

Candidate 2

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 Iron

Function Prevents from having Iron deficiency

Nutrient 2 Protein

Function Help maintain, repair and grow stronger bones.

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

2

Benefit 1 Reducing the risk of coronary heart disease

Benefit 2 And reducing the risk of Obesity

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

2

Reason 1 They are fresher

Reason 2 And will buy the foods that they like that are in season like Straw berries

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MARKS

Question 1 (continued)

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

2

Reason 1 To check ^{if} food and drink products are accurately weighed and measured

Reason 2 consumer complaints on misted weighing of the products.

[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

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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 (F) The 16 year old skier has broken his arm, and consumes more protein than he needs (O) This is good (c) because the protein will help repair damaged tissues and maintain his bones.

(F) The 16 year old male skier has broken his arm, and consumes less calcium than he needs (O) This is bad (c) as his bones will take time to heal and grow stronger. (D) If he doesn't consume enough calcium it can lead him to brittle bones/osteoporosis later in life

(F) The 16 year old male skier, consumes less sodium (O) This is bad (c) as he does skiing he could get cramp and may prevent him from skiing

(F) The 16 year old male skier, consumes less fibre than he needs (c) This is bad

(c) as his digestive system may be unhealthy

(D) And could be in risk of having bowel disorders/bowel cancer.

MARKS

Question 2 (continued)

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

2

Way 1 Eating convenience food instead
of nutritious

Way 2 Eating ready cooked -chill meals
instead of home-cooking.

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

2

(F) Have a clean surface (c) so food isn't
contaminated

(F) Don't put raw meat and chicken
near foods (c) or it could lead to
food poisoning if eaten, if the
juices have leaked

MARKS

Attempt any THREE from the following FOUR questions.

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 concept generation

Explanation This is called the 'thinking stage' where all ideas are thought up, and find any gaps in the market

Stage 2 prototype production

Explanation This is where a small amount of the product is made to identify potential strengths and weaknesses

MARKS

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Question 3 (continued)

(b) Evaluate the use of plastic packaging for a cook chill product.

4

(F) Using plastic packaging for a cook-chilled product, too much material is used

(C) This is bad (C) As plastic isn't good for the environment (D) It causes waste, and some consumers may be concerned and not buy the product, making them have limited food choice.

(F) Using plastic packaging for a cook-chilled product, it can be convenient (D) This is good (C) As most plastic packaging is clear helping the consumer see what contents are inside. (D) And it's easy to store away, and most plastic packaging like containers may be sealable.

(c) Explain how each of the following factors could lead to food poisoning.

2

Storage of food (F) if foods haven't been sealed

(L) The foods will leak to nearby foods.

Delivery of food _____

causing food poisoning. ←

[Turn over

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 quorn instead of mince

Explanation Fat is reduced in the cottage pie, and it's a healthier alternative

Change 2 Increase amount of onions

Explanation This will help reach the five portions of fruit and vegetable a day.

MARKS

Question 4 (a) (continued)

Change 3 leave potatoes with skin on

Explanation Helps increase fibre to 18g per day. And is filling so prevents snacking. High in sugar and fat foods.

(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 Product name / description

Explanation Helps the consumer identify what the product is and what ingredients that have been used.

Point 2 allergy / allergen

Explanation Helps the consumer with any allergies identify what ingredients they are allergic to

[Turn over

MARKS

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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 (F) thickens the sauce (C) if too much is used there will be clumps in the sauce and will be uneven

Increasing the proportion of fat in pastry (E) helps it be more flavourful (C) and make it have a golden colour

Decreasing the proportion of sugar in a cake (E) makes it be more aerated (C) making the cake lighter.

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

3

(F) Using MAP for packaging ~~instead of~~ ~~plastic~~ (C) This is good (C) As natural gases are used and ~~MAP~~ consumer won't be concerned.

(F) Using MAP for packaging which are plastic and clear (C) This is good (C) As consumers will ^{easily} identify what contents are inside.

(F) Most packaging is plastic when MAP is used (C) This is bad (C) As consumer may be concerned for the environment and won't buy the product making them have limited food choice.

MARKS	DO NOT WRITE IN THIS MARGIN
4	

Question 5 (continued)

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

4

Anaemia

Dietary factor 1 not having enough iron

Dietary factor 2 not having enough vitamin C and no iron will be absorbed.

Osteoporosis

Dietary factor 1 not consuming enough vitamin D

Dietary factor 2 And not consuming enough calcium and phosphorus leading to osteoporosis

[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 Help identify strengths and weaknesses by the tasting panel

Reason 2 Identify if the product consistency is right

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

2

Responsibility 1 give advice on food safety

Responsibility 2 Make leaflets and posters on healthy eating and food safety

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

2

Way 1 decrease the consumption of convenience food like crisps, bacon

Way 2 And only have 6g (1 teaspoon) of ~~more~~ salt per day

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

2

~~Helps~~ Helps regulate body temperature
keeps us hydrated

And helps absorb fibre, having a healthy digestive system.

MARKS

Question 6 (continued)

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

Advantage NO pesticides, chemical and fertilisers
were n't used

Disadvantage And may be too expensive / out
of budget for some people.

[END OF QUESTION PAPER]