



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

Examined Assessment

Paper number: **Sample Assessment**

Date: **Sample 2022**

9.30am – 11.00am

Time allowed: 1 hour 30 minutes

Learner instructions

- Use black or blue 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.
- 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.

Learner name _____

Centre name _____

Learner number

Centre number

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

Please complete the details below clearly and in BLOCK CAPITALS.

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

Section A

This section has a possible 16 marks.

You should spend about 18 minutes on this section.

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

- 1 Which **one** of the following is the correct colour coded chopping board to use when preparing root vegetables?

[1 mark]

- A Blue
- B Yellow
- C Green
- D Brown

Answer _____

- 2 Which **one** of the following is a health and safety consideration when transporting food?

[1 mark]

- A Keeping fresh produce frozen
- B Keeping food between 18–20°C
- C Monitoring temperature margins
- D Defrosting fresh produce

Answer _____

3 Which **one** of the following must commercial kitchens provide by law? **[1 mark]**

- A Suitable and sufficient type of lighting
- B Appropriate and sufficient ventilation
- C Designated smoking areas for staff
- D Ceramic preparation work surfaces

Answer _____

4 Identify **one** critical control point of the HACCP system. **[1 mark]**

Please turn over for the next question.

5 The local supermarket has received complaints about the quality and range of its fresh produce. They often find themselves throwing away a large amount of the produce because it has not been sold. The manager has decided to expand the freezer space and is considering stocking more processed foods.

a) State **three** reasons why food is processed.

[3 marks]

b) In relation to the scenario, explain **three** advantages to the manager of stocking more processed foods.

[3 marks]

6 When opening the school training kitchen after the summer holidays, the teacher notices small black droppings, chewed packaging, rat poison which has been knocked over, smears and greasy marks on equipment, and floor in the food storage area.

a) In relation to the scenario, explain **three** types of contamination that will be present in the school training kitchen. **[3 marks]**

b) In relation to the scenario, evaluate the potential hazards and risks to the cooking environment of not taking immediate action. **[3 marks]**

Please turn over for the next section.

Section B

This section has a possible 20 marks.

We recommend that you spend 22 minutes on this section.

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

- 7 Which **one** of the following describes when fats or oils coat flour and prevent gluten forming?

[1 mark]

- A Setting
- B Aesthetics
- C Aeration
- D Shortening

Answer _____

- 8 John has been asked to amend a dish, paying particular attention to environmental factors.

Which **one** of the following factors should John consider when evaluating the amended dish?

[1 mark]

- A Dietary requirements
- B Food miles used
- C Choice of brand
- D Type of upbringing

Answer _____

9 As part of a company's end of year celebrations, a special lunch is planned.

The company has 50 staff members and a budget of £1000. They would like a menu creating that uses organic produce and is highly nutritious.

Which **one** of the following considerations would you need to investigate further to plan an effective menu?

[1 mark]

- A The fitness and activity levels of the staff
- B The cost of sourcing processed foods
- C The cost of sourcing manufactured foods
- D The food-related health conditions of the staff

Answer _____

10 State **one** practical preparation skill that may be used when cooking a recipe.

[1 mark]

11 A chef is making a shepherd's pie. They will add a cheese topping and grill for 5 minutes.

Explain **two** functions of grilling the shepherd's pie.

[2 marks]

Easy Fish Pie

- 1 packet instant mash potato mix
- 25g plain flour
- 4 spring onions, finely sliced
- 1 pack of imported frozen fish pie mix (white fish cod and plaice) weight around 320g–400g depending on pack size
- 1 tsp Dijon or English mustard
- a good pinch of dried chives
- a handful of frozen sweetcorn
- a handful of frozen petits pois
- a handful of pre-grated cheddar.

12 Mia lives near the coastline and a local farm shop.

Mia wants to amend the fish pie recipe detailed above, to take into account factors that affect food choice.

State **two** factors that affect food choice that Mia could consider when amending the recipe.

For **each** factor, explain the required recipe amendment **and** how they may affect the fish pie recipe.

[4 marks]

1

2

13

Your friend Alisha has been asked to cook for a private party.

Alisha has two hours to complete a two-course meal for the guests.

She is not familiar with action planning but understands the importance of health and safety.

Identify **two** features of an action plan that would help Alisha to successfully complete the menu.

For **each** feature, suggest how it would help Alisha with the planning, preparation and cooking of the dishes on the menu.

[4 marks]

Please turn over for the next question.

DO NOT WRITE IN THIS SPACE

Cauliflower cheese recipe:

1 large head of cauliflower, broken into large florets

50g/2oz butter

50g/2oz plain flour

550ml/20 fluid oz milk

1 tsp English mustard

100g/3½oz mature cheddar, grated

Salt and freshly ground black pepper

14 You are going to make cauliflower cheese using the recipe detailed above.

Explain what might happen to the outcome of the completed dish if it was cooked using only **20g** of flour.

[6 marks]

Please turn over for the next section.

Section C

This section has a possible 26 marks.

We recommend that you spend 30 minutes on this section.

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

15 Which **one** of the following is oily fish a good source of?

[1 mark]

- A** Omega 3
- B** Vitamin B3
- C** Omega 6
- D** Vitamin C

Answer _____

16 Which **one** of the following seasons are soft fruits typically grown in the UK?

[1 mark]

- A** Spring
- B** Summer
- C** Autumn
- D** Winter

Answer _____

Please turn over for the next question.

17 Which **one** of the following can result if there is a lack of water in your diet?

[1 mark]

- A Pale complexion
- B Sweating
- C Headaches
- D Puffiness

Answer _____

18 State **one** function of soluble fibre.

[1 mark]

19 Jack's child is 9 years old.

Identify **two** nutrients that are very important in the diet of a 9-year-old child.

Explain the functions of **each** nutrient identified.

[4 marks]

1

2

20 Tanveer has decided to try and include as much seasonal food in his diet as he can.

State **two** benefits of using seasonal foods **and** for **each** benefit, explain how it would help Tanveer.

[4 marks]

1

2

21 Carly is gaining weight and has high blood pressure.

Her favourite foods are chocolate and hard cheese which she eats often.

a) Using your understanding of the Eatwell Guide and knowledge of nutrition, explain **two** reasons why Carly's favourite foods are contributing to her health issues.

[2 marks]

b) Referring to your two reasons from question 21a), recommend **two** ways Carly can improve her diet.

[2 marks]

22

Jacob wants to eat healthier.

Explain how food labels can help Jacob eat healthier. Justify your response.

[4 marks]

23

Charlie has a wheat intolerance.

Evaluate the impact of Charlie's food-related health condition on his food choices and diet. Justify your response.

[6 marks]

DO NOT WRITE IN THIS SPACE

Please turn over for the next section.

Section D

This section has a possible 18 marks.

We recommend that you spend 20 minutes on this section.

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

Michaela is 14 years old.

Below is a typical example of her food diary.

Monday	
Cornflakes and skimmed milk	Breakfast
Concentrated fruit juice (300ml)	Drink
Cup of tea with milk and sugar (250ml)	Drink
Apple	Snack
Cheese and pickle wrap	Lunch
Flapjack	Snack
Fizzy drink (500ml)	Drink
Beef burger and chips	Evening meal
Water (300ml)	Drink
Syrup sponge and custard	Dessert
Hot chocolate with skimmed milk (300ml)	Drink

24

Michaela thinks she has a balanced diet and isn't worried about any long-term consequences of her food intake.

Evaluate Michaela's claim, referring to her food diary. Justify your response.

[9 marks]

DO NOT WRITE IN THIS SPACE

Examiner use only

25

Vanessa has a diet that is lacking in the micronutrients vitamin C and iron.

Evaluate the consequences of being deficient in micronutrients **and** their importance for Vanessa's diet. Justify your response.

[9 marks]

DRAFT

DO NOT WRITE IN THIS SPACE

This is the end of the examined assessment.

This page is intentionally left blank.