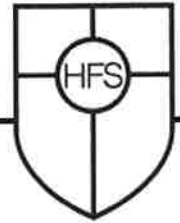


# The Holy Family

## Catholic School

a voluntary academy



### YEAR 11 Trial Examination Summer Term 2024

Student Name \_\_\_\_\_

Candidate Number \_\_\_\_\_

Subject Teacher \_\_\_\_\_

Form \_\_\_\_\_

**Subject: Food Preparation and Nutrition**

**Level: N/A**

**Title of Paper: Principles of Food Preparation and Nutrition**

**Duration of Paper: 50 minutes**

Head of Subject/Lead: Mr Hudson

Head of Faculty: Mrs Findlay

4. (a) Name **two** functions of protein in the diet. [2]

(i) .....

(ii) .....

(b) Proteins can be High Biological Value (HBV) or Low Biological Value (LBV).

(i) State what is meant by Low Biological Value. [1]

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(ii) Describe how a **vegan** can ensure they achieve their daily intake of protein. [5]

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(c) Describe **two** health problems that may be caused by a protein deficiency. [4]

(i) .....

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(ii) .....

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5. Assess the impact of importing foods from other countries and suggest how customers can be more environmentally friendly when food shopping. [8]

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6. The food diary below is for an 18-year-old student at college.

**Typical daily diet**

**Breakfast**  
Cup of tea with milk and sugar

**Mid-morning**  
Chocolate bar  
Carton of fruit juice

**Lunch**  
Sausage roll  
Cheesy chips  
Chocolate cookie  
Apple

**Afternoon**  
Cola and biscuits

**Evening meal**  
Chicken curry, rice, poppadoms

**Evening snack**  
Cola and popcorn

Evaluate the food diary and suggest changes that could be made to meet current dietary recommendations.

[8]

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7. (a) Give **three** reasons for cooking food. [3]

(i) .....

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(ii) .....

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(iii) .....

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(b) Cooking can transfer heat energy to food in different ways.

Describe how heat energy is transferred when:

(i) Grilling bacon. [2]

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(ii) Cooking soup in a saucepan on the hob. [4]

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(c) Outline the process of blanching.

[2]

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(d) Describe the effect of cooking on meat.

[4]

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9. Discuss the influences cultural and lifestyle changes have had on food choice and availability. [10]

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**END OF PAPER**

