






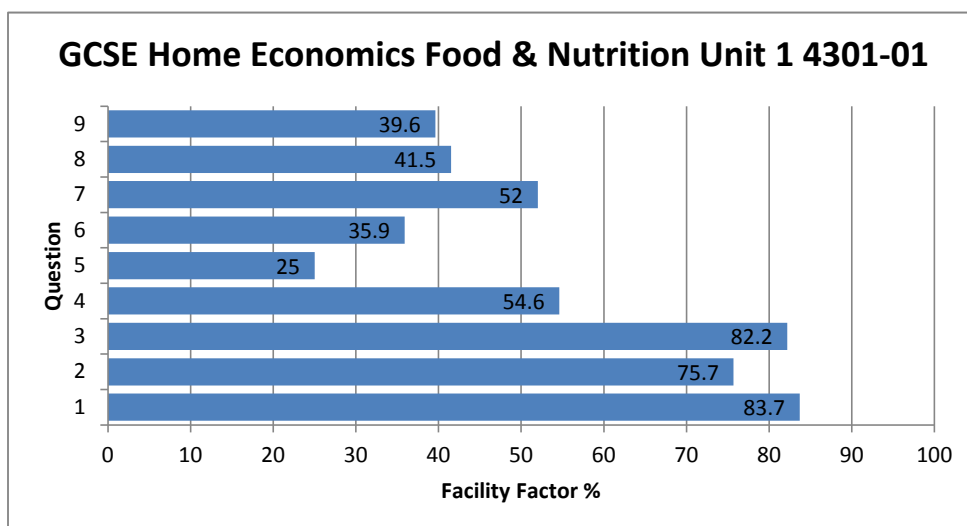


GCSE Home Economics Food & Nutrition Unit 1 4301-01

All Candidates' performance across questions

 Question Title	 N	 Mean	 S D	 Max Mark	 F F	 Attempt %
1	3452	3.3	0.8	4	83.7	100
2	3450	2.3	0.8	3	75.7	99.9
3	3449	4.1	1.2	5	82.2	99.9
4	3441	4.9	1.7	9	54.6	99.7
5	3283	2	1.7	8	25	95.1
6	3437	4.3	2.4	12	35.9	99.6
7	3442	7.8	2.6	15	52	99.7
8	3405	5	2.2	12	41.5	98.6
9	3370	4.8	2.4	12	39.6	97.6



4. Look at the recipe below.

Milkshake

150g strawberries

250g vanilla dairy ice cream

100ml whole milk

25g caster sugar

(a) Describe **two** changes that could be made to the recipe to lower the fat content. [2]

(i)

.....

(ii)

.....

(b) State **one** change to the recipe to make it suitable for a child who is lactose intolerant. [1]

.....

(c) Discuss the value of milkshakes/smoothies in children's diets. [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



(c) Discuss the value of milkshakes/smoothies in children's diets.

[6]

The strawberries provide a good source of vitamin C which helps to keep skin healthy. They also contain dietary fibre for healthy digestion. Whole milk and ice-cream provide calcium for strong bones, however the ~~the~~ saturated fat would increase cholesterol and block arteries, so an alternative such as skimmed milk would be better. The sugar provides a quick release of energy but too much can cause tooth decay and

Examiner
only

will be stored as fat. Milkshakes are a good drink for children as it gets them eating fruit and the colour, ~~and~~ flavours, and texture are popular with children.

(c) Discuss the value of milkshakes/smoothies in children's diets.

[6]

The strawberries provide a good source of vitamin C which helps to keep skin healthy. They also contain dietary fibre for healthy digestion. Whole milk and ice-cream provide calcium for strong bones, however the ~~the~~ saturated fat would increase cholesterol and block arteries, so an alternative such as skimmed milk would be better. The sugar provides a quick release of energy but too much can cause tooth decay and

will be stored as fat. Milkshakes are a good drink for children as it gets them eating fruit and the colour, ~~and~~ flavours, and texture are popular with children.

Examiner
only

(c) Discuss the value of milkshakes/smoothies in children's diets.

[6]

Milkshakes and smoothies in a child's diet ^{provides} ~~provides~~ calcium which would help their bones become stronger. It also gives them some of their 5 a day as they contain fruit. It also provides energy from the sugar which children need as children tend to be very active. Children would also be provided with vitamin C from the fruits.

Examiner
only

Also milkshakes and smoothies help children avoid rickets as it provides them with calcium.

Ideas

- calcium - strong bones
- sugar - energy
- 5 a day - fruit
- vitamin C - fruit
- helps avoid rickets - calcium

(c) Discuss the value of milkshakes/smoothies in children's diets.

[6]

Milkshakes and smoothies in a child's diet ^{provides} ~~provides~~ calcium which would help their bones become stronger. It also gives them some of their 5 a day as they contain fruit. It also provides energy from the sugar which children need as children tend to be very active. Children would also be provided with vitamin C from the fruits.

Examiner
only

Also milkshakes and smoothies help children avoid rickets as it provides them with calcium.

Ideas

- calcium - strong bones
- sugar - energy
- 5 a day - fruit
- vitamin C - fruit
- helps avoid rickets - calcium

(c) Discuss the value of milkshakes/smoothies in children's diets.

[6]

Milkshakes and Smoothies are good for a children's diet. They both contain milk which ~~contains~~ which is a good source of calcium and this helps to have strong bones and teeth. Smoothies contain a lot of fruit and veg which is important in a children's diet as ^{they} ~~it~~ contain a lot of essential nutrients needed for a healthy diet.



0 4

© WJEC CBAC Ltd

(4301-01)

(c) Discuss the value of milkshakes/smoothies in children's diets.

[6]

Milkshakes and Smoothies are good for a childrens diet. They both contain milk which ~~helps~~ which is a good source of calcium and this helps to have strong bones and teeth. Smoothies contain a lot of fruit and veg which is important in a childrens diet as ^{they} ~~it~~ contains a lot of essential nutrients needed for a healthy diet.



2



0 4

© WJEC CBAC Ltd

(4301-01)

4301
010009



(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

To achieve a quality batch of bread rolls it is key to do everything ~~an~~ right in the preparation.

First of all you need to use the correct amount of ingredients you don't want excess flour as that will make it dry but at the same time you don't want excess liquid as that will make it wet and the structure won't hold as well.

Kneading is a key process. To knead you need to stretch out the bread. Kneading stretches out the gluten, this will improve the texture and will allow it to rise more and become fluffy.

Proving is also a vital process as this is where the bread dough expands. After separating dough into ~~evenly bread roll~~ sized bread rolls place in the grill where the heat from the preheated oven will rise to your dough and the air will rise the dough without cooking it.

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

To achieve a quality batch of bread rolls it is key to do everything ~~an~~ right in the preparation.

First of all you need to use the correct amount of ingredients you don't want excess flour as that will make it dry but at the same time you don't want excess liquid as that will make it wet and the structure won't hold as well.

Kneading is a key process. To knead you need to stretch out the bread. Kneading stretches out the gluten, this will improve the texture and will allow it to rise more and become fluffy.

Proving is also a vital process as this is where the bread dough expands. After separating dough into ~~evenly bread roll~~ sized bread rolls place in the grill where the heat from the preheated oven will rise to your dough and the air will rise the dough without cooking it.

4301
010008

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

When making bread rolls, to achieve a quality finished product, you could make the rolls the same size and shape to give a better aesthetic quality.

Another way would be to make sure the bread rolls are cooked properly, not burnt and not undercooked, to just have a 'golden brown' glow on top, this requires putting them in the oven for correct time and correct temperature.

You could also add a glaze to the product by brushing with milk or beaten egg to give a quality finish.

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

When making bread rolls, to achieve a quality finished product, you could make the rolls the same size and shape to give a better aesthetic quality.

Another way would be to make sure the bread rolls are cooked properly, not burnt and not undercooked, to just have a 'golden brown' glow on top, this requires putting them in the oven for correct time and correct temperature.

You could also add a glaze to the product by brushing with milk or beaten egg to give a quality finish.

only

4361
010009

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

to achieve quality bread rolls you need to firstly make sure the ingredients inside are to a quality standard. Once a dough has formed kneading the dough is essential to stretch out the gluten and yeast so it is able to rise correctly. Once this is complete make sure to form the bread into the shapes you want to make when it is ready. Leave it on the side to prove for an hour. Let the yeast grow and 'breathe'; once this is complete make sure bread goes into a preheated oven to the correct temperature you need. It is ~~not~~ leave for time to cook. Do not burn or undercook. To check if bread is done to correct standard tap the bottom to see if it makes a hollow sound. Bread should be light and fluffy on the inside and not heavy and doughy consistency.

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

to achieve quality bread rolls you need to firstly make sure the ingredients inside are to a quality standard. Once a dough has formed kneading the dough is essential to stretch out the gluten and yeast so it is able to rise correctly. Once this is complete make sure to form the bread into the shapes you want to make when it is ready. Leave it on the side to prove for an hour. Let the yeast grow and 'breathe'; once this is complete make sure bread goes into a preheated oven to the correct temperature you need. It is ~~not~~ leave for time to cook. Do not burn or undercook. To check if bread is done to correct standard tap the bottom to see if it makes a hollow sound. Bread should be light and fluffy on the inside and not heavy and doughy consistency.

4301
010009

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

The first step is to have the right equipment and the right amount of ingredients for the recipe. The second step is to know the recipe's time plan so you know what to do at what time. My third step is to ensure ~~if~~ you have pre-heated the oven to the correct temperature before putting the dough in the oven. The next step is to bake the buns for the right time ensuring that the rolls are cooked all the way through and that they are not over cooked or burnt. Once finished with that ~~place~~ place the buns on cooling tray and serve once cooled.

(d) Explain how to achieve a quality finished product when making a batch of bread rolls. [6]

only

The first step is to have the right equipment and the right amount of ingredients for the recipe. The second step is to know the recipe's time plan so you know what to do at what time. My third step is to ensure ~~if~~ you have pre-heated the oven to the correct temperature before putting the dough in the oven. The next step is to bake the buns for the right time ensuring that the rolls are cooked all the way through and that they are not over cooked or burnt. Once finished with that ~~place~~ place the buns on cooling tray and serve once cooled.



- (b) What advice would you give to ensure good value for money when food shopping for a family? [6]

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



- (b) What advice would you give to ensure good value for money when food shopping for a family? [6]

Examiner
only

If someone was shopping for a family I would suggest to them to buy from a super market as it tends to be cheaper. I would advice that the person who does the shopping to write a shopping before hand so you know exactly how much your spending and what your buying. Buying in season produce is cheaper. Buying super market own brands is also cheaper. Planning meals for the week before shopping is good as you can buy ingredians for the meals you know your going to cook, so you don't waste food when it goes out of date. Buying food on deals or buy ones get one free.



- (b) What advice would you give to ensure good value for money when food shopping for a family? [6]

Examiner
only

If someone was shopping for a family I would suggest to them to buy from a super market as it tends to be cheaper. I would advice that the person who does the shopping to write a shopping before hand so you know exactly how much your spending and what your buying. Buying in season produce is cheaper. Buying super market own brands is also cheaper. Planning meals for the week before shopping is good as you can buy ingredians for the meals you know your going to cook, so you don't waste food when it goes out of date. Buying food on deals or buy ones get one free.



5



1 3

(b) What advice would you give to ensure **good value** for money when food shopping for a family? [6]

only

first of all when saving money
for good value could be to
have and collecting tokens
or vouchers for money or things
also look for the "2 for 1" things
and see what available.
and finally you could
~~by~~ buy the shops own brand
things that save money.



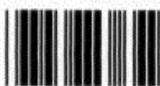
(b) What advice would you give to ensure **good value** for money when food shopping for a family? [6]

only

first of all when saving money
for good value could be to
have and collecting tokens
or vouchers for money or things
also look for the "2 for 1" things
and see what available.
and finally you could
~~by~~ buy the shops own brand
things that save money.



3



1 3

© WJEC CBAC Ltd.

(4301-01)

Turn over.

(b) What advice would you give to ensure good value for money when food shopping for a family? [6]

I would say it's best to shop around, look for the offers and deals. There may be something you normally buy, but there may be a multipack of the same thing for the same price. So get the better offer!

I would also say, to sometimes go for the value food. There's no difference in the taste normally at all. That way, you'd be saving a lot of money, but having exactly the same foods



(b) What advice would you give to ensure good value for money when food shopping for a family? [6]

I would say it's best to shop around, look for the offers and deals. There may be something you normally buy, but there may be a multipack of the same thing for the same price. So get the better offer!

I would also say, to sometimes go for the value food. There's no difference in the taste normally at all. That way, you'd be saving a lot of money, but having exactly the same foods



3



1 3