

Total marks — 60
Attempt ALL questions

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Question 1

- (a) Describe two practical ways to encourage children to eat oily fish. 2

Way 1 The oily fish could be mixed up and put into a fishcake in the shape of a star
 Way 2 The oily fish could be broken up and put on top of pizza

- (b) Name two nutrients which can be found in oily fish.
Give one function of each in the diet. 4

Nutrient omega 3

Function helps with brain development

Nutrient protein

Function protein is for growth, repair and maintenance of body cells and tissues

- (c) Explain two reasons why a consumer might choose to buy locally produced fruit and vegetables. 2

Reason 1 The locally produced fruit and veg may be higher in nutrients as it is getting eaten faster and not sitting about
 Reason 2 The consumer may be concerned about the environment and not want to increase the number of food miles

- (d) Describe two duties of Trading Standards Officers. 2

Duty 1 The officers have to make sure the correct ingredients are listed on the product

Duty 2 They also have to make sure products are actually what people are saying they are and they aren't lying

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Question 2

A 16 year old girl is an ice skater who trains four times a week.

The table below shows the daily reference values for females aged 15–18 years.

Dietary reference values for females aged 15–18 years					
Estimated average requirements	Reference nutrient intakes				
Energy (KCal)	Protein (g)	Vitamin C (mg)	Iron (mg)	Calcium (mg)	Fibre (g)
2414	42.1	40	14.8	1000	25

The table below shows the dietary analysis of the 16 year old girl.

Dietary analysis of her typical day's meals					
Energy (KCal)	Protein (g)	Vitamin C (mg)	Iron (mg)	Calcium (mg)	Fibre (g)
2865	60.2	49	11.2	915	13.1

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Question 2 (continued)

- (a) Taking account of the dietary reference values (DRVs) for females aged 15–18, evaluate the suitability of her typical day's meals.

6

Evaluation The 16 year old girl is getting more energy than required. This is ^{good} ~~through~~ as she is an iceskater and will need the extra energy to train. The 16 year old girl is getting more protein than required. This is good because if the 16 year old ~~for~~ injurs herself during ice skating she will heal quicker as protein is for growth, repair and maintenance ^{of tissues and cells}. The 16 year old girl is getting more vitamin C than required. This is good as it will help the immune system and prevent the girl ~~to~~ from having to take days off training due to illness. The 16 year old girl is getting less iron than required. This is bad and could result in anaemia resulting in tiredness meaning the girl can no longer ice skate. The 16 year old girl is getting less calcium than required. This could lead to osteoporosis ~~in her~~ ~~bones~~ meaning she can no longer skate.

Question 2 (continued)

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- (b) Explain how each of the following factors could influence a teenager's choice of food.

2

Peer pressure if a teenager sees one of their friends eating something then they may feel like they have to like the same thing

Advertising A teenager may be attracted to an advert that has their favourite celebrity on it instead of the actual product.

- (c) State one function of and one food source for Vitamin B.

2

Function Vitamin B helps with the ~~absorption of carbohydrates~~ release of energy from carbohydrates

Food source fortified cereals

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Question 3

A food manufacturer wants to extend its range of baked items to include pastry products.

- (a) Give two reasons for carrying out market research for the new pastry products. 2

Reason 1 To find out what type of
pastry products people are looking for

Reason 2 To find out the gaps ^{are} on the
market and whats on trend

- (b) The results of sensory testing on the pastry products show a number of problems.

For each of the problems below describe a different reason why this may have occurred. 3

Problem 1 - the pastry is soggy inside The pastry may
be soggy inside if too much liquid
was added during making it

Problem 2 - the pastry has a greasy texture This may have
occurred if the person that rubbed together
the flour and butter had warm hands

Problem 3 - the pastry is very pale in colour The pastry
may be ^{pale} ~~pale~~ in colour if ~~the oven~~
~~was not at a~~ it has not been brushed
with egg wash and cooked for long enough.

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Question 3 (continued)

- (c) Explain three factors to be considered when storing pastry products to prevent food poisoning. 3

Factor 1 The pastry should be stored in an air tight container to prevent it ~~going~~ ^{coming} ~~soggy~~ in contact with moisture

Factor 2 The pastry should be stored away from any raw meat to prevent cross contamination. If stored in the fridge, it should be the top shelf

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Factor 3 ~~If the pastry is being stored in the fridge it should be on the top shelf away from any other items to prevent the pastry tasting of other things~~

- (d) A food manufacturer has put the following labels on two of their food products.
Explain the importance of each of the following labels to the consumer. 2

Food product – oat biscuits

Best before
June 2019

The best before date tells the consumer that ~~the~~ it is ok to eat the product after the date given but it won't be at its best. The biscuits may be soggy for example.
Food product – chilled pork pie

Use by
2 June

The use by date tells the consumer that they must not use the product after the date given as food poisoning could occur.

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Question 4

- (a) Explain two ways in which each of the following diet-related diseases could be prevented.

4

Coronary heart disease

Explanation 1 coronary heart disease could be prevented by cutting down on your saturated fat intake to prevent ^{arteries} ~~arteries~~ from being blocked

Explanation 2 coronary heart disease could be prevented ^{by} regularly exercising and burning off excess weight which puts a strain on the heart.

Anaemia

Explanation 1 anaemia could be prevented by increasing your daily iron intake which would help with the formation of red blood cells

Explanation 2 _____

- (b) Explain two reasons why a consumer may choose to use ultra-heat treated (UHT) products.

2

Reason 1 consumers may choose UHT products as they have a longer shelf life and would be less likely to get wasted.

Reason 2 consumers may choose UHT product as they last longer and therefore the consumer would not have to go shopping as often.

Question 4 (continued)	MARKS	DO NOT WRITE IN THIS MARGIN
(c) Explain how each of the following additives may benefit the consumer.	2	
Sweeteners <u>sweeteners could benefit the consumer as it may act as a preservative and give the product a longer shelf life.</u>	X	
Flavourings <u>flavourings could benefit the consumer as they would make the product more appealing and make the consumer ^{want} want to buy the product again.</u>		
(d) Describe two ways Food Standards Scotland protects the consumer.	2	
Way 1 <u>food standards scotland protects the consumer by offering nutritional knowledge and ^{advice} advice so the consumer can make better food choices</u>		
Way 2 <u>They also protect the consumer by educating about the correct ways to cook and prepare foods</u>		

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Question 5

- (a) Identify two steps in the product development process of ready prepared salads.

Explain the way each step contributes to the development of the ready prepared salads.

4

Step 1 prototype production

Explanation This is when a trial of the product is made. Any problems that come about can be made note of and fixed and altered for the final product.

Step 2 ~~marketing research~~ Concept generation

Explanation This is when all ideas are considered and the ones that would be too expensive and not suitable would be discarded of. Also products that did not meet the brief.

- (b) Explain ways in which budget could affect a consumer's choice of food. . 2

If the consumer has a low income they may choose foods that are more affordable. This is often unhealthy options and no fruit and vegetables because these are expensive and have ~~to~~ to be used quickly and there is often waste, this could leave the consumer ~~with~~ little to choose from that is in their budget range.

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Question 5 (continued)

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- (c) A farm shop is starting a delivery service of seasonal fruit and vegetable boxes.

Evaluate the suitability of the following fruit and vegetable box for the farm shop customers.

3

Seasonal Fruit and Vegetable Box

Contents

- a variety of fruit and vegetables from the farm
- fruit and vegetable choices change weekly depending on availability
- recipe cards relating to the fruit and vegetables in the box
- delivery charge £4
- delivery times Monday–Friday 2 pm–8 pm

Evaluation Recipe cards relating to whats inside the box are provided. This is good as the consumer may not know what to do with the products and this will tell them.
There are a variety of fruit and veg from the farm. This is good as the consumer may be concerned about the environment and by getting produce this way food miles are kept low.
The variety of fruit and vegetable change weekly depending on availability. This is good as the consumer will not get bored of the products and will be excited each week. The delivery times are Monday–Friday 2pm–8pm. This is bad as the consumer may work long hours and only be available on weekends.

Question 5 (continued)

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- (d) Explain one way Modified Atmosphere Packaging (MAP) products benefit the consumer.

1

MAP products benefit the consumer as it gives the product a longer shelf life meaning the consumer will not generate as much waste and will not have to go shopping as often

Question 6

- (a) Evaluate the suitability of using Fair trade products in a school canteen.

4

Evaluation The variety of fairtrade products may be limited. This is bad as the school canteen may not be able to make certain foods. The fairtrade products may be more expensive. This is bad as the school may have a limited budget set aside for food. Buying fair trade products means the farmers that produced the products get paid fairly. This is good as they will be able to feed their families. ~~and~~ Some people believe that fairtrade products are more nutritious. This is good as the school children will be getting more beneficial and healthier meals.

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Question 6 (continued)

- (b) A school canteen wants to make its popular panini healthier.

Describe three changes which could be made to the ingredients in the panini recipe below.

Explain how each change helps to meet a different piece of Current Dietary Advice.

6

Chicken panini
White panini baguette
Mozzarella cheese
Fried chicken strips
Salt and pepper
Sliced tomato

Change 1 grilled chicken strips instead of fried

Explanation grilling the chicken strips helps to meet current dietary advice to cut down on saturated fat intake as no extra fat is added

Change 2 wholemeal baguette instead of a white baguette.

Explanation using a wholemeal baguette instead of a white one helps to meet current dietary advice to increase daily fibre intake as wholemeal bread contains more fibre.

Change 3 herbs and spices instead of salt.

Explanation using herbs and spices instead of salt helps to meet current dietary advice to cut down your daily salt intake to 6g per day.

[END OF QUESTION PAPER]

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ADDITIONAL SPACE FOR ANSWERS

Q3) Factor 3 - The date of the product should be noted when storing the pastry so it does not go ~~over~~ past its use by date