15%
- B 20%
- C 25%
- D 30%

**END OF SECTION A
TURN OVER FOR SECTION B**

Turn over for Section B

**DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED**

Section B

Answer **all** questions in the spaces provided.

0 2

A recipe for vegetable tart is shown below.

Ingredients**Shortcrust pastry**

150g plain flour
75g vegetable fat
40ml water

Filling

1 pepper
1 onion
6 mushrooms
2 eggs
150ml milk
100g mild cheddar cheese
2 sliced tomatoes

0 2**1**

Name two food safety rules that must be used when preparing vegetables.

[2 marks]

1

2

0 2**2**

Explain the meaning of the term cross contamination.

[2 marks]

0 2 . 3 The table below shows problems that have occurred when the vegetable tart had been cooked.

Complete the table below to explain the causes of each problem.

[6 marks]

Problem	Cause
The pastry had a soggy bottom	
The filling was runny and did not set	
The filling lacked flavour	

Question 2 continues on the next page

- 0 2 . 4 Using the information in the table below, evaluate the suitability of the two breakfasts for a teenager. Give justified reasons for your choice.

[8 marks]

	Breakfast A		Breakfast B	
	Bacon and fried eggs on white toast Chocolate flavoured whole milk		Bowl of porridge with dried apricots and blueberries 2 slices of wholemeal bread and marmalade Glass of pure orange juice	
Ingredients	Milk (40%), bacon (24%), bread (16%), egg (14%), oil (3%), milkshake powder (3%)		Orange juice (35%), Bread (23%), Porridge oats (14%), blueberries (14%), apricots (8%), marmalade (2%)	
	Nutrient information per portion	Reference Intake	Nutrient information per portion	Reference Intake
Energy	877 kcal	44%	506 kcal	25%
Fat	52g	75%	6.5g	9%
Saturates	17g	83%	1.1g	6%
Carbohydrates	61g	27%	101g	44%
Sugars	23g	26%	38g	43%
Protein	43g	95%	15g	34%
Fibre	2.6g	11%	15g	62%
Salt	6.2g	104%	1.2g	20%

0 3 . **1** Explain the advantages and disadvantages of buying organic fruit and vegetables.
[6 marks]

0 5 .

1

Describe the main causes of food poisoning when storing and cooking chicken.

[6 marks]

0 5 .

2

What is meant by each of the following terms:

[6 marks]

Best before date

Temperature danger zone

Ambient storage

There are no questions printed on this page

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outside the
box*

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ANSWER IN THE SPACES PROVIDED**

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28



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