



EXAM PRACTICE PAPERS

with Sample Answers

WJEC Eduqas GCSE

FOOD PREPARATION AND NUTRITION

Helen Buckland

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INTRODUCTION

These practice exam papers, sample answers and mark schemes have been written for the WJEC Eduqas GCSE *Food Preparation and Nutrition* specification. Two practice papers are included, with each containing the following:

- **Exam questions:** the papers are structured to reflect the exam for *Unit 1: Principles of Food Nutrition*, with each including a number of short-answer or extended-response questions worth a total of 80 marks. Section A contains questions based on stimulus material.
- **Mark schemes:** the mark schemes provide indicative content that may be included in the student's answer and give guidance on how marks can be allocated. They also give information on the assessment objectives that a question is assessed against.
- **Sample candidate responses:** for questions requiring more extended responses, two example student responses are provided: a 'Candidate A' answer that is typical of an answer receiving higher marks, and a 'Candidate B' answer that would receive fewer marks.

Assessment objectives

The table below shows the weighting of each assessment objective (AO) for GCSE *Food Preparation and Nutrition*. (Note that AO3 is assessed in the non-exam assessment (NEA) only.)

Assessment objectives (AOs)	Component weightings (approx.)		Overall weighting (approx.)
	Paper 1	NEA	
A01: Demonstrate knowledge and understanding of nutrition, food, cooking and preparation	20%	0%	20%
A02: Apply knowledge and understanding of nutrition, food, cooking and preparation	20%	10%	30%
A03: Plan, prepare, cook and present dishes, combining appropriate techniques	0%	30%	30%
A04: Analyse and evaluate different aspects of nutrition, food, cooking and preparation including food made by themselves and others	10%	10%	20%
Total weighting	50%	50%	100%

CANDIDATE NAME	CENTRE NUMBER	CANDIDATE NUMBER

GCSE FOOD PREPARATION AND NUTRITION

COMPONENT 1

PRINCIPLES of FOOD PREPARATION and NUTRITION

PRACTICE PAPER 1

1 hour 45 minutes

INSTRUCTIONS TO CANDIDATES

- Use black ink or black ballpoint pen. Do not use gel pen or correction fluid.
- Answer ALL questions.
- Write your name, centre number and candidate number in the spaces at the top of this page.
- Write your answers in the spaces provided in the booklet.

INFORMATION FOR CANDIDATES

- The marks for each question are shown in brackets. You are advised to divide your time according to this.
- The maximum mark for the paper is 100.
- You should use good English and orderly, clear presentation in your answers.

EXAM QUESTIONS

Paper 1

SECTION A VISUAL STIMULI

Making an iced chocolate sponge cake



Section A

Answer **all** questions

- 1 a) Tick (✓) the box next to each statement to show if it is **True** or **False**. [4]

	True	False
i) Plain flour is used to make a sponge cake.		
ii) The butter or margarine should be at room temperature.		
iii) Add the eggs all at the same time.		
iv) Always beat in the flour using a wooden spoon.		

- b) State **two** reasons why a sponge cake may not rise correctly when baked. [2]

- i)
-
- ii)
-

- c) Name the process of beating butter or margarine with sugar. [1]

.....

- d) Name **two** raising agents that can be used when making cakes. [2]

- i)
- ii)

- e) Discuss which functions of sugar are shown when **preparing** and **cooking** the sponge cakes. You are advised to refer to **three** functions, with a full explanation. [6]

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Section B

Answer **all** questions

2 The following chart shows the nutrients found in 100 ml of **three** different types of milk.

Type of milk	Energy (kcal)	Protein (g)	Fat (g)	Sugars (g)	Lactose (g)	Calcium (mg)	Iodine (µg)
Whole milk	65	3.5	3.7	4.6	4.6	124	32
Semi-skimmed milk	47	3.6	1.8	4.7	4.7	124	31
Unsweetened soya milk (fortified)	25	2.4	1.6	0.2	0	119	1

a) Identify the milk with the lowest fat content. [1]

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b) Choose **one** mineral found in milk and describe its function in the body. [2]

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c) i) Identify which milk is suitable for a person who is lactose intolerant. [1]

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ii) Name **two** other alternative milks that are suitable for a person who is lactose intolerant. [2]

(1)

(2)

d) The soya milk is labelled as being **fortified**.
Explain the meaning of the term **fortified**. [2]

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- e) One of the types of milk in the chart is recommended for young children up to the age of five years.

Identify this milk, and justify why it is most suitable for young children.

[3]

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- f) Milk is often heat-treated to make it safe to drink.

Name **one** process used to heat-treat milk.

[1]

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- g) i) Milk can also be used to make different products, which are then sold in the dairy section of a shop.

List **two** products that can be made from milk.

[2]

(1)

(2)

- ii) Choose **one** of the products that you have named above and explain how this product is made.

[4]

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3 The following recipe is for a tuna pasta bake.

Tuna pasta bake

Ingredients

300 g fusilli (or alternative dried pasta)
25 g butter
25 g plain flour
300 ml milk
160 g of tinned sweetcorn
1 × 150 g tin tuna fish
Bunch of fresh parsley
Salt and pepper
125 g Cheddar cheese

Method

- 1 Boil the pasta for 12 minutes until soft, then drain.
- 2 While the pasta is boiling, make the sauce:
Melt the butter in a saucepan.
Add the flour and stir until the mixture thickens.
Cook on a gentle heat for three minutes while stirring.

Remove the saucepan from the heat and add the milk slowly, mixing well after each addition so no lumps are formed.

Place the saucepan back on the heat and bring the sauce to the boil, stirring all the time until the sauce thickens.

Cook for three minutes then remove from the heat.

- 3 Turn the oven on to 180°C, gas mark 4.
- 4 Drain the sweetcorn. Flake the tuna and add both to the sauce, stirring well. Then add the pasta and stir again.
- 5 Chop the parsley and stir into the sauce.
- 6 Season with salt and pepper, and pour the sauce, pasta and tuna into an oven dish.
- 7 Grate the cheese and sprinkle over the top of the sauce.
- 8 Bake for 25 minutes in the oven until the top is golden brown and the dish is heated all the way through.

- a) Give the scientific name for the process of thickening that happens to the sauce when it is heated. [1]

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- b) Explain, using scientific vocabulary, what happens to the sauce during this thickening process. [4]

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c) Identify **three** ingredients in the recipe for the tuna pasta bake that would be unsuitable for someone who is **lactose intolerant**. [3]

i)

ii)

iii)

d) State **two** symptoms that a sufferer of lactose intolerance would experience if they ate one of the ingredients identified in your answer to 3(c). [2]

i)

ii)

e) Discuss the impact on food or ingredient choices for someone suffering from lactose intolerance. Identify other foods and ingredients that they cannot eat. Suggest alternatives for these foods. [9]

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EXAM PRACTICE PAPERS

with Sample Answers

WJEC Eduqas GCSE FOOD PREPARATION AND NUTRITION

Prepare students for the WJEC Eduqas GCSE Food Preparation and Nutrition exams with this photocopiable pack, including two full exam-style practice papers and detailed mark schemes with sample answers.

- Get ready for the exams with practice papers that replicate the types, wording and structure of the questions students will face.
- Guide students through what's required for each question by looking at sample answers that indicate where and how marks were awarded.
- Provide an easy solution for mock exams, practice, revision and homework; detailed mark schemes for each question help to reduce marking time and provide opportunities for self- and peer-assessment.
- Improve your feedback to students with marking guidance for extended response questions.

Helen Buckland is an experienced food teacher and taught at Dartmouth Academy in Devon for many years, delivering Food Preparation and Nutrition at GCSE. Before retraining as a teacher, she worked in the hotel and catering industry. She is one of the authors of the Hodder Education *WJEC Eduqas GCSE Food Preparation & Nutrition* textbook and has examining experience.

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