



Please write clearly in block capitals.

Centre number

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Candidate number

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Surname

Forename(s)

Candidate signature

I declare this is my own work.

GCSE

FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Tuesday 17 June 2025

Afternoon

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:

- a black pen
- a pencil.

Instructions

- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information

- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	



J U N 2 5 8 5 8 5 W 0 1

Section A consists of multiple-choice questions.

Answer **all** questions in this section.

There are 20 marks available.

Only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD



WRONG METHODS



If you want to change your answer you must cross out your original answer as shown.



If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.



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

An example is shown below.

Which food is high in protein?

A Cabbage



B Cheese



C Cucumber



D Oranges



0 1 . 1

Which of the following is a traditional British dish?

[1 mark]

A Beef casserole



B Pasta carbonara



C Seafood paella



D Vegetable tagine



0 1 . 2

Which of the following is a source of saturated fat?

[1 mark]

A Coconut oil

☐

B Olive oil

☐

C Sunflower oil

☐

D Vegetable oil

☐

0 1 . 3

Which of the following is **not** a common symptom of food poisoning?

[1 mark]

A Diarrhoea

☐

B Fever

☐

C Rash

☐

D Vomiting

☐

0 1 . 4

The supply of safe, nutritious and quality food is known as

[1 mark]

A food security.

☐

B food waste.

☐

C intensive farming.

☐

D sustainable production.

☐

0 1 . 5

When eating food, which of the following work together to generate flavour?

[1 mark]

A Sight and smell

☐

B Smell and taste

☐

C Taste and texture

☐

D Texture and sight

☐

Turn over ►



01.6

The amount of nutrients needed to maintain good health in most people is known as

[1 mark]

A Dietary Reasonable Value.

☐

B Dietary Recommended Value.

☐

C Dietary Reference Value.

☐

D Dietary Required Value.

☐

01.7

Which vitamin would be lost when making strawberry jam?

[1 mark]

A Vitamin C

☐

B Vitamin D

☐

C Vitamin E

☐

D Vitamin K

☐

01.8

A marinade causes the chemical bonds in a protein food to

[1 mark]

A caramelise.

☐

B denature.

☐

C dextrinise.

☐

D emulsify.

☐

01.9

Which raising agent is used to make meringue?

[1 mark]

A Air

☐

B Baking powder

☐

C Bicarbonate of soda

☐

D Yeast

☐

0 1 . 1 0 A person with high blood pressure should limit their intake of

[1 mark]

A boiled rice.

☐

B processed meat.

☐

C skimmed milk.

☐

D tinned fruit.

☐

0 1 . 1 1 A bacterial culture is added during cheesemaking to

[1 mark]

A coagulate protein.

☐

B emulsify ingredients.

☐

C form pathogens.

☐

D increase nutrients.

☐

0 1 . 1 2 Oxidation is **most** likely to occur in fruit and vegetables that are

[1 mark]

A blanched before being frozen.

☐

B covered in lemon juice.

☐

C exposed to the air.

☐

D placed in cold water.

☐

0 1 . 1 3 Which of the following best describes Vitamin E?

[1 mark]

A An amino acid

☐

B An antioxidant

☐

C A macronutrient

☐

D A polysaccharide

☐

Turn over ►



0 1 . 1 4 A lack of Vitamin B3 (niacin) in the diet can lead to

[1 mark]

A beriberi.

☐

B night blindness.

☐

C pellagra.

☐

D rickets.

☐

0 1 . 1 5 The Eatwell Guide recommends that fruit juice and/or smoothies should be limited to

[1 mark]

A 100 ml a day.

☐

B 150 ml a day.

☐

C 200 ml a day.

☐

D 250 ml a day.

☐

0 1 . 1 6 Which cooking method uses convection currents to cook food?

[1 mark]

A Dry frying meat

☐

B Grilling tomatoes

☐

C Poaching eggs

☐

D Toasting bread

☐

0 1 . 1 7 Which of the following is an example of protein complementation?

[1 mark]

A Nuts and dried fruit

☐

B Lentil soup and bread

☐

C Peanut butter and apple

☐

D Toast and raspberry jam

☐

0 1 . 1 8 At which temperature do bacteria grow and multiply rapidly?

[1 mark]

A 5 °C

☐

B 37 °C

☐

C 75 °C

☐

D 100 °C

☐

0 1 . 1 9 Which of the following prevents mould growth?

[1 mark]

A Dry environment

☐

B Moist conditions

☐

C Neutral pH

☐

D Warm temperature

☐

0 1 . 2 0 Which information is a legal requirement on a food label?

[1 mark]

A Ingredient list

☐

B Picture of product

☐

C Recycling information

☐

D Serving suggestion

☐

20

Turn over for the next question

Turn over ►



Section B

Answer **all** questions in this section.

There are 80 marks available.

0 2 . 1

Table 1 gives nutritional information about protein alternatives.

Table 1

Protein alternative food	Energy kcal per 100 g	Protein g per 100 g	Fat g per 100 g	Fibre g per 100 g
Soya beans	131	12	7	4
Mycoprotein	105	15	2	6
Tofu	64	7	3	1
Textured Vegetable Protein (TVP) mince	199	19	10	4

Explain which protein alternative from **Table 1** would be most suitable for:

[6 marks]

a) an adult who needs to lose weight.

Name of protein alternative _____

Reason for choice _____

b) an active teenager.

Name of protein alternative _____

Reason for choice _____

c) an older person who suffers from constipation.

Name of protein alternative _____

Reason for choice _____



Discuss the dietary advice you would give to a teenager with lactose intolerance.

[illegible]

Turn over ►



0 2 . 3

The ingredients for a pastry-based chocolate tart are given below.

Chocolate tart		
Ingredients		
Pastry	Custard filling	Chocolate topping
200 g plain flour 100 g butter 2 egg yolks Cold water	200 ml whole milk 50 ml single cream 3 egg yolks 15 g cornflour 30 g sugar Vanilla extract	200 g dark chocolate 300 ml double cream 30 g sugar

Recipes are sometimes modified to reduce fat content.

Describe **three** changes you could make to the ingredients to reduce the overall **fat** content of this dessert. Explain reasons for these changes.

[6 marks]

Change to reduce fat	Explain reason for change
1	1
2	2
3	3



0 2 . 4

Additives are added to some foods during production.

- Analyse the reasons why additives are used when food is produced.
- Evaluate why some consumers prefer natural and additive-free food.

[8 marks]

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26

Turn over ►



0 3

Bread rolls are made using strong flour and the dough is then kneaded.

0 3 . 1Give **two** reasons why bread rolls are made with strong flour.**[2 marks]**

1 _____

2 _____

0 3 . 2Give **two** reasons why bread dough is kneaded.**[2 marks]**

1 _____

2 _____

0 3 . 3

Explain the process of dextrinisation when baking bread.

[3 marks]



0 3 . 4

Explain the process of caramelisation when frying onions.

[3 marks]

Question 3 continues on the next page**Turn over ►**

A batch of shortbread biscuits was made using the following ingredients:

150 g plain flour
100 g butter
50 g caster sugar

Complete the table to show **two** functional and/or chemical properties of each ingredient.

[6 marks]

Ingredient	Functional and/or chemical properties
Plain flour	1 2
Butter	1 2
Caster sugar	1 2



0 3 . 6

A raising agent is an ingredient or process that introduces a gas into a mixture.

Name **one** baked product for each of the following raising agents.

Do not repeat your answer.

[3 marks]

Raising agent	Baked product
Biological	
Chemical	
Mechanical	

19

Turn over for the next question

Turn over ►



- Analyse the health risks to adults of regularly eating meals which are too large.
- Evaluate how correct portion sizes can contribute to a healthy and balanced diet.

[illegible]

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Handwriting practice area with 25 horizontal lines.

Turn over ►



Explain the term high risk foods. Give **one** example in your answer.

[illegible]

0 5 . 2

Food poisoning is caused by eating food which contains pathogenic bacteria.

For the bacteria in the table below, name the food source and method of control.

Do not repeat any of your answers.

The first one has been done for you.

[6 marks]

Name of bacteria	Source	Method of control
Campylobacter	Untreated drinking water	Make sure water has been chemically treated or filtered to remove bacteria.
E. coli		
Listeria		
Salmonella		

10

Turn over for the next question

Turn over ►



0 6 . 1

State **three** ways shops and supermarkets try to influence consumers' food choices.

[3 marks]

1 _____

2 _____

3 _____

0 6 . 2

Yoghurt is made from milk. Explain the process of yoghurt making.

The first part has been completed for you.

Do not repeat any of your answers.

[6 marks]

Process	Explain the process
Warm the heat-treated milk	• The milk is heat-treated to destroy harmful bacteria. • The milk is warmed to 42 °C, the ideal temperature for making yoghurt.
Add the bacterial culture	
Hold the mixture at 42 °C for several hours	
Cool and add flavouring	



0 6 . 3

Food waste can be reduced by using leftover ingredients.

Complete the table to suggest how each ingredient could be used.

An example has been done for you.

[4 marks]

Leftover ingredients	How ingredients could be used
Raw carrots	Grated carrots made into coleslaw
Stale bread	
Ripe bananas	
Egg yolk	
Mashed potato	

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END OF QUESTIONS



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ANSWER IN THE SPACES PROVIDED**



