

1 Student book – questions

	Question: Section/page	
1.1.1 Protein / p7	<p>1. Different people need different amounts of protein.</p> <p>a) Describe why most teenage boys need more protein than most teenage girls. (3 marks)</p> <p>b) Explain why women who are breastfeeding a baby need extra protein. (3 marks)</p>	
1.1.1 Protein / p7	<p>2. a) Identify which one of the following dishes is an example of protein complementation.</p> <p>A. Cheese on toast</p> <p>B. Apricot jam on toast</p> <p>C. Beans on toast</p> <p>D. Poached egg on toast</p> <p>b) Explain your answer in part a). (5 marks)</p>	
1.1.1 Protein / p7	<p>3. a) State what is meant by a protein alternative. (3 marks)</p> <p>b) Comment on why protein alternatives are useful to people who have decided to change from eating meat to a vegetarian diet. (3 marks)</p> <p>c) Compare the nutritional value of red meat, fish, soya and mycoprotein. (4 marks)</p>	

2 **Student book – questions**

1.1.2 Fats / p16

1. a) State three uses of fats and oils in cooking. (3 marks)
- b) State three foods that contain invisible fats or oils. (3 marks)
- c) Identify the similarities and differences between a fat and an oil. (4 marks)

3 Student book – questions

1.1.2 Fats / p16	<p>2. a) Explain why the pastry used for the vegetable flan in the recipe above is called 'shortcrust'. (2 marks)</p> <p>b) Why is it important to keep all the ingredients cool when making pastry? (1 mark)</p> <p>c) Outline why shortcrust pastry must be carefully handled. (1 mark)</p> <p>d) Outline what happens to the ingredients when the pastry is baked. (3 marks)</p> <p>e) Comment on why it is not advisable for people to regularly eat a lot of pastry products. (2 marks)</p>	
1.1.2 Fats / p16	<p>3. a) State three foods in which you would find a lot of saturated fats. (3 marks)</p> <p>b) Explain why someone with a family history of heart disease might be advised to limit their intake of foods that contain high levels of saturated fats. (3 marks)</p>	

4 Student book – questions

1.1.3 Carbohydrates / p21	<p>1. Discuss why it would be better for young children to eat an apple rather than a drink of apple juice. Give reasons for your answer. (5 marks)</p>	
1.1.3 Carbohydrates / p21	<p>2. a) State the name of the process by which plants make carbohydrates. (1 mark)</p> <p>b) Carbohydrates are classified into two main groups – what are they? (2 marks)</p> <p>c) State the names of two monosaccharides. (2 marks)</p> <p>d) State the names of two disaccharides. (2 marks)</p> <p>e) State the names of two polysaccharides. (2 marks)</p> <p>f) Identify which carbohydrate the body uses for energy production during respiration. (1 mark)</p>	

3. In their report published in 2015, the Scientific Advisory Committee on Nutrition (SACN) has recommended that people should reduce the amount of free sugars they consume to 5% of their total carbohydrate each day.
- a) Discuss why they have made this recommendation and explain what problems there might be in putting this into practice. (6 marks)
- b) Comment on how people can reduce their free sugar intake when buying their food, cooking and serving everyday meals for themselves and their families. (6 marks)

4. Look at the Nutritional Facts and the ingredients list for this breakfast cereal.

Crispy Crunchies

Ingredients list: Wholegrain toasted wheat flakes, sucrose, rolled whole grain oats, rapeseed oil, maltodextrin, glucose, dextrose, fructose, salt

Nutrition information:

Nutrient	Per 100g	Per serving (30g)
Energy	2092kJ/ 500kcal	627kJ/ 150kcal
Fat	11g	3.3g
of which:		
Saturates	0.4g	0.1g
Monounsaturates	0.6g	0.18g
Polyunsaturates	0.3g	0.09g
Carbohydrate	82g	24.6g
of which:		
Sugars	48g	14.4g
Starch	30g	9g
Fibre	4g	1.2g
Protein	3.0g	0.9g
Salt	0.4g	0.12g

- Identify the different sugars on the ingredients list.
(4 marks)
- The breakfast cereal contains 14.4g of sugar per portion. Comment on whether you consider this to be a suitable amount of sugar for a child.
(3 marks)
- Discuss whether or not you would consider this cereal to be a healthy choice for a child. Use the data from the label to explain your answer.
(3 marks)

7 Student book – questions

1.1.4 Vitamins / p30

1. You are preparing the following main meal for four people:

- Roast chicken.
- Boiled new potatoes.
- Carrots.
- Broccoli.
- Cabbage.
- Gravy.
- Fresh fruit salad.
- Yogurt.

Explain, with reasons and examples, how you would minimise the loss of vitamins from the food as you prepare, cook and serve the meal. (10 marks)

1.1.4 Vitamins / p30

2. a) State why pregnant women, young children and elderly people might need vitamin supplements. Give reasons for your answers. (6 marks)
- b) Discuss why it is advisable to seek medical advice before taking or giving vitamin supplements. Give reasons for your answers. (3 marks)

1.1.5 Minerals / p35	<p>1. a) It is recommended that from 11 years onwards, people should eat no more than 6g of salt each day. Explain why there is concern about the amount of salt people eat. (5 marks)</p> <p>b) Salt has been used for centuries to preserve and flavour foods. State three ways in which people can flavour their foods instead of using salt in cooking and at the table. (3 marks)</p> <p>c) State one reason why salt (sodium) is needed in the body. (1 mark)</p>	
1.1.5 Minerals / p35	<p>2. a) Explain, giving reasons and examples, how some minerals and vitamins work together in the body. (6 marks)</p> <p>b) Using the examples in the first part of your answer, plan a menu for a main meal (2 courses) for a family of 2 adults and 2 children (a boy of 10 years and a girl of 14 years) giving reasons for your choices. (8 marks)</p>	

1.1.5 Minerals / p35	<p>3. Laura is 16 years old. Lately she has been feeling very tired and has little energy. She tends to eat a lot of ready-made processed and fast foods (mainly based on chicken and white fish) and very few fresh vegetables and fruit.</p> <p>a) Suggest reasons for Laura's symptoms. (6 marks)</p> <p>b) Discuss ways in which Laura could improve her diet to help her feel better. (6 marks)</p>	
1.1.6 Water / p37	<p>1. State three ways in which you could encourage young children to drink more water. (3 marks)</p>	

1.1.6 Water / p37	2. Discuss the reasons why it is better for people to drink water rather than sweetened, fizzy drinks. (4 marks)	
1.1.6 Water / p37	3. Explain why an athlete who is taking part in a sports competition in a hot country needs to control their water intake very carefully. (4 marks)	