

Candidate evidence

Candidate 1

MARKS

Total marks — 50

Attempt questions 1 and 2 and any THREE from the following FOUR questions.

Question 1

- (a) Identify two nutrients found in red meat.

Give one function of each nutrient.

4

Nutrient 1 protein

Function for growth and repair

Nutrient 2 iron

Function for healthy red blood cells.

- (b) Explain two benefits to health of reducing fat intake in our diet.

2

Benefit 1 reducing fat can prevent ^{CHD} ~~obesity~~ asit reduces fat from building up in arteriesBenefit 2 reducing fat can prevent obesity as therewon't be too much fat in body ^{and} ~~the~~ you won't become overweight.

- (c) Give two reasons why a consumer might choose to buy seasonal foods.

2

Reason 1 it has a better impact on the environment
as it can be grown in country and won't require food milesReason 2 it can be fresher as its from country and
is not being transported from elsewhere

MARKS

Question 1 (continued)

- (d) State two reasons why a Trading Standards Officer would inspect food premises.

2

Reason 1 To make sure that food premises are hygienic and up to standard.

Reason 2 To make sure the food is being made and treated correctly and are up to standard.

[Turn over

Question 2

A 16-year-old skier has broken his arm and will not be as active until he recovers.

Dietary reference values for males aged 15–18 years					
Estimated average requirements	Reference nutrient intakes				Guideline daily amount
Energy (kcal)	Protein (g)	Vitamin B (mg)	Calcium (mg)	Sodium (mg)	Fibre (g)
2964	45.4	1.1	1000	1600	25

The table below shows the dietary analysis of a typical day's meals for the 16-year-old skier.

Dietary analysis of his typical day's meals					
Estimated average requirements	Reference nutrient intakes				Guideline daily amount
Energy (kcal)	Protein (g)	Vitamin B (mg)	Calcium (mg)	Sodium (mg)	Fibre (g)
3123	48.4	1.5	850	1400	18

MARKS

Question 2 (continued)

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

6

Evaluation The skier is intaking more energy than the estimated average requirement. This is good because as long as a skier he requires more energy and is injured and the excess can be used up or burned off because he is not as active. The excess energy can end up converting to fat instead.

The skier is having less calcium than what is required. This is bad because it means that his bones will have a harder / longer time healing. It also means that his bones aren't ^{as} strong as it should be making him more susceptible to broken bones and injuries.

The skier is intaking more protein than required. This is good because the protein can help with growth and repair during his recovery.

The skier is having less fibre than required. This is bad because it can lead to him having stomach problems and constipation.

MARKS

Question 2 (continued)

- (b) Explain two ways in which the skier's friends could influence his choice of food. 2

Way 1 They can buy him food which can influence his choice as he may feel bad that they got him this food so feel obliged to eat it.

Way 2 They may peer pressure him to eat unhealthy as he won't be skiing now training and feel that he can have a few cheat days.

- (c) Explain how to ensure food safety when preparing food. 2

To cut raw meat on different cutting board from the vegetables and use utensils between use as it will prevent cross contamination.

To store raw meat in fridge/freezer ^{as it will} prevent bacteria growth.

Question 3

(a) Identify two stages in the development of a cook chill product.

Explain their role when developing the cook chill product.

4

Stage 1 _____

Explanation _____

Stage 2 _____

Explanation _____

MARKS

Question 4

- (a) Describe three changes which could be made to the cottage pie ingredients to make it healthier.

Explain how each change helps to meet a different piece of current dietary advice.

6

Cottage Pie
mince
onion
potatoes
cream
plain flour
butter

Change 1 ~~plain~~ change plain flour to wholewheat/
wholegrain flour.

Explanation whole wheat/wholegrain flour is more fibrous
so by making this change you will be meeting the
current dietary advice of increasing fibre intake.

Change 2 Change cream to low fat cream.

Explanation low fat cream has less fat and will
therefore meet the dietary advice of reducing
total fat intake.

MARKS

Question 4 (a) (continued)

Change 3. Add more vegetables

Explanation A current dietary advice is to increase fruit/veg intake so by adding more vegetable to the cottage pie you will meet that dietary advice.

(b) Identify two points of information which, by law, must be stated on a food label.

Explain the importance of each point to the consumer.

4

Point 1 Ingredients

Explanation Ingredients must be stated on a food label because if anyone has any allergies/intolerance, they need to be able to check before buying product & be aware therefore preventing reactions.

Point 2 Use by date.

Explanation Use by date has to be on food labels because consumers need to be aware of when the product should be used by as after that bacteria can start forming/multiplying and cause food poisoning.

[Turn over

MARKS

Question 5

- (a) Explain how changing the proportion of ingredients in the following products would affect the finished result.

3

Increasing the proportion of flour in a sauce The sauce will
thicken because the flour will go through
gelatinisation - the molecules burst in heat which thickens
sauce.

Increasing the proportion of fat in pastry The pastry will be
greasy and crumbly ^{because} as a result of the fat ^{which}
can be added through aeration or shortening.

Decreasing the proportion of sugar in a cake The cake will be
pale in colour as sugar is what ^{colours foods} provides a product
through caramelisation.

- (b) Evaluate the use of modified atmosphere packaging for the consumer.

3

It ^{gives} has to products longer shelf life which is
good as consumers can buy in bulk and use for longer.
It uses packaging which is bad because the packaging
may not be environmentally friendly and the consumer may not
like that.

It needs to be stored correctly especially once opened
which is bad because if the consumer doesn't store
it properly the food may go bad making it unsafe
to eat ^{for} and new consumer.

MARKS

Question 5 (continued)

- (c) Explain two dietary factors which may contribute towards each of the following conditions.

4

Anaemia

Dietary factor 1 Not eating enough red meat as it
contains iron.

Dietary factor 2 Not taking enough iron which is required
as it helps haemoglobin bind with red blood cells and carry
oxygen around body.

Osteoporosis

Dietary factor 1 Not enough calcium in body ^{because} ~~the~~ which is
needed because calcium is for strong bones and teeth.

Dietary factor 2 Not enough vitamin D can cause this
because it is required to help in the absorption of
calcium and without it calcium absorption is limited/
hindered.

[Turn over

MARKS

Question 6

- (a) Explain two reasons why a food manufacturer would carry out sensory testing on a new product.

2

Reason 1 To see if consumers would like it as they are going to be the buyers

Reason 2 To compare it to other similar products so they can improve theirs and make it better.

- (b) Give two responsibilities of Food Standards Scotland.

2

Responsibility 1 To make sure foods are good quality and safe to eat

Responsibility 2 To make sure foods are correctly labelled.

- (c) State two ways in which consumers can reduce salt intake.

2

Way 1 Add less salt to food

Way 2 eat less bacon

- (d) Explain why water is important in the diet.

2

Water is important in the diet because it regulates body as well as help excrete faeces as it softens it.

MARKS

Question 6 (continued)

- (e) Give an advantage and a disadvantage of organic foods to the consumer. 2

Advantage it is more ~~expensive~~ ^{fresher}

Disadvantage They think may not be much of
a variety.

[END OF QUESTION PAPER]