

Surname					Other Names				
Centre Number					Candidate Number				
Candidate Signature									

For Examiner's Use

Version 0.2

WJEC

FOOD PREPARATION AND NUTRITION.

Written Paper

Test Paper: Principles of Nutrition

For this paper you must have:

- a pen, a pencil, a ruler, an eraser, a pencil

Time allowed: 40 Minutes

Instructions

- Use black ink or black ball-point pen. Use pencil and coloured pencils only for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- Answer the question in the spaces provided.

Information

- The maximum mark for this paper is **50**.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation in your answers. Quality of Written Communication will be assessed in question 6

Advice

- You are advised to answer the questions in the order in which they are written.

TOTAL			
Examiner's Initials			

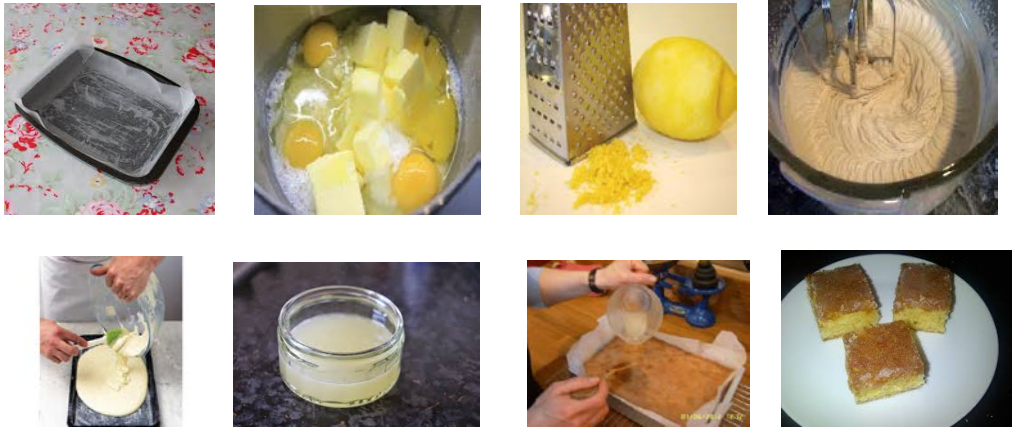


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Section A Visual Stimuli.

Areas outside the box will not be scanned for marking

Making Lemon Drizzle cake



Section A Answer all questions.

1. Tick the box next to each statement to show if it is **true** or **false**.

Lemon Drizzle cake	True	False
(i) Lemons contain Vitamin C		
(ii) The method used to make the cake was the all in one method .		
(iii) The Lemon zest is the white part of the lemon		

(3)

(i) Identify two health and safety points when making Lemon Drizzle cake

(ii) -----

(iii) ----- (2)

2. Name two ingredients used to make the syrup for the top of the cake

(i) -----

(ii) ----- (2)

3. Explain why the cake shouldn't be cold when we apply the lemon syrup.

----- (2)

4. Name two raising agents used to make the cake.

(i) ----- (2)

(ii) -----

5. Name 2 nutrients present in the cake.

(i) -----

(ii) ----- (2)



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Section B

1. The table below shows the nutritional value of white and wholemeal bread per standard slice.

Nutrients	White bread	Wholemeal bread
Energy	66 kcal	67 kcal
Protein	1.91g	2.37g
Fat	0.82g	1.07g
Carbohydrates	12.65g	12.26g
Dietary fibre (NSP)	0.6g	1.1g
Calcium	33mg	16mg
Iron	0.5mg	0.8mg
Thiamin	0.23mg	0.10mg
Riboflavin	0.09mg	0.07mg

(a) Identify the bread with the highest carbohydrate value. [1]

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(b) Identify one B vitamin found in bread. [1]

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(c) Give one reason why white bread has a higher calcium value than wholemeal bread. [1]

2. Fat is a macronutrient. (a) Explain three functions of fat in the diet. [3]

(i).....

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(ii).....

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(iii).....

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"Dietary fat recommendations in the spotlight" Despite individuals following advice and reducing the amount of total fat in their diets, many are still experiencing health issues. This has caused current guidelines to be questioned. (adapted from British Nutrition Foundation, February 2015.)

3. Evaluate the impact on health of reducing the amount of saturated fat in the diet. [6]

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4. Many people follow a vegetarian diet.

(a) Name two sources of protein found in a vegetarian diet. [2]

(i).....

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(ii).....

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(b) State two reasons why people may choose to follow a vegetarian diet. [2]

(i).....

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(ii).....

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5. (c) A friend has decided to become a lacto vegetarian. Give her advice on how she can ensure she eats a balanced diet. [8]

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6. Discuss reasons why individuals should include complex carbohydrates and foods that have a high dietary fibre (NSP) content in their daily diets. [6]

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7. Explain why vitamins are called micronutrients. (1)

8. Which vitamins are fat soluble? (1)

9. Which vitamins are water soluble? (1)

10. Explain the difference between high biological value (HBV) proteins and low biological value (LBV) protein. (4)

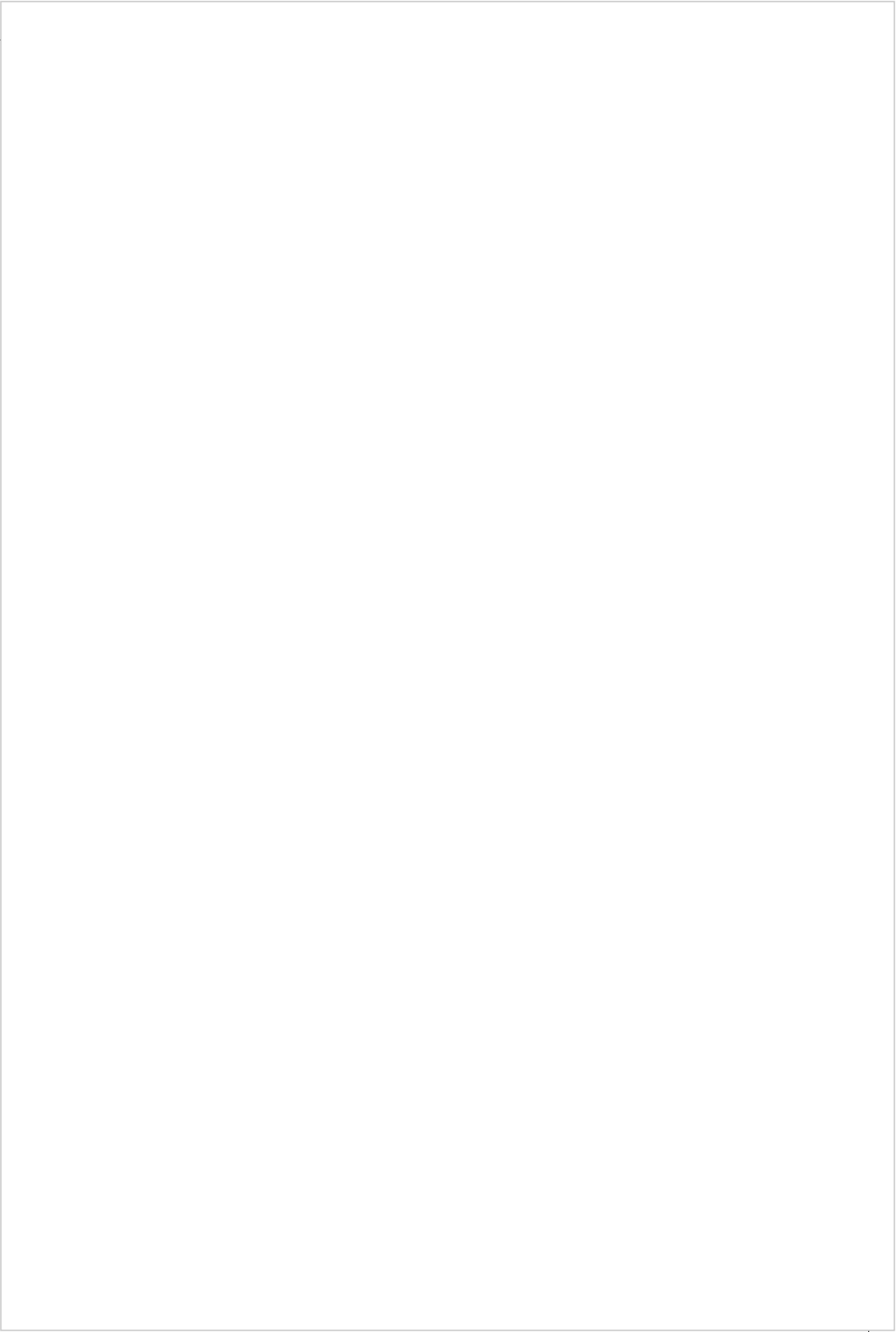
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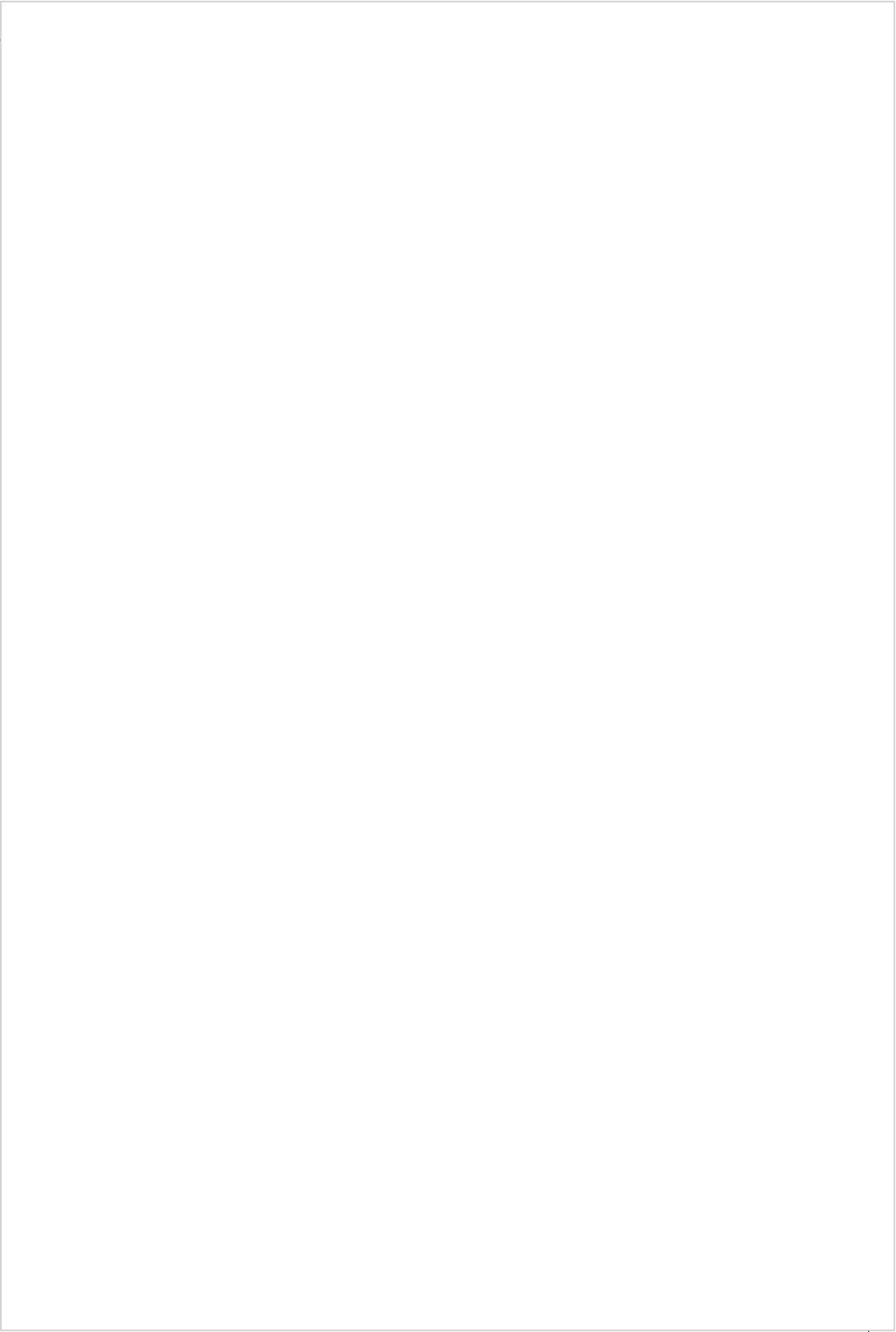
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