

NCFE Level 1/2 Technical Award in Food and Cookery (603/7014/2)**Examined Assessment**

Paper number: **Past paper**
Assessment date: **Monday 19 May 2025**

Time allowed: **1 hour 30 minutes**
Time: **1.30pm – 3.00pm**

Learner instructions

- Use black ink.
- Answer **all** questions.
- Read each question carefully.
- You **must** write your responses in the spaces provided.
- You may do rough work in this answer book. Cross through any work you do not wish to be marked.
- If you use a supplementary answer booklet, you must add your learner name, learner number and centre number to the front cover of the booklet. Insert your supplementary answer booklet inside this question paper at the end of your test.
- All of the work you submit **must** be your own.

Learner information

- The marks available for each question are shown in brackets.
- The maximum mark for this paper is **80**.
- You may use a calculator.

Do not turn over until the invigilator tells you to do so.

Please complete / check your details below

Learner name:

Centre name:

Learner number:

Centre number:

Section A

This section has a possible **16** marks.

Answer **all** questions in the spaces provided.

- 1** Which **one** of the following is a high risk food?

[1 mark]

- A** Bread
- B** Pasta
- C** Potato
- D** Rice

Answer _____

- 2** Which **one** of the following correctly defines fish farming?

[1 mark]

- A** Catching large numbers of fish using nets
- B** Catching small numbers of fish using rods and lines
- C** Managing fish populations to prevent overfishing
- D** Raising fish in controlled environments for food production

Answer _____

3 Which **one** of the following is an advantage of manufactured food?

[1 mark]

- A High sugar content
- B Includes additional packaging
- C Longer shelf life
- D Lower environmental impact

Answer _____

4 Name the independent UK government department responsible for protecting public health in relation to food.

[1 mark]

Please turn over for the next question.

- 5 Give **three** features of organically farmed crops.

[3 marks]

1 _____

2 _____

3 _____

- 6 Martha likes to eat dehydrated meat like beef jerky and dried fruits such as figs.

Explain **one** way that dehydrating the beef and figs makes them less healthy options.

[2 marks]

- 7 (a) There has been a report of a food poisoning outbreak.

This was caused by chicken sandwiches prepared and sold by a chain of supermarkets.

Explain how **two** named types of food poisoning bacteria may have caused the outbreak.

[4 marks]

Bacteria type 1 _____

Explanation 1 _____

Bacteria type 2 _____

Explanation 2 _____

- 7 (b) Recommend how the supermarket chain can prevent further food poisoning outbreaks from their sandwich production line by controlling **one** of the following:

- storage
- preparation
- cooking conditions.

[3 marks]

Section B

This section has a possible **20** marks.

Answer **all** questions in the spaces provided.

- 8** Which **one** of the following techniques helps to develop gluten in bread making? **[1 mark]**

- A** Baking
- B** Kneading
- C** Proving
- D** Rubbing-in

Answer _____

- 9** Which **one** of the following would be altered by using cornflour in a white sauce? **[1 mark]**

- A** Colour
- B** Smell
- C** Taste
- D** Texture

Answer _____

- 10 Which **one** of the following best describes dovetailing when cooking many dishes? [1 mark]

- A Make the dishes one at a time
- B Overlap the steps from each recipe
- C Prepare all of the vegetables first
- D Put equipment in the correct order

Answer _____

- 11 Give **one** example of a suitable garnish for a bowl of vegetable soup. [1 mark]

- 12 Andrew is making a vegetable bake.
He is thinking about leaving the skins on the root vegetables instead of peeling them.

Explain **one** benefit of leaving the skins on the root vegetables in this recipe. [2 marks]

13 (a) Budget is one area of recipe amendment.

State two other areas of recipe amendments.

[2 marks]

1 _____

2 _____

13 (b) Daniel is cooking dinner for some friends and he wants to amend the family recipe shown below.

Chilli beef
Serves 4
500 g braising beef
1 large onion
2 cloves of garlic
1 can kidney beans
1 kg fresh tomatoes
1 green pepper
2 chillies
1 tsp cumin
1 tsp oregano
half a cinnamon stick

Explain how Daniel could consider his budget when amending the chilli beef recipe.

[2 marks]

- 14 (a)** Charlotte is a wedding planner and is planning the menu choices for a client.

She knows they want a three-course meal and that two of the adult guests have food-related health conditions.

State **two** other requirements Charlotte will need to discuss with the client.

[2 marks]

1 _____

2 _____

- 14 (b)** Suggest how Charlotte can meet the needs of the adult guests with food-related health conditions when planning the menu.

[2 marks]

Please turn over for the next question.

- 15 (a)** One factor that could cause differences in the outcome of a recipe is the accuracy of preparation and cooking skills.

Identify **two** other factors that could cause differences in the outcome of a recipe.

[2 marks]

1 _____

2 _____

- 15 (b)** Clara owns a tearoom that is well known for its scones.

Since new kitchen staff started, customers have begun to complain about the scones being different each time they visit.

Explain **one** way in which the accuracy of the preparation and cooking skills of the new kitchen staff could cause differences in the scones.

[2 marks]

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- 15 (c)** One customer complaint was that the scones were tough and chewy.

The staff use the rubbing-in method to make the scones with the ingredients below.

Ingredients
225 g self-raising flour
1 level teaspoon baking powder
50 g butter
40 g caster sugar
1 egg
3 to 4 tablespoons milk

Suggest why **one** part of the process has made the scones tough and chewy.

[2 marks]

Please turn over for the next section.

Section C

This section has a possible **26** marks.

Answer **all** questions in the spaces provided.

- 16** Which **one** of the following foods should a person with coeliac disease avoid? **[1 mark]**

- A** Bread
- B** Milk
- C** Rice
- D** Sugar

Answer _____

- 17** Which **one** of the following means the maximum number of calories and nutrients to be consumed on an average day? **[1 mark]**

- A** Balanced amount
- B** Guided amount
- C** Reference intake
- D** Relative intake

Answer _____

18 Which **one** of the following is a natural source of omega 3?

[1 mark]

- A Bananas
- B Oily fish
- C Poultry
- D White bread

Answer _____

19 State **one** economic factor that can affect food choice.

[1 mark]

20 State the meaning of red and amber on the traffic light system used on food labels.

[2 marks]

Red _____

Amber _____

21 (a) Identify **two** functions of calcium in children's diets.

[2 marks]

1 _____

2 _____

21 (b) Kim works in the kitchen of a children's hospital and is responsible for planning meals.

She needs to make sure the food provided is rich in calcium.

Explain **one** way Kim can provide calcium in the meals she plans for the children.

[2 marks]

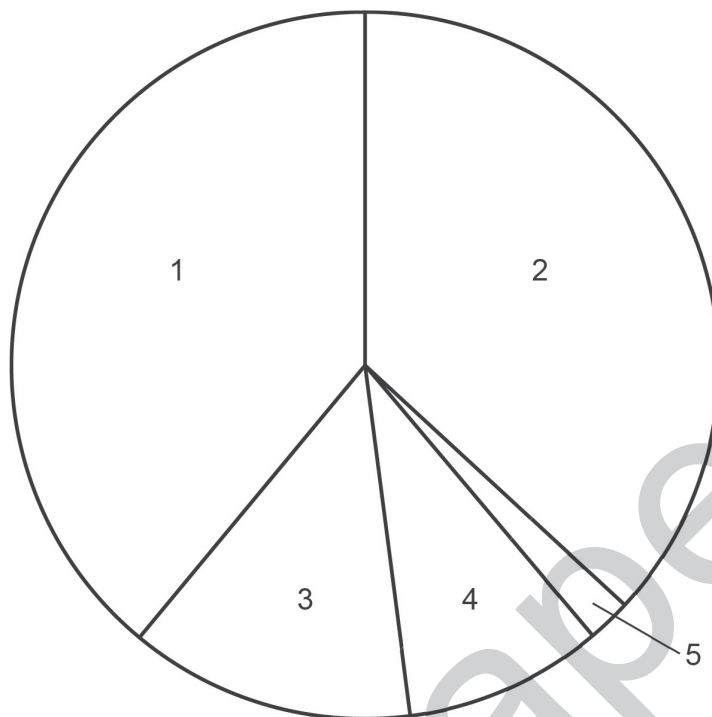
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Past paper

22 (a) The Eatwell Guide is represented in the image below.



Name the **two** smallest food groups shown in the image of the Eatwell Guide.

[2 marks]

1	Fruit and vegetables
2	Potatoes, bread, rice, pasta and other starchy foods
3	Beans, pulses, fish, eggs, meat and other proteins
4	
5	

- 22 (b)** Explain how the fibre provided by group 1 in the image of the Eatwell Guide can contribute to a healthy diet for an adult.

[2 marks]

- 23 (a)** Billy has recently been diagnosed with coronary heart disease (CHD).

He often eats savoury pastries and pre-packaged desserts.

State **two** ways in which Billy's food choices could have contributed to him developing CHD.

[2 marks]

1

2

- 23 (b)** Recommend **one** change to Billy's diet that could improve his health now he has been diagnosed with CHD.

[2 marks]

- 24 (a)** Ellie lives in a rural area and relies on the local village shop which is 3 miles from her house.

Give **two** reasons why Ellie's location and access to shops may affect her food choices.

[2 marks]

1 _____

2 _____

- 24 (b)** Discuss **one** way Ellie's food choices would be different if she lived in a town or city.

[2 marks]

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25 (a) Laura's doctor has advised her she is at risk of developing type 2 diabetes.

The table below shows her eating habits over two days.

	Day 1	Day 2
Breakfast	2 croissants with butter and jam	bacon sandwich with white bread
Lunch	sausage sandwich in white bread bun	fish and chips
Dinner	takeaway barbecue pizza and chips	sweet and sour chicken and white rice
Snacks	a packet of sweets 2 chocolate biscuits an apple	a packet of chocolate buttons 2 bags of crisps a jam doughnut
Drinks	3 cans of diet cola 2 cups of tea with whole milk and 2 sugars	3 cups of coffee with whole milk and 2 sugars

Describe **one** way in which Laura's diet may affect her weight and increase her risk of developing type 2 diabetes.

[2 marks]

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- 25 (b)** Recommend **one** improvement Laura can make to her diet that will help her to lose weight and reduce the risk of developing type 2 diabetes.

[2 marks]

Please turn over for the next section.

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Section D

This section has a possible **18** marks.

Answer **all** questions in the spaces provided.

- 26** Leo is the manager of a care home for older people.

Leo has produced the menu shown below.

The menu needs to meet the nutritional needs of a female resident with limited mobility.

Day	Food	Drink
Monday	porridge made with water served with honey	cup of coffee with sugar
Tuesday	bacon sandwich with white bread	cup of tea with sugar
Wednesday	scrambled egg on wholemeal toast	glass of freshly squeezed orange juice cup of coffee with sugar
Thursday	rice cereal and white toast with butter and jam	hot chocolate
Friday	sausage sandwich with white bread	cup of tea with sugar
Saturday	pancakes with maple syrup	cup of coffee with sugar
Sunday	cooked breakfast	cup of tea with sugar

Evaluate the suitability of Leo's menu for the older female with limited mobility.

Recommend improvements to the menu using your knowledge of nutritional requirements to justify your response.

[9 marks]

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27 Martin has excluded all sources of fat in his diet and his doctor thinks that he may have a vitamin D deficiency.

Evaluate the consequences for Martin of lacking fat and vitamin D in his diet.

[9 marks]

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