



General Certificate of Secondary Education
2025

Centre Number

--	--	--	--	--

Candidate Number

--	--	--	--

Home Economics: Food and Nutrition



Written Paper

[G9521]

G9521

TUESDAY 20 MAY, AFTERNOON

TIME

2 hours.

INSTRUCTIONS TO CANDIDATES

Write your Centre Number and Candidate Number in the spaces provided at the top of this page.

You must answer the questions in the spaces provided.

Do not write outside the boxed area on each page or on blank pages.

Complete in blue or black ink only. **Do not write with a gel pen.**

Answer **all twelve** questions.

INFORMATION FOR CANDIDATES

The total mark for this paper is 120.

Figures in brackets printed down the right-hand side of pages indicate the marks awarded to each question or part question.

Quality of written communication will be assessed in Questions **10, 11 and 12.**



This is a multiple choice section. You are advised to spend no more than 5 minutes on this section.

Read the following statements and tick the box beside each correct answer.
Tick [✓] only **one** box for each statement.

1 (a) Which **one** of the following foods is a dietary source of haem iron?

A vegetable oil

B mushroom

C cream cheese

D liver [1]

(b) Which **one** of the following foods can be eaten by an individual with a fish allergy?

A crab

B celery

C lobster

D salmon [1]

(c) Which **one** of the following nutrients is an antioxidant?

A vitamin C

B fibre

C protein

D carbohydrate [1]



(d) Which **one** of the following food additives is used in food production to prevent ingredients from separating?

A preservatives

B colourings

C emulsifiers

D flavourings

[1]

(e) Which **one** of the following vitamins helps to promote healthy eyesight?

A vitamin B12

B vitamin D

C vitamin A

D vitamin B1

[1]

(f) Which **one** of the following foods is a good source of fibre?

A semi-skimmed milk

B brown rice

C salami

D ice cream

[1]

[Turn over

15119.06R



24G952103

2 (a) Place each nutrient under the correct heading in the table below.

sodium carbohydrate folate
protein vitamin D fat

Macronutrient	Micronutrient

[6]

(b) Explain the function of the following nutrients in the diet.

Sodium _____

_____ [2]

Folate _____

_____ [2]





3 (a) List three food poisoning bacteria.

- 1. _____ [1]
- 2. _____ [1]
- 3. _____ [1]

(b) Describe two conditions needed for bacterial growth.

- 1. _____

_____ [2]
- 2. _____

_____ [2]

(c) Outline two ways the Food Safety (Northern Ireland) Order 1991 protects consumers when shopping for food.

- 1. _____

_____ [2]
- 2. _____

_____ [2]

[Turn over



6 (a) Explain why food is processed.

[3]

(b) Describe the stages involved in the primary processing of wheat.

[4]





7 (a) Identify **three** foods that belong to the 'Oil and spreads' section of the Eatwell Guide.

1. _____ [1]

2. _____ [1]

3. _____ [1]

(b) Explain **two** reasons why we are advised to choose lower fat and lower sugar options from the 'Dairy and alternatives' section of the Eatwell Guide.

1. _____

_____ [2]

2. _____

_____ [2]

(c) Explain why the Eatwell Guide advises us to eat more beans and pulses.

_____ [3]

[Turn over

15119.06R



24G952109

8 (a) Explain what the following label tells consumers about the food they are purchasing.



Source: © www.irishbeef.co.uk

[3]



(b) Discuss how the following factors affect individual food choice.

Personal factors

[3]

Social factors

[3]

[Turn over





BLANK PAGE

DO NOT WRITE ON THIS PAGE

(Questions continue overleaf)

15119.06R

[Turn over



24G952113

9 Below is an ingredients list for a tin of Chicken and Three Bean Chilli Soup.

Ingredients:

Tomato (54%), Chicken (21%), Mixed Beans (15%) [Butter Beans, Haricot Beans, Red Kidney Beans], Cooked Rice [Water, Rice], Carrot, Potato, Tomato Purée, Red Pepper, Tomato Juice, Milk, Onion, Rapeseed Oil, Salt, Smoked Paprika, Garlic Purée, Oregano, Cumin Powder, Parsley, Black Pepper, Chilli Powder

(a) Identify **one** food that has been reared from the ingredients list.

_____ [1]

(b) Identify **two** sources of low biological value (LBV) protein in the ingredients list.

1. _____ [1]

2. _____ [1]

(c) Explain, using an example, what is meant by the term protein complementation.

_____ [3]





Blank writing area with horizontal lines.

[12]

15119.06R



24G952121

THIS IS THE END OF THE QUESTION PAPER

15119.06R



24G952122





BLANK PAGE

DO NOT WRITE ON THIS PAGE

15119.06R



24G952123

DO NOT WRITE ON THIS PAGE

For Examiner's use only	
Question Number	Marks
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

Total Marks	
--------------------	--

Examiner Number

Permission to reproduce all copyright material has been applied for.
In some cases, efforts to contact copyright holders may have been unsuccessful and CCEA will be happy to rectify any omissions of acknowledgement in future if notified.

G9521/6
304453



24G952124