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|------------|-------------|-------|-----------|-----------|--------------|
| Centre No. | Subject No. | Level | Paper No. | Group No. | Marker's No. |
|------------|-------------|-------|-----------|-----------|--------------|

Total Marks

[C045/SQP089]

Intermediate 2 Time: 1 hour 30 minutes
 Home Economics
 Health and Food Technology
 Specimen Question Paper

NATIONAL
 QUALIFICATIONS

Fill in these boxes and read what is printed below.

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Full name of centre | Town | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| First name and initials | Surname | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Date of birth | Candidate number | Number of seat | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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- 1 Try to answer every question in this paper.
- 2 Read the whole of each question carefully before you answer it.
- 3 Write your answers in the spaces provided.
- 4 If you need to do any rough work, use the spaces provided.
- 5 Before leaving the examination room you must give this book to the invigilator. If you do not, you may lose all the marks for this paper.

1. (a) A 14 year old teenager has poor eating habits.

The table opposite shows a typical day's meals.

List **4 health problems** which may arise if the teenager continues with this type of diet.

Give **one** reason why this diet may contribute to **each** health problem identified.

Health problem _____

Reason _____

Health problem _____

Reason _____

Health problem _____

Reason _____

Health problem _____

Reason _____

$\frac{1}{2}$

1

1

$\frac{1}{2}$

1

$\frac{1}{2}$

1

*Running
sub totals*

1. (a) (continued)

| | |
|--------------|--|
| Breakfast | - Nothing |
| Mid morning | - Chocolate bar Can of cola |
| Lunch | - Chips in a roll Packet of crisps Can of fizzy orange drink |
| Evening meal | - Deep fried pizza Chips Packet of sweets Can of cola |

1. (continued)

- (b) The teenager has decided she must change her diet, but wants to eat out with her friends.

They have chosen to eat in a fast food restaurant which provides nutritional information on all of their meals.

Look at the information table opposite and select **one** dish which would meet the requirements of a healthy diet.

Give **three** reasons for your choice.

Choice of meal item _____

Reasons

1 _____

2 _____

3 _____

- (c) The teenager has read about the importance of NSP in the diet.

Name the **two** types of NSP and give a **different** source of **each** type.

Type _____ Source _____

Type _____ Source _____

Total

1

1

1

1

$\frac{1}{2}$

$\frac{1}{2}$

ROUGH WORK

1. (continued)

| Meal items | Per portion | | | | | | |
|---------------------|---------------------|----------------|---------------------|------------|--------------------|-------------------------|---------------|
| | Energy (kcal/kJ) | Protein (g) | Carbohydrate (g) | Fat (g) | (Saturated) (g) | NSP ¹ (g) | Sodium (g) |
| Beefburger | 493/2250 | 32.7 | 44.0 | 22.9 | (9.8) | 5.5 | 0.9 |
| Cheeseburger | 299/1258 | 16.8 | 33.1 | 11.5 | (5.9) | 2.5 | 0.7 |
| Chickenburger | 392/1643 | 15.0 | 28.9 | 17.3 | (3.4) | 2.5 | 0.7 |
| Pancake and sausage | 670/2798 | 16.0 | 89.7 | 26.9 | (12.9) | 2.9 | 1.4 |
| Hamburger | 253/1064 | 16.1 | 32.8 | 7.7 | (3.3) | 2.9 | 0.5 |
| Veggieburger | 423/1773 | 9.7 | 54.1 | 18.6 | (5.6) | 5.9 | 0.8 |

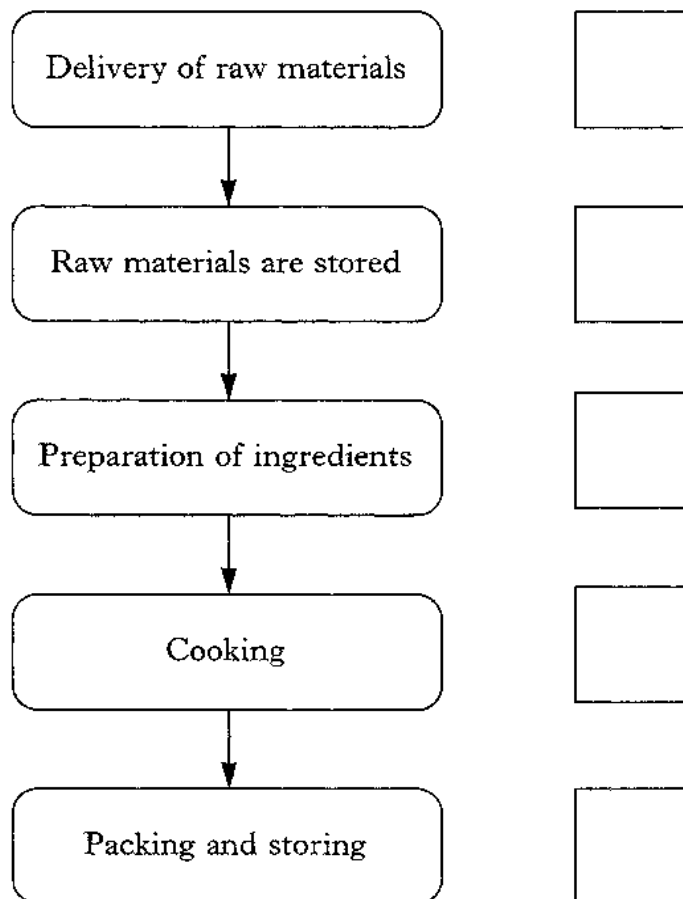
¹NSP = Non starch polysaccharides, the major part of dietary fibre

2. **Hazard Analysis Critical Control Point (H.A.C.C.P.)** is a food safety system based on the prevention of hazards during food manufacture.

A company produces food for a chain of supermarkets.

The flow chart below shows the production process involved when making pizzas.

Production Process



Components

Base – Flour, olive oil, yeast

Topping – Cheese, tomatoes, cooked chicken, peppers, herbs and spices

2. (continued)

- (a) Select **one** stage of the production process and tick (✓) **one** of the boxes on the flow chart to indicate your choice.

For this stage of the process, explain how:

- (i) a hazard may occur;
- (ii) a control could be established;
- (iii) how the control could be monitored.

Hazard _____

Control _____

Monitor _____

*Running
sub totals*

1

1

1

2. (continued)

(b) The company also supplies bread and sandwiches to the supermarket chain. It is required by law to put **date marks** on each of the products. Look at the date marks below.

(i) Select **one** date mark suitable for **sandwiches**

(ii) Select **one** date mark suitable for **bread**.

Give a reason for your choice of **each** date mark.

**Best before end
Dec 1998**
Store out of direct sunlight

A

**Use by
15 Dec 1998**
Keep refrigerated

B

**Best before
15 Dec 1998**
Store in a cool dry place

C

Choice of date mark for sandwiches _____

Reason _____

Choice of date mark for bread _____

Reason _____

$\frac{1}{2}$

1

$\frac{1}{2}$

1

*Running
sub totals*

2. (continued)

(d) The table below shows $\frac{1}{3}$ of the **Dietary Reference Values** for pregnant women.

| $\frac{1}{3}$ of the Dietary Reference Values for pregnant women | | | | | | |
|--|-----|----------------|-----------------|--------------|------------|---------------|
| Estimated average requirements | | | | | | R.N.I.* |
| Energy (kJ) (kcal) | | Protein (g) | Calcium (mg) | Iron (mg) | NSP (g) | Sodium (g) |
| 2967 | 713 | 14 | 175 | 3.8 | 6 | 0.53 |

*R.N.I. = Reference Nutrient Intake

The supermarket's own brand pizza contains the following nutritional information.



| Nutritional Information | | |
|-----------------------------------|-------------------|-----------------------|
| Typical Values | Amount per 100 g | Amount per Half Pizza |
| Energy | 802 kJ/190 kcal | 1798 kJ/405 kcal |
| Protein | 9.3 g | 19.9 g |
| Carbohydrate (of which sugars) | 26.6 g (3.2 g) | 56.6 g (6.9 g) |
| Fat (of which saturates) | 5.2 g (2.0 g) | 11.0 g (4.2 g) |
| NSP | 2.1 g | 4.4 g |
| Sodium | 0.5 g | 1.1 g |
| Calcium | 124 mg | 264 mg |
| Iron | 1.3 mg | 2.8 mg |

2. (d) (continued)

Evaluate the suitability of this pizza for a pregnant woman who plans to eat **half** of the pizza for her lunch.

Evaluation _____

2

(e) Folic acid is important in early pregnancy. Explain the possible outcome of a diet low in folic acid early in the pregnancy.

1

Total

ROUGH WORK

3. (continued)

(c) (i) Evaluate the choice of

food preparation techniques;
 cooking methods;

which could be used to help fresh vegetables retain their nutrient content.

Food preparation techniques

1 _____

2 _____

Cooking methods

1 _____

2 _____

*Running
 sub totals*

1

1

1

1



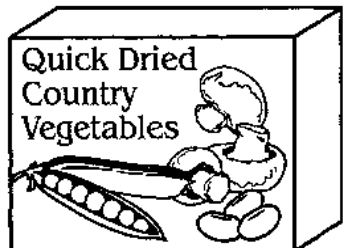
3. (c) (continued)

(ii)

A family lives in a rural area where access to fresh food is very difficult. They are trying to increase their consumption of vegetables to meet the Scottish Dietary Targets for the year 2005. They have a small kitchen but have a large freezer in the garage. Once a month they travel to a supermarket.

Study the following information on three types of vegetables.

INFORMATION ON VEGETABLES

| Frozen | Canned | Dried |
|--|---|--|
|  <ul style="list-style-type: none"> * Can be more expensive than fresh * Keep frozen * Follow storage instructions for star ratings on packet * Best used within three months * Never re-freeze after thawing * Best cooked from frozen * Follow cooking instructions on packet |  <ul style="list-style-type: none"> * Cheaper than frozen * Store in a cool, dry place * Store any leftovers in sealed container in refrigerator * Use leftovers within 24 hours * Heat for 4–5 minutes * Always check label for cooking instructions |  <ul style="list-style-type: none"> * Cheaper than canned * Store in a dry place * Small amounts can be used at a time * Pour vegetables directly into soups, stews and casseroles * Vegetables can be soaked prior to use if preferred * Light to carry * Long shelf life * Changes in colour and flavour may take place during cooking |

4. (a) Answer **three** of the following parts.

(i) Explain why a manufacturer may decide to **fortify** a particular food.

1

(ii) **Starch** plays an important role in the manufacture of some foods.

Explain what happens when starch is added during the manufacture of a food product such as a sauce.

1

(iii) **Egg protein** plays an important part in the development of consistency and texture.

Explain what happens when eggs are used to thicken products such as custards.

1

(iv) Colour of food can affect the consumer's choice.

Explain how **one** chemical process is used to change the colour of food.

1

*Running
sub totals*

4. (continued)

(b) There are many factors which have increased the consumption of processed convenience foods.

Explain **four** of these factors.

| | | |
|---|-------|---|
| 1 | _____ | |
| | _____ | |
| | _____ | 1 |
| 2 | _____ | |
| | _____ | |
| | _____ | 1 |
| 3 | _____ | |
| | _____ | |
| | _____ | 1 |
| 4 | _____ | |
| | _____ | |
| | _____ | 1 |

*Running
sub totals*

4. (continued)

(c) A young couple go shopping on a Friday night after work. They are tired when they get home and they want a **quick** and **easy** pasta dish to eat.

Study the different types of pasta dishes shown in the table opposite.

Select the **most suitable** type for them to choose.

Give **two** reasons for your choice.

Choice _____

Reasons

1 _____

2 _____

(d) From purchase to consumption, cook/chill foods must be handled carefully to ensure food safety.

A supermarket chain has decided to publish an information leaflet, giving guidance to customers on cook/chill foods.

Give **two** detailed points of advice which could be included in this leaflet.

1 _____

2 _____

Total

1

1

1

1

1

4. (continued)

| Type | Cost | No of servings | Additives | Storage | Cooking | Equipment required |
|---------------------------------------|-------|----------------|---|------------------------------------|--|--|
| Dried | £1.40 | 2 | Emulsifier E471, Colour E210, Preservative E223 | 6 months | Boil pasta in large pot for 10-15 mins till soft Add milk to sauce and stir for 5-10 mins till thick Drain pasta and serve with sauce | 2 pots, wooden spoon, sieve |
| Frozen | £2.99 | 2 | Phosphates, antioxidants | 3 months | Heat for 40 mins in oven Heat for 14 mins in microwave | Microwave oven or oven |
| Home made | £2.99 | 2-3 | None | Serve immediately Can be frozen | Boil pasta in large pot for 10-15 mins till soft Chop vegetables and fry for 5 mins till soft Stir sauce for 5-10 mins till thick Drain pasta and serve with sauce and vegetables | 3 pots, sharp knife, sieve, wooden spoon |
| Home delivered take away ¹ | £3.10 | 1 | Monosodium glutamate | Serve immediately | Reheat for 1 minute if necessary | None/microwave oven |

¹Note: Home delivery may take up to one hour

5. (a) When developing a new product a manufacturer will carry out sensory analysis tests.

Explain the purpose of sensory analysis.

1

(b) Answer **either** (i) **or** (ii)

(i) Explain **two** points to be considered when setting up a sensory analysis test to ensure the reliability of results.

1 _____

1

2 _____

1

*Running
sub totals*

5. (continued)

(c) The school canteen wishes to develop a new product for their menu.

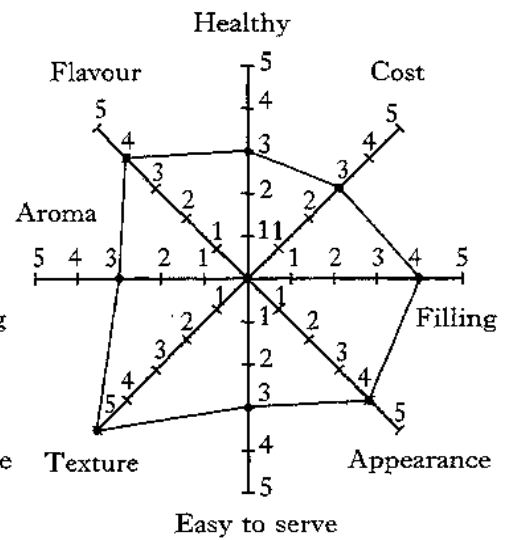
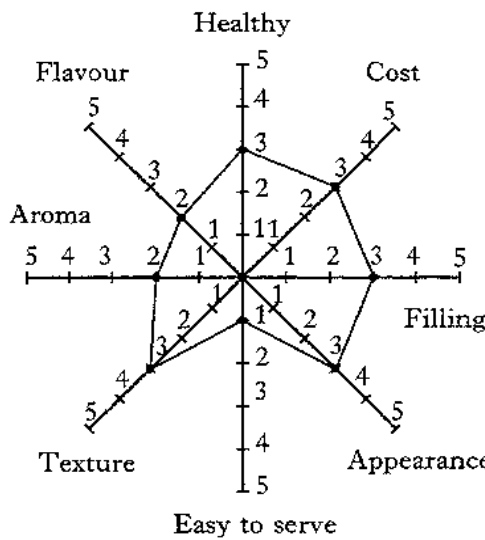
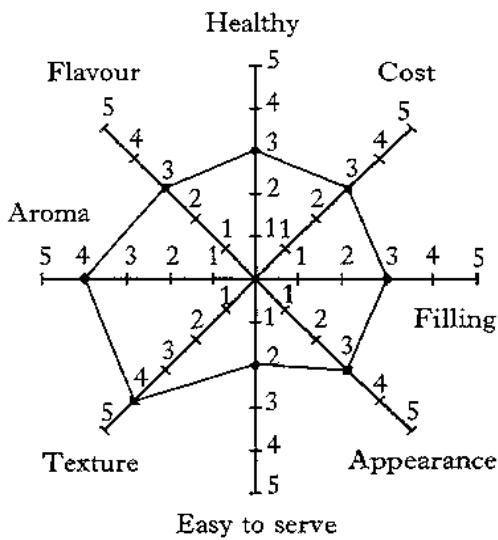
Product Development Brief
 Develop a pasta dish to be sold in the school canteen as a main meal. It should meet current dietary targets.

Three different recipes were tested. The results are shown below on three star profiles.

Star Profile A

Star Profile B

Star Profile C



Scale : 1 = poor → 5 = excellent

Taking account of the requirements of the school canteen and, using the information on these profiles, select the **one** which **best** meets the product development brief.

Tick (✓) the box next to the correct star profile to indicate your choice.

Star Profile A

Star Profile B

Star Profile C

| |
|-------------------|
| <i>Mark</i> |
| <i>c/f</i> |
| |
| |
| 1 |
| <i>Running</i> |
| <i>sub totals</i> |

5. (c) (continued)

Give **three** reasons for your choice.

Reasons

| | |
|---|-------------------|
| 1 | <hr/> <hr/> <hr/> |
| 2 | <hr/> <hr/> <hr/> |
| 3 | <hr/> <hr/> <hr/> |

| |
|---|
| 1 |
| 1 |
| 1 |

*Running
sub totals*

5. (continued)

(e) Explain **two** reasons, **other than taste and nutrition**, why the school cook may wish to adapt recipes.

1 _____

2 _____

1

1

[END OF QUESTION PAPER]

Total

ROUGH WORK

FOR OFFICIAL USE ONLY

| | Marks | |
|-------------|-------|----|
| 1 | | 12 |
| 2 | | 12 |
| 3 | | 12 |
| 4 | | 12 |
| 5 | | 12 |
| Total Marks | | 60 |

[C045/SQP089]

Intermediate 2
Home Economics
Health and Food Technology
Specimen Marking Instructions

NATIONAL
QUALIFICATIONS

Intermediate 2

Home Economics Health and Food Technology

Question 1

- a) **Health problems** - Obesity
Poor growth rate
Osteoporosis
Anaemia
Heart disease
Tooth decay
Bowel disorders/constipation/diverticular disease
Low resistance to infection

Minimum response for explanation would be:

Obesity – Teenager’s diet is very high in fat and if not used as energy will be deposited on the body as fat.

Health problems 4 x ½ mark = 2 marks
Explanations 4 x 1 mark = 4 marks

Total 6 marks

- b) **Choice of meal item** - Hamburger

Lowest in sodium
Lowest in energy
Lowest in fat
Adequate protein
Contains some NSP
Not too high in CHO
Lowest in saturated fat.

Minimum response for one mark would be:

Although meal item does not contain a lot of NSP the other advantages of this meal make it the most suitable choice.

One mark for choice
Reasons 3 x 1 mark = 3 marks
Total 4 marks

- c) **Type** **Insoluble fibre**
- Sources** Wholemeal bread and flour
Wholegrain breakfast cereals
Wholemeal pasta
Brown rice
Some fruits and vegetables

c) (Contd)

| | |
|---------|--|
| Type | Soluble fibre |
| Sources | Most fruits and vegetables Oats Peas, beans, lentils |
| Type | 2 x ½ mark = 1 mark |
| Source | 2 x ½ mark for any one of the above = 1 mark |

Total 2 marks

Question 2

a) Delivery of raw materials

Hazard

Foreign bodies may be present
Mould or harmful bacteria may be present.

Control

Use reputable suppliers
Check goods on delivery
Carry out regular quality control analysis on suppliers.

Monitor

Check delivery vehicles
Check date marks
Check temperature and condition of food on delivery
Regular checking and record keeping.

Raw materials are stored

Hazard

Bacterial growth/contamination by micro organisms
Contamination by chemicals and/or pests
Cross contamination of components.

Control

Store at safe temperatures
Cover, wrap and label food
Separate raw and cooked foods
Ensure efficiency of low temperature storage equipment
Use foods within date mark
Effective pest control
Use a 'first in, first out' stock system.

Monitor

Check temperatures and date marks
Check storage conditions
Install integral thermometers or computer controlled equipment sensors.

Preparation of ingredients

Hazard

Contamination from incorrect cleaning of the machinery
Contamination from humans, pests and foreign bodies
Use of incorrect temperatures.

Control

Staff training
Effective cleaning routines
Good personal hygiene
Hygienic premises
Limit handling times.

Monitor

Documentation of cleaning schedules
Visual checks/verbal checks
Regular sampling for quality control.

Cooking

Hazard

Survival of harmful bacteria.

Control

Adequate cooking to a safe temperature
Automated and computerised ovens and timing controls.

Monitor

Check cooking times and routine temperature checks
Use of temperature probes.

Packing and storing

Hazard

Pizzas are stored in order of sell by date
Growth of bacteria and further contamination
Contamination by foreign bodies.

Control

Pizzas should be date marked
Pizzas should be dispatched in date rotation
Store at safe temperature
Dispatched in temperature controlled vehicles.

Monitor

Check temperatures
Visual checks
Record keeping of low temperature equipment in storage and delivery systems.

Minimum response for one mark would be:

Delivery of raw materials

Hazard

Foreign bodies such as weevils may be present in the flour if it has been stored in damp conditions.

Control

Carry out regular quality control analysis on suppliers to ensure they are maintaining high standards in their processes.

Monitor

Regular checking and record keeping to ensure consistency of product quality.

Hazard - 1 mark - If the hazard is incorrectly given, subsequent marks will be lost.

Control - 1 mark

Monitor - 1 mark

Total 3 marks

b) Date mark for sandwiches – Date mark B/Use by 15 Dec 1998

Reason

This mark is used on highly perishable foods, which could become a food safety risk. Sandwiches may have perishable fillings, which would be unsafe to eat after this date.

Date mark for bread – Date mark C/Best before 15 Dec 1998

Reason

This is the date up to which the manufacturer/food retailer expects the food to remain at peak quality provided it has been stored properly. The food can be eaten after this date but the quality will not be as good.

Correct choice - 2 x ½ mark = 1 mark

Correct reason - 2 x 1 mark = 2 marks

Total 3 marks

c) Food must be fit for human consumption, must meet food safety requirements/is not injurious to health/is not unfit to eat/is not contaminated.

Food must be of the nature/substance/quality demanded by the customers.

Businesses selling food must be registered with the Local Authority.

EHO can inspect business to check food hygiene/fitness for human consumption.

EHO can remove samples of food for inspection/seize suspect food/ask for food to be condemned.

EHO have power to close down businesses not of a satisfactory standard.

Descriptions of food are not misleading or false.

Food handlers must have undergone training in food hygiene practices.

Labelling of food/weights and measures must be accurate.

3 x 1 mark

Total 3 marks

- d) The pizza contains more than 1/3 of the protein she needs.
The energy content is low.
It is high in sodium.
It is low in NSP.
It contains more calcium than required.
Low in saturated fat.

Minimum response for one mark would be:

It contains some NSP but she would need to ensure she ate other foods high in NSP during the day as a low NSP intake can lead to constipation which can be a problem during pregnancy.

**1 mark for each of 2 points of evaluation
Total 2 marks**

- e) Deficiency of this mineral in the early stages of pregnancy is associated with neural tube defects/Spina Bifida in baby.

It is needed for mother's red cell production to carry nutrients to the baby. Mild deficiency leads to tiredness, which can be a problem in early pregnancy.

**1 mark for one of the above points
Total 1 mark**

Question 3

- a) Good sources of NSP
Low in fat
Many contain anti oxidant/ACE vitamins
Source of LBV/vegetable protein
Source of folic acid/iron/iodine.

Minimum response for one mark would be:

Good source of NSP which prevents constipation/adds bulk to diet so may prevent snacking on sweet/sugary/fatty foods.

**3 x 1 mark
Total 3 marks**

- b) Frozen vegetables are frozen very quickly after harvesting which retains the nutritive content. Fresh vegetables can lose vitamin C during transportation and/or storage.

**1 mark for one of the above points
Total 1 mark**

c) (i) Food preparation techniques

No pre-preparation or soaking of vegetables
Use sharp knives/cutting tools
Peel thinly/avoid removing skins
Retain outer leaves of green vegetables

Minimum response for one mark would be:

Vegetables should not be soaked in water before cooking as nutrients/Vitamin C will dissolve and be thrown away.

2 x 1 mark

Total 2 marks

Cooking methods

Use as little water as possible
Use cooking water as basis for stock/soup/sauce
Cook quickly for minimum time/cover pan
Never add alkali/bicarbonate of soda to cooking water
Baking
Grilling
Microwaving
Stir-frying
Steaming

Minimum response for one mark would be:

Microwaving helps reduce the loss of vitamins as cooking times are shorter and smaller amounts of water are used.

2 x 1 mark

Total 2 marks

(ii) Candidate should choose one type of vegetable

Frozen vegetables

Could be economical
Keep frozen
Storage instructions on packet
Cooking instructions on packet
Best used within 3 months
Do not refreeze vegetables
Cook from frozen.

Canned vegetables

Cheaper than frozen/could be cheaper than fresh at certain times of the year
Store in a cool dry place
Use leftovers within 24 hours
Heat for 4 – 5 minutes
Cooking instructions included on label.

Dried vegetables

- Cheaper than canned
- Store in a dry place
- Small amounts can be used at a time
- Can be used directly if desired
- Light to carry
- Long shelf life
- Changes in colour/flavour may take place.

Minimum response for one mark would be:

Dried vegetables – They are light to carry and this would be important if they have a lot of shopping since they only shop at a supermarket once a month.

**1 mark for each point of evaluation x 4
Total 4 marks**

Question 4

a) Candidate to answer three parts

- (i) It may be required by law to increase the vitamin and mineral content.
Some manufacturers may wish to make the nutritional content of the food equivalent to that of natural food.
Some foods may be fortified to replace the nutrients which are lost during processing.
Some varieties of cereals and pulses may be fortified with higher quantities of protein.
- (ii) The particles swell and rupture on heating, releasing the starch/thickening the mixture.
The starch gelatinises. When cooled the gel sets and the sauce becomes thick.
- (iii) When eggs are beaten into a liquid and then heated coagulation takes place and makes the custard thicken.
When eggs are heated they change from a fluid to a more solid state. A gel is formed at around 70°C the egg thickens and this is called coagulation.
- (iv) Carmelisation
Enzymic browning
Non Enzymic browning
Dextrinisation.

Minimum response for one mark would be:

Carmelisation happens when sugar is heated to a temperature above its melting point. It turns brown and has a pleasant toffee like flavour.

**3 x 1 mark
Total 3 marks**

- b) Prepared very quickly
Minimum skill required
Portion size
Different family members eating at different times
Useful if unexpected guests arrive
Higher standards of living for some people
Busy lifestyles
Less need for frequent shopping trips
Increased ownership of microwave ovens/freezers.

Minimum response for one mark would be:

Frozen meals can be stored for up to three months which reduces the number of shopping trips required/time spent shopping.

**4 x 1 mark
Total 4 marks**

- c) **Choice of pasta dish – Frozen**

Saves time buying individual ingredients
Requires no effort in cooking/can be cooked quickly in the microwave
Requires no skill in cooking
It costs the same as the home made
There is less washing up
Could buy several at one time
Could be cooked in the oven.

Minimum response for one mark would be:

No attention required to cook dish in the oven while their shopping is being put away.

**One mark for choice
Reason 2 x 1 mark = 2 marks
Total 3 marks**

- d) Buy chilled foods last
Stack close together in trolley
Pack together preferably in a cool bag to take home
Take food home as quickly as possible
Put chilled food into the refrigerator as quickly as possible
Refer to the information on the packet about storage
Follow manufacturer's reheating, cooking instructions carefully.

Minimum response for one mark would be:

Buy chilled foods last to reduce the amount of time they are exposed to an increase in temperature/to reduce the risk of bacteria multiplying due to the increase in temperature.

**2 x 1 mark
Total 2 marks**

Question 5

- a) Sensory analysis tests investigate the appearance/taste/smell/texture of the product to ensure it meets the specification/expectations of the consumer.

It allows the manufacturer to make necessary modifications before putting a product on the market.

1 mark for either of above points

Total 1 mark

- b) Candidates answer (i) or (ii)

- (i) Set up a quiet well lit area
Do not allow testers to talk to each other
Do not allow testers to look at other people's expressions
Ensure the tests are carried out hygienically
Put food in identical, plain containers
Serve all samples in the same way at the same temperature
Label/code samples randomly
Give a small amount to sample
Provide some plain water
Give testers clear instructions.

Minimum response for one mark would be:

Give testers clear instructions to make sure they understand how to taste the food and how to complete any charts or records before beginning the test.

2 x 1 mark

Total 2 marks

- (ii) **Preference/Ranking test**
Used to sort a variety of foods into an order of preference in relation to specific characteristics/sweetness, appearance, texture etc.

Rating/scoring/grading test

Tasters are asked to make judgements about the product in relation to one characteristic.

Used to discover a range of opinions from likes best – likes least.

Triangle tests

Used to test if people can tell the difference between one brand of product and another.

They are used by companies who want to develop a product similar to that of a rival manufacturer.

Taste threshold test

Used to establish the lowest concentration of a substance which can be detected.

Suitable examples of types of information are also acceptable eg **Taste threshold test** – It may be used to determine how little salt could be added to a product or how much water could be added to a fruit juice before the flavour is too weak.

2 x 1 mark

Total 2 marks

c) Star profile chosen – C

It is healthy/meets current dietary targets
It has a good flavour/best flavour
It is easy to serve/the easiest to serve
It is filling/the most filling
It has the best texture
It has a good aroma
It costs the same as the others
It has a good appearance/best appearance.

Negative reasons for not accepting other two samples are also acceptable.

Minimum response for one mark would be:

It is the easiest to serve which is important to the canteen to ensure a queue does not build up.

1 mark for choice

Reasons 3 x 1 mark

Total 4 marks

d) Choice of food – Quorn pieces or Tuna in oil

Quorn pieces:

It is high in NSP

It is low in fat

It contains no cholesterol

It does not have a high kcal content

Minimum response for one mark would be:

It is high in NSP which we are advised to increase because it may help to reduce the incidence of bowel diseases.

Tuna in oil:

Contains oily fish

Fat content will be mainly polyunsaturated

Contains Omega 3 fatty acids

High kcal/energy content

Minimum response for one mark would be:

High kcal/energy content as school canteen will be catering for teenagers who will be active/growing.

One mark for choice

Reasons 2 x 1 mark

Total 3 marks

- e) Schools must supply low cost meals
There may be a local ban on using a particular product
The canteen may not offer enough vegetarian dishes
The cook may find that a particular item on the menu has become less popular
The people who serve the meals may find it difficult to portion/serve the food

Minimum response for one mark would be:

Schools must supply low cost meals and if the price of any ingredient increases it may be necessary for the cook to alter the recipe by using other, cheaper ingredients.

2 x 1 mark

Total 2 marks

[END OF MARKING INSTRUCTIONS]