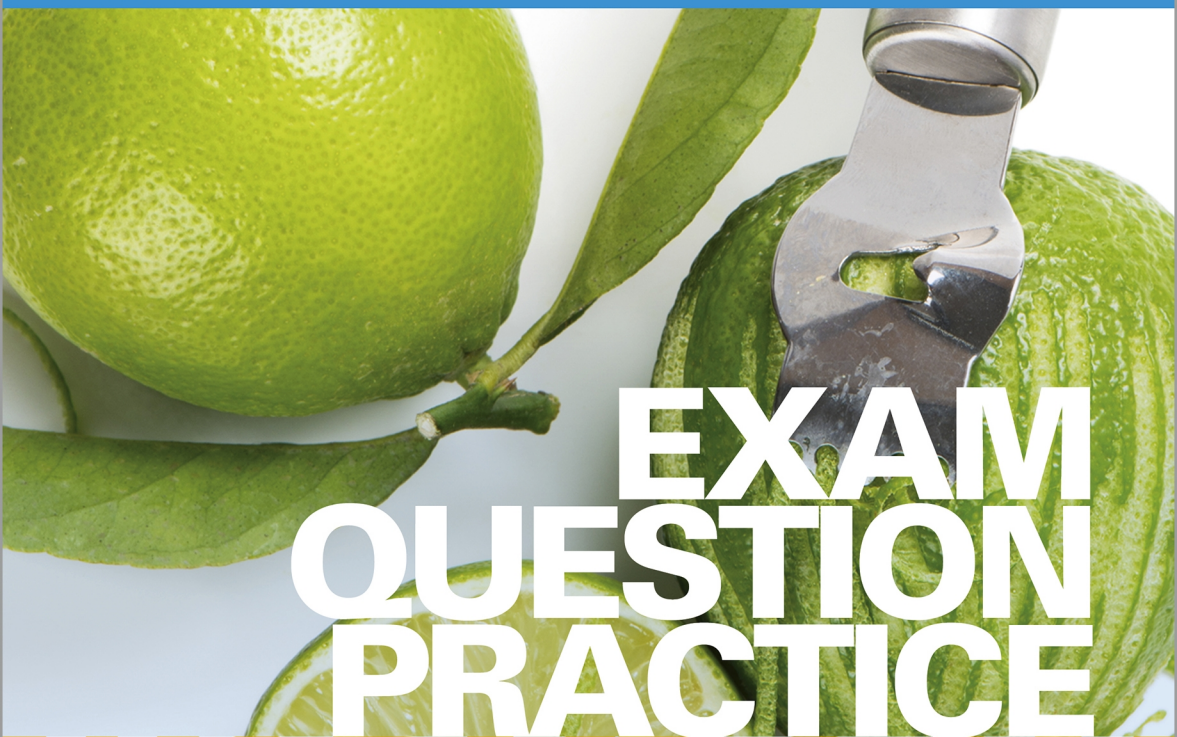


AQA GCSE (9–1)



EXAM QUESTION PRACTICE **WORKBOOK**

FOOD PREPARATION AND NUTRITION

Bev Saunder

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Answers available online at www.hoddereducation.co.uk/workbookanswers

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Using this workbook

This workbook has been designed to help you practise all the skills you need for the AQA GCSE (9–1) Food Preparation and Nutrition examination.

The workbook can be used throughout your course: your teacher may ask you to answer questions in the classroom, for homework, or during your revision.

The workbook is divided into sections that reflect the topics in the AQA GCSE (9–1) Food Preparation and Nutrition specification. Each section contains a range of different practice questions similar to those you may see on the exam paper, including multiple-choice questions and extended-answer questions.

Spaces are provided in the workbook for you to write or plan your answers.

The marks available for each question are included to help you consider the level of detail you need to provide in your answer.

Answers to all of the questions in the workbook are available at www.hoddereducation.co.uk/workbookanswers.

Questions in the written exam

Question types

The written exam for AQA GCSE (9–1) Food Preparation and Nutrition will include the types of questions shown below.

Multiple-choice questions

- Section A consists of 20 multiple-choice questions.
- For each of the 20 multiple-choice questions there are **four** possible answers. **One** answer will be the correct answer.
- These questions ask you to recall information – to show your knowledge and understanding.
- The questions may be phrased in one of the following ways:
 - Which **one** of the following...?
 - Complete this sentence:
 - The main function of yeast is:

Advice

- You should aim to spend 20 minutes on Section A multiple-choice questions, which means one minute per question.
- Some of the incorrect answers may be very close to the correct answer, so it is important to read the question carefully. If you are not sure, use the process of elimination to help you find the correct answer.
- **Do not rush** through the 20 questions – try a timer, and move on to the next question after one minute on the timer.

Short-answer questions

- These questions test your ability to apply your knowledge and understanding to a specific context.
- In some structured short-answer questions, information is given and then a question is asked about this information. Usually these questions are worth between one and four marks.

Command words

- Most questions will start with a command word that tells you what kind of answer is required, what information you need to include and how to structure your answer.
- It is important you understand what each of the command words means so that you can plan the type of response needed.

Command word	Meaning and example
State	Give the bare facts, expressed clearly. State two foods rich in vitamin C.
Select	Carefully choose as being the best or most suitable. Select an appropriate mid-morning snack suitable for a school-age child.
Identify	Establish or indicate what someone or something is. Identify the function of plain flour when making shortcrust pastry.
Outline	Write out the main points, or a general structure. Outline the nutritional needs of an elderly person.
Suggest	Make a recommendation or a suggestion. Suggest ways to ensure children eat five portions of fruit and vegetables every day.
Explain	Set out facts and reasons in detail. Explain why food additives are used in the food industry.
Describe	Write out the main features, drawing a picture in words. Describe how the biological raising agent yeast works.
Justify	Give good reasons for decisions and conclusions. Justify why this meal is the healthier choice.
Compare	Point out the differences and similarities between two given items. Compare the fibre content of wholemeal and white bread.
Discuss	Write from more than one viewpoint, supporting perspectives and highlighting doubts. It is not always necessary to come to a conclusion. Discuss how food waste can be avoided.
Analyse	Discuss the parts of an issue and make a reasoned comment. Analyse the importance of calcium and vitamin D in a young child's diet.
Assess	Give your judgement on something, put a value on it, judge the worth of something. Assess the factors which may contribute to the risk of food poisoning when handling raw chicken.
Evaluate	Judge the worth of something, sum up the good and bad parts, and decide how improvements can be made. Evaluate the effectiveness of government nutritional recommendations.

Extended-response questions

- Questions worth more than six marks are classed as extended.
- Obeying the command word is crucial (it will often be 'discuss', 'evaluate' or 'analyse'), as is considering carefully what the question is asking.
- Waffle and repetition should be avoided. Organising the response before writing the answer is a good idea – doing a very brief plan, a mind map or a list.
- Read the question carefully. There will be important terms which require consideration in each question.

Example question

Discuss the nutritional significance of alternative protein sources in the UK diet.

- In this question there is a command word – 'Discuss'.
- A clearly defined subject area – 'alternative protein sources'.
- An instruction – to 'discuss the nutritional significance'.

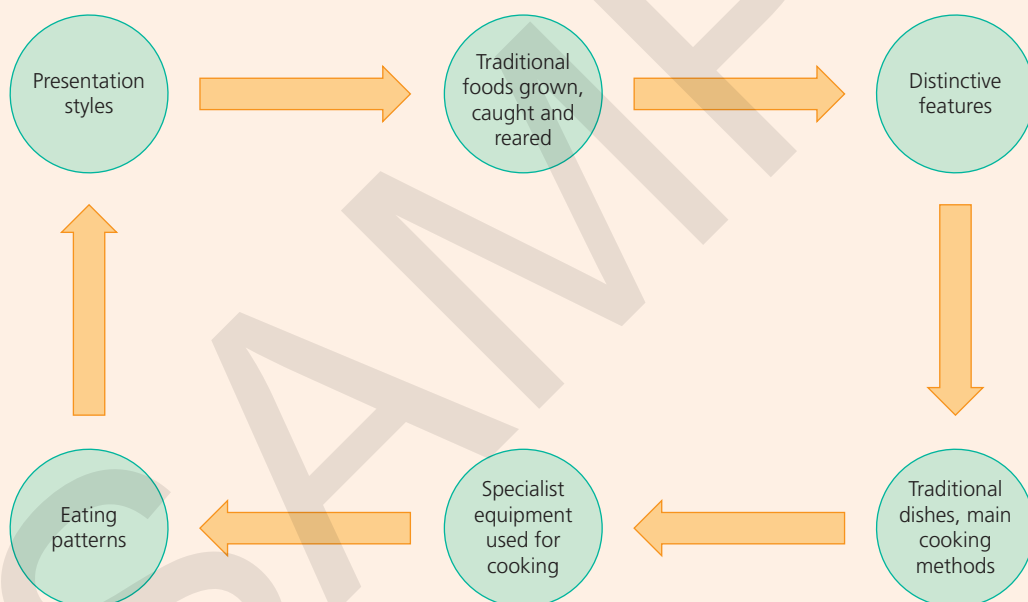
Example question

Describe the characteristics of an international cuisine of your choice.

- Command word is 'Describe'.
- Clearly defined subject area – 'the characteristics of an international cuisine'.
- Instruction – your choice of international cuisine – choose a country.

Plan

What does it mean by 'characteristics'? Use these headings to prompt your response.



Food, nutrition and health

Macronutrients

These are multiple-choice questions.

For each question you should shade in **one** box.

Correct method: 

1.1 Which **one** of the following is a macronutrient?

1 mark

- a** Vitamin A
- b** Fat
- c** Calcium
- d** Vitamin E

☐
☒
☐
☐

1.2 Which **one** of the following is needed for growth and repair?

1 mark

- a** Iron
- b** Vitamin K
- c** Protein
- d** Carbohydrate

☒
☒
☐
☐

1.3 Which nutrient group does fibre belong to?

1 mark

- a** Fat
- b** Protein
- c** Vitamins
- d** Carbohydrate

☐
☐
☐
☐

1.4 What is fat needed for in the body?

1 mark

- a** For eyesight
- b** To help us grow
- c** To help us exercise
- d** For warmth

☐
☐
☐
☐

Answer each of the questions below in the space provided.

- 2** Name **three** types of fat from animal sources and **three** from vegetable sources.

6 marks

Fat from animal sources	Fat from vegetable sources
.....
.....
.....

- 3** Explain the difference between free sugar and fruit sugar.

2 marks

- 4 Identify **three** protein alternatives.

3 marks

- 5 Analyse why the demand for protein alternatives is increasing.

8 marks

Micronutrients

These are multiple-choice questions.

For each question you should shade in **one** box.

Correct method: 

1.1 Which of the following is a micronutrient?

- a** Carbohydrate
- b** Fat
- c** Protein
- d** Vitamin A

☐
☐
☐
☒

1 mark

1.2 Which of the following is a fat-soluble vitamin?

- a** Vitamin A
- b** Vitamin C
- c** Vitamin B3
- d** Vitamin B1

☒
☐
☐
☐

1 mark

1.3 Which **one** of the following is the main source of vitamin D?

- a** Sunlight
- b** Cheese
- c** Oranges
- d** Bread

☐
☐
☐
☐

1 mark

1.4 Complete the sentence: The deficiency disease for vitamin B12 is ...

- a** Beriberi
- b** Poor vision
- c** Bleeding gums
- d** Pernicious anaemia

☐
☐
☐
☐

1 mark

2.1 Identify **two** good sources of iron.

.....

1 mark

.....

6 marks

8 marks

Blank handwriting practice paper with horizontal lines and a large diagonal watermark reading 'SAMPLE'.

Nutritional needs and health

These are multiple-choice questions.

For each question you should shade in **one** box.

Correct method: 

1.1 Which food group is the smallest on the Eatwell Guide?

1 mark

- a** Fruit and vegetables
- b** Proteins
- c** Starchy carbohydrates
- d** Oils and spreads

☐
☐
☐
☒

1.2 Lactose intolerance means a sensitivity to:

1 mark

- a** Gluten
- b** Pasta
- c** Nuts
- d** Dairy products

☒
☐
☐
☐

1.3 The loss of calcium from bones, making them weak, is called:

1 mark

- a** Osteoporosis
- b** Anaemia
- c** Diverticular disease
- d** Coeliac disease

☐
☐
☐
☐

1.4 A good source of protein for vegans is:

1 mark

- a** Pasta
- b** Potatoes
- c** Bread
- d** Nuts

☐
☐
☐
☐

2 Outline the symptoms of rickets.

4 marks

2 marks

.....

The table below shows what Sophie has eaten in one day.

Breakfast	Sugar-coated cereal, black coffee
Lunch	Tomato soup, a white roll, water
Dinner	Home-made lasagne and oven chips Apple crumble and custard
Snacks	Salted crisps Chocolate bar

8 marks

[illegible]