



General Certificate of Secondary Education  
2024

Centre Number

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Candidate Number

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# Home Economics: Food and Nutrition

Written Paper

**ML**

**[G9521]**

**THURSDAY 23 MAY, AFTERNOON**

## TIME

2 hours, plus your additional time allowance.

## INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

**You must answer the questions in the spaces provided.**

**Do not write outside the boxed area on each page or on blank pages.**

Complete in black ink only. **Do not write with a gel pen.**

Answer **all twelve** questions.

## INFORMATION FOR CANDIDATES

The total mark for this paper is 120.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **10, 11, and 12.**



**This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.**

Read the following statements and tick the box beside each correct answer.  
Tick [✓] only **one** box for each statement.

**1 (a)** Which **one** of the following conditions is caused by an intolerance to gluten?

**A** anaemia

**B** diabetes

**C** cardiovascular disease

**D** coeliac disease  [1]

**(b)** Which **one** of the following benefits applies to basing your meals on starchy foods?

**A** prevents iron deficiency anaemia

**B** helps to control weight by making you feel fuller for longer

**C** helps to form strong bones and teeth

**D** forms connective tissue in the body  [1]

**(c)** Which **one** of the following foods is a good source of vitamin C?

**A** grapefruit

**B** white bread

**C** cod

**D** chicken  [1]



(d) Which **one** of the following steps is not involved in the secondary processing of wheat into bread?

A weighing and measuring

B slicing

C baking

D frying

[1]

(e) Which **one** of the following food additives is used to extend shelf life?

A preservatives

B colourings

C emulsifiers

D flavourings

[1]

(f) Which **one** of the following foods is **not** a novel source of protein?

A tofu

B soya

C lentils

D Quorn

[1]

[Turn over



2 (a) Circle **three** foods from the list below which belong to the 'Dairy and Alternatives' section of the Eatwell Guide.

Stilton cheese	pork	oat milk	breadsticks
single cream	tuna	pumpkin	cauliflower

[3]

(b) What is the function of vitamin D in the diet?

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[2]

(c) Discuss the effects of calcium deficiency on the body.

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[4]





**3 (a)** Identify **two** food sources of salmonella food poisoning bacteria.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

**(b)** Explain how food poisoning can affect the body.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

**(c)** Discuss ways to prevent salmonella food poisoning when preparing meals at home.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [4]

[Turn over



4 Explain the following barriers to being an effective consumer when shopping for food:

(i) Knowledge

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[2]

(ii) Resources

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[2]





5 (a) Name **two** items of information that must be provided on a food label, by law.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(b) Explain why food manufacturers choose to include voluntary information on food labels.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ [3]

(c) Evaluate the use of shopping apps as a food shopping option for older adults.

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\_\_\_\_\_ [6]

[Turn over



(d) Assess the use of financial incentives in supermarkets to influence consumer food choice.

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[6]





**6 (a)** Identify **three** foods that are grown.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

3. \_\_\_\_\_ [1]

**(b)** Outline the difference between intensive farming and organic farming.

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_ [3]

**(c)** The Eatwell Guide advises us to ‘eat less red and processed meat’. Explain how this advice benefits health.

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\_\_\_\_\_ [4]



(d) Discuss **three** nutrients that should be considered when planning meals for a vegan.

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[6]



7 (a) Write down **three** foods which are sources of free sugars.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

3. \_\_\_\_\_ [1]

(b) Explain **three** ways to control portion size.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ [2]

[Turn over







8 (a) Explain how an individual could increase their fluid intake.

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[3]

[Turn over



(b) Examine the importance of adequate fluid intake for an adolescent.

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[6]



9 (a) Identify the **two** types of fibre present in food.

1. \_\_\_\_\_ [1]

2. \_\_\_\_\_ [1]

(b) Discuss the role of fibre in the diet.

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[4]



The quality of your written communication will be assessed in this question.

10 Analyse the influence of ethical and environmental factors on consumers when shopping for food.

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The quality of your written communication will be assessed in this question.

11 Suggest and justify dietary advice to reduce the risk of iron deficiency anaemia.

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For Examiner's use only	
Question Number	Marks
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<b>Total Marks</b>	
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Examiner Number

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