

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

Examined assessment

Paper number: **Past Paper**
Assessment date: **Friday 24 May 2024**

Time allowed: **1 hour 30 minutes**
Time: **9.00am – 10.30am**

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**.

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 needed for a high standard of personal hygiene when preparing food? [1 mark]
- A** Clean work surfaces with sanitiser
 - B** Cover cuts with a blue waterproof plaster
 - C** Keep food out of the danger zone
 - D** Reheat cooked food above 82 °C

Answer _____

- 2** Which **one** of the following is the safest place to store a carving knife? [1 mark]
- A** In a cupboard
 - B** In a drawer
 - C** In a knife block
 - D** On a high shelf

Answer _____

3 Which **one** of the following can be farmed free range?

[1 mark]

- A Chicken
- B Potatoes
- C Salmon
- D Wheat

Answer _____

4 State **one** place food can be grown on a farm.

[1 mark]

5 (a) A cafe in the town centre has become busier at lunchtime. The head cook has to rewrite the risk assessment to make sure all hazards are minimised during the busier hours. Customers in the cafe have previously enjoyed freshly made hot meals, but the head cook cannot keep up with the growing demand so has decided to use more manufactured food products.

State **three** reasons why food products are manufactured.

[3 marks]

- 5 (b)** Explain **three** actions the head cook at the cafe in town should include in the risk assessment to make sure that hazards are minimised.

[3 marks]

- 6 (a)** A local farm is planning to open a shop to sell its own and other local food products. Research shows that customers would like a variety of fruit and vegetables, freshly made baked products and ready-to-cook meat and plant-based dishes.

The farm owners have no experience of running a food business and they have been informed that the local authority will be inspecting the business to make sure they are meeting their legal requirements.

Explain **three** ways the farm owners can prevent cross-contamination when preparing the ready-to-cook dishes.

[3 marks]

1

2

3

- 6 (b)** The local authority inspector will be checking that the farm owners are meeting their responsibilities under the food safety act when they prepare the ready-to-cook dishes.

Explain the evidence that the inspector will be looking for.

[3 marks]

1 _____

2 _____

3 _____

Please turn over for the next section.

Section B

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

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

- 7** Which **one** of the following words describes the texture of poached chicken in a mushroom sauce?

[1 mark]

- A** Colourful
- B** Crumbly
- C** Moist
- D** Spicy

Answer _____

- 8** Janet wants to improve the flavours in her tagine recipe. She soaks the meat in a mixture of spices, herbs and oil before cooking.

Which **one** of the following techniques is Janet using?

[1 mark]

- A** Basting
- B** Blanching
- C** Marinading
- D** Reducing

Answer _____

- 9 A charity has asked you to organise a Christmas dinner gala. The charity is inviting local businesses to buy tickets for the event.

Which **one** of the following would you need to consider further when you are planning your menu for the guests?

[1 mark]

- A The age of the guests
- B The design of the tickets
- C The theme of the event
- D The time the event finishes

Answer _____

- 10 State **one** knife skill you need when you are preparing meat.

[1 mark]

- 11 A restaurant critic has suggested a fine dining restaurant needs to improve the presentation of their desserts.

Explain **two** factors the restaurant should consider to improve the presentation of their desserts.

[2 marks]



12

Basic curry recipe

1 onion
3 cloves garlic
40 g ginger
50 ml vegetable oil
1 bay leaf
2 tbsp ground coriander
1 tbsp ground cumin
4 cm stick cinnamon
1 tsp garam masala
1 tsp turmeric
1 to 2 fresh green chillies
400 g can of chopped tomatoes

Joe wants to cater for students' activity levels.

State **two** developments Joe could make to the recipe above. Explain your reasons for choosing **each** of these developments.

[4 marks]

Development 1 _____

Development 2 _____

13

Fruit crumble recipe

1 can fruit filling
200 g plain flour
100 g baking block
40 g caster sugar

Jonas is the chef in charge of desserts in a hotel that caters for business lunches. A regular customer is not satisfied with the sensory attributes of the desserts being served.

The hotel has asked Jonas to evaluate his dessert recipes and make suggestions for improving the sensory attributes.

Identify **two** sensory attributes Jonas should evaluate.

Discuss **two** improvements to the fruit crumble recipe that will improve the sensory attributes.

[4 marks]

Sensory
Attribute 1

Improvement 1

Sensory
Attribute 2

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Bakers Dozen provides baked goods for a delivery company. They are having issues with some of their cake products and have asked you to investigate why their sponge cakes are not rising as they would expect.

[6 marks]

Past paper

Section C

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

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

- 15** Which **one** of the following is a good source of iron?

[1 mark]

- A** Chicken
- B** Liver
- C** Milk
- D** Mushrooms

Answer _____

- 16** Which **one** of the following helps prevent rickets?

[1 mark]

- A** Vitamin A
- B** Vitamin B
- C** Vitamin C
- D** Vitamin D

Answer _____

17 Which **one** of the following is a source of simple carbohydrate?

[1 mark]

- A Beans
- B Legumes
- C Sugar
- D Wholegrain rice

Answer _____

18 State **one** way to reduce food waste when buying ingredients.

[1 mark]

19 Lucy is 7 years old and has a severe nut allergy.

State **two** reactions her allergy might cause and recommend **two** ways to manage her allergy.

[4 marks]

Reaction 1 _____

Reaction 2 _____

Recommendation 1 _____

Recommendation 2 _____

- 20** Anushka is a food journalist writing an article about how her family life has influenced the food choices she makes today.

Identify **two** family factors that could influence Anushka.

Give a reason why **each** factor you identified would impact on her food choices.

[4 marks]

Factor 1 _____

Reason 1 _____

Factor 2 _____

Reason 2 _____

- 21 (a)** Hannah is overweight and she is at risk of developing type 2 diabetes.

She loves to cook and knows she needs to make changes to her diet.

Explain **two** dietary choices Hannah can make to reduce her risk of developing diabetes.

[2 marks]

- 21 (b)** Referring to your answer in 21 (a) discuss **two** ways Hannah could adapt her cooking.

[2 marks]

- 22** Darren has read a post online that has encouraged him to monitor his daily salt intake.

Evaluate **two** ways that Darren could monitor his salt intake to make sure it is not too high.

[4 marks]

One of the participants in a keep-fit class has suffered from dehydration. You have been asked to give a presentation to the class on the importance of water intake.

[6 marks]

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Section D

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

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

- 24** Sinead has a young daughter aged 3 years.

The shopping list below shows the food Sinead typically includes in her daughter's diet.

apples	wholemeal bread
bananas	wholewheat pasta
carrots	jar of tomato pasta sauce
broccoli	sugar-coated cornflakes
spinach	eggs
potatoes	snack packets of dried apricots
chicken breasts	raisins
minced meat	lemonade
skimmed milk	jelly babies
low fat yogurts	fish fingers
light cheddar cheese	

Sinead is concerned her daughter may not have all the nutrients she needs for healthy growth and development.

Evaluate Sinead's shopping choices and suitability for a young child.

[9 marks]

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Past paper

25

Lorcan has a vegan diet that lacks the vitamin B group.

Evaluate the consequences for Lorcan of being deficient in this group of vitamins.

[9 marks]

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This is the end of the examined assessment.

Past paper

To be completed by the examiner			
Question	Mark	Question	Mark
1		14	
2		15	
3		16	
4		17	
5 (a)		18	
5 (b)		19	
6 (a)		20	
6 (b)		21 (a)	
7		21 (b)	
8		22	
9		23	
10		24	
11		25	
12			
13			
		TOTAL MARK	