



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

MV18

[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 on blank pages.

Complete in black ink only.

Answer **all twelve** questions.

Information for Candidates

The total mark for this paper is 120.

Figures in brackets printed at the end of each question 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? [1 mark]

A anaemia

B diabetes

C cardiovascular disease

D coeliac disease

(b) Which **one** of the following benefits applies to basing your meals on starchy foods? [1 mark]

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

(c) Which **one** of the following foods is a good source of vitamin C? [1 mark]

A grapefruit

B white bread

C cod

D chicken

(d) Which **one** of the following steps is not involved in the secondary processing of wheat into bread? [1 mark]

A weighing and measuring

B slicing

C baking

D frying

(e) Which **one** of the following food additives is used to extend shelf life? [1 mark]

A preservatives

B colourings

C emulsifiers

D flavourings

(f) Which **one** of the following foods is not a novel source of protein? [1 mark]

A tofu

B soya

C lentils

D Quorn

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(Questions continue overleaf)

- 2 (a)** Circle **three** foods from the list below which belong to the 'Dairy and Alternatives' section of the Eatwell Guide. [3 marks]

Stilton cheese

pork

oat milk

breadsticks

single cream

tuna

pumpkin

cauliflower

- (b)** Explain the function of vitamin D in the diet. [2 marks]

(c) Discuss the effects of calcium deficiency on the body.
[4 marks]

3 (a) Identify **two** food sources of salmonella food poisoning bacteria. [1 mark for each]

1. _____

2. _____

(b) Explain how food poisoning can affect the body.
[2 marks]

(c) Discuss ways to prevent salmonella food poisoning when preparing meals at home. [4 marks]

4 Explain the following barriers to being an effective consumer when shopping for food: [2 marks for each]

(i) Knowledge

(ii) Resources

5 (a) Name **two** items of information that must be provided on a food label by law. [1 mark for each]

1. _____

2. _____

(b) Explain why food manufacturers choose to include voluntary information on food labels. [3 marks]

(c) Evaluate the use of shopping apps as a food shopping option for older adults. [6 marks]

6 (a) Identify **three** foods that are grown. [1 mark for each]

1. _____

2. _____

3. _____

(b) Outline the difference between intensive farming and organic farming. [3 marks]

(c) The Eatwell Guide advises us to 'eat less red and processed meat'. Explain how this advice benefits health. [4 marks]

(d) Discuss **three** nutrients that should be considered when planning meals for a vegan. [6 marks]

7 (a) Write down **three** foods which are sources of free sugars. [1 mark for each]

1. _____

2. _____

3. _____

(b) Explain **three** ways to control portion size. [2 marks for each]

1. _____

2. _____

3. _____

(c) Discuss the importance of planning meals and snacks in advance before shopping for food. [6 marks]

8 (a) Explain how an individual could increase their fluid intake. [3 marks]

(b) Examine the importance of adequate fluid intake for an adolescent. [6 marks]

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

[1 mark for each]

1. _____

2. _____

(b) Discuss the role of fibre in the diet. [4 marks]

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Total Marks	
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Examiner Number

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