



# **2007 Lifestyle and Consumer Technology**

## **Higher**

### **Finalised Marking Instructions**

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**2007 Home Economics  
Lifestyle & Consumer Technology**

**Section A – Short Response Questions**

Question		Response	Marking Guidelines
1	State <b>two</b> sources of calcium.	<ol style="list-style-type: none"> <li>1. Milk.</li> <li>2. Cheese.</li> <li>3. Yoghurt.</li> <li>4. Fortified white flour.</li> <li>5. White bread.</li> <li>6. Green leafy vegetables.</li> <li>7. Tinned fish with bones (that can be eaten)/salmon/sardines/pilchards.</li> <li>8. Dried fruit.</li> <li>9. Nuts.</li> <li>10. Seeds.</li> <li>11. Bottled water.</li> </ol>	<p><b>1 mark</b> 2 x ½ mark for each source</p>
2	Name <b>two</b> family structures.	<ol style="list-style-type: none"> <li>1. Nuclear family.</li> <li>2. Extended family.</li> <li>3. Single parent family.</li> <li>4. Community family.</li> <li>5. Reconstituted family.</li> </ol>	<p><b>1 mark</b> 2 x ½ for each structure</p>
3	Identify <b>two</b> trade associations linked to consumer services.	<ol style="list-style-type: none"> <li>1. ABTA/Association of British Travel Agents.</li> <li>2. CORGI/Council for Registered Gas Installers.</li> <li>3. Any other relevant trade association.</li> </ol>	<p><b>1 mark</b> 2 x ½ for each association</p>

Question		Response	Marking Guidelines
4	State <b>two</b> responsibilities of a parent.	<ol style="list-style-type: none"> <li>1. Economic support of children.</li> <li>2. Social control.</li> <li>3. Socialisation.</li> <li>4. Education.</li> <li>5. Provision of housing/shelter.</li> <li>6. Provide clothes.</li> <li>7. Provide love/emotional support.</li> <li>8. Provide food.</li> <li>9. Ensure health/physical well being.</li> </ol>	<p><b>1 mark</b> 2 x ½ mark for <b>each</b> responsibility</p>
5	Name <b>two</b> labels, linked to safety, which may be found on white goods.	<ol style="list-style-type: none"> <li>1. Star ratings for refrigerators/freezers.</li> <li>2. Microwave label.</li> <li>3. British Standards Institution (BSI)/Kitemark</li> <li>4. BEAB via CCA.</li> <li>5. British Electrotechnical Approvals Board (BEAB).</li> <li>6. CE mark.</li> <li>7. Double insulation of electrical appliances.</li> <li>8. Electrical equipment key mark.</li> </ol>	<p><b>1 mark</b> 2 x ½ for each label</p>

Question		Response	Marking Guidelines
6	What does the abbreviation <b>NSP</b> stand for?	1. Non Starch Polysaccharides.	<b>1 mark</b> for correct identification
7	List <b>two</b> health benefits of Meals on Wheels.	<ol style="list-style-type: none"> <li>1. Hot/frozen meals are delivered to homes so may prevent malnutrition/snacking. (Elderly person does not have to prepare foods so may help prevent malnutrition/snacking.)</li> <li>2. Offer a wide range of menu choices which cover special dietary needs.</li> <li>3. Social contact can help prevent depression.</li> <li>4. Provides a regular check on people to ensure that they are safe/well.</li> <li>5. Ensures elderly get 1/3rd of their daily nutrients.</li> <li>6. Hot food/meal can help prevent hypothermia.</li> <li>7. Helps elderly/disabled remain in their own home which may help their mental health.</li> </ol>	<b>2 marks</b> 2 x 1 for each benefit
8	State <b>two</b> benefits of a vegetarian diet.	<ol style="list-style-type: none"> <li>1. Reduced incidence of coronary heart disease.</li> <li>2. Reduced blood pressure.</li> <li>3. Reduced blood cholesterol.</li> <li>4. Increases NSP/fibre content of the diet and prevent bowel diseases/obesity.</li> <li>5. Reduced incidence of bowel diseases/haemorrhoids/bowel cancer/diverticulitis.</li> <li>6. Increases anti-oxidant intake helping to prevent cancer.</li> <li>7. May reduce fat intake and help to prevent obesity.</li> <li>8. No animals are slaughtered.</li> <li>9. Less risk of animal related diseases</li> <li>10. Filling therefore less likely to snack (so may prevent obesity/tooth decay)</li> <li>11. If high intake of fruit and vegetables this helps to meet the dietary target for fruit and vegetables.</li> </ol>	<b>2 marks</b> 2 x 1 mark for each benefit

Question		Response	Marking Guidelines
9	State <b>two</b> areas covered by the Food Safety Act 1990.	<ol style="list-style-type: none"> <li>1. Food Labelling.</li> <li>2. Additives and contaminants.</li> <li>3. Composition (or content) of food.</li> <li>4. Public health and hygiene in relation to food.</li> </ol>	<p><b>2 marks</b> 2 x 1 mark each area</p>
10	List <b>two</b> advantages of breathable membranes.	<ol style="list-style-type: none"> <li>1. Comfortable to wear.</li> <li>2. Stops a layer of moisture building up next to the skin.</li> <li>3. Perspiration will evaporate.</li> <li>4. Lightweight.</li> <li>5. Keeps the body cool.</li> <li>6. Keeps the body dry.</li> <li>7. Garments for specific sporting activities can be purchased with the desired properties (eg waterproofness/breathability/enhanced appearance).</li> <li>8. Often are purchased with extended guarantees (which would be extremely useful especially if the garment developed a fault) (eg became less waterproof at a later date).</li> </ol>	<p><b>2 marks</b> 2 x 1 mark each correct advantage</p>

Question		Response	Marking Guidelines
11	Identify <b>two</b> responsibilities of the Trading Standards Department.	<ol style="list-style-type: none"> <li>1. Enforcing the law in relation to food labelling.</li> <li>2. Enforcing the Weights and Measures Act 1963.</li> <li>3. Enforcing the Trades Description Act 1968.</li> <li>4. Ensuring foods are sold in metric weights.</li> <li>5. Testing samples of food for safety and quality.</li> </ol>	<p><b>2 marks</b></p> <p>2 x 1 mark for each area of responsibility</p>
12	State <b>two</b> priorities of the Department for Environment, Food and Rural Affairs (DEFRA).	<ol style="list-style-type: none"> <li>1. To make sustainable development a reality.</li> <li>2. Addressing the needs of people living in rural areas.</li> <li>3. To reduce pollution.</li> <li>4. To look at the way food is produced and how it gets to your plate.</li> <li>5. To reduce the risk of diseases like foot and mouth disease and BSE.</li> <li>6. To cut down on the amount of waste we produce.</li> <li>7. Preserve the marine environment.</li> <li>8. Protect health in relation to chemicals/GM food production/radioactive substances.</li> <li>9. Provide advice to farmers/food producers.</li> </ol>	<p><b>2 marks</b></p> <p>2 x 1 mark for each correct priority</p>

Question		Response	Marking Guidelines
13	State <b>one</b> advantage and <b>one</b> disadvantage of genetically modified (GM) foods.	<p><b>Advantages</b></p> <ol style="list-style-type: none"> <li>1. Reduces losses in the supply of certain food items.</li> <li>2. Can improve the nutritional value of foods.</li> <li>3. Can assist in the preservation of food by preventing the ripening of fruits/vegetables.</li> <li>4. Can produce foods in greater quantities (and so ensure supply) (eg meat).</li> <li>5. With clear labelling allows consumers to make choices concerning the purchase.</li> <li>6. Can help to modify food stuffs to meet consumer demands (eg leaner meat/help meet dietary targets).</li> <li>7. Can enhance the variety in texture of food.</li> <li>8. Can enhance the appearance of foods.</li> <li>9. Can increase the shelf-life of fresh foods (without the use of preservatives/additives).</li> <li>10. Vegetarian cheeses can now be produced.</li> <li>11. Some fruit/vegetables can be modified to contain higher level of nutrients.</li> <li>12. By producing palatable high protein value crops.</li> <li>13. Foods may be altered to produce additional health benefits, (eg HBV protein and low in saturated fat/low in calories/a useful source of NSP).</li> <li>14. Improvement in quality/flavour/texture of a wide range of foods (eg potatoes, tomatoes).</li> </ol>	<p><b>2 marks</b></p> <p>1 mark for <b>one</b> advantage</p> <p>1 mark for <b>one</b> disadvantage</p>

Question	Response	Marking Guidelines
	<p><b>Disadvantages</b></p> <ol style="list-style-type: none"> <li>1. May have moral/religious/cultural problems with using foods which have been modified using genes from animals (which are forbidden in some religions).</li> <li>2. Muslims/Sikhs/Hindus have ethical objections to consuming organisms which contain copy genes from animals (that are included in dietary restrictions for their religion).</li> <li>3. Strict vegetarians would object to using copy genes of animal origin in a plant.</li> <li>4. Concern that food should be natural and not be tampered with.</li> <li>5. Fear of the unknown/the new, in terms of ensuring that such developments will not affect the quality/safety of the food/long term health effects on consumers.</li> <li>6. May be concerned about the environmental aspects of genetic modification.</li> <li>7. Genetically engineered plants/animals could affect wildlife.</li> <li>8. May be concerned about the ethical aspects of genetic modification/the welfare of animals could be at risk.</li> <li>9. Legislation is needed to require genetically modified foods to be clearly labelled.</li> <li>10. Genetic modification can be expensive/time consuming for the developer/producer.</li> </ol>	

**Section B**

1	(a)	Identify and explain <b>four</b> factors which may contribute to change in a family's lifestyle.
<p><b>Marking Instructions:</b>          4 x ½ mark for identified factor          4 x 1 mark for explanation related to stated factor          Factor has to be identified before mark is awarded for explanation.          Where the way is incorporated in the explanation this can be credited.</p> <p style="text-align: right;"><b>Total – 6 marks</b></p>		

<b>Factor</b>	<b>Explanation</b>
<b>Employment/increased income</b>	<ol style="list-style-type: none"> <li>1. Relocation may result in the extended family (grandparents, etc) having less/more contact with grandchildren.</li> <li>2. Shiftwork may result in more children/adults being dependent on ready meals or convenience foods.</li> <li>3. Increased income may result in increased choices of goods/services to the family.</li> <li>4. Relocation/career changes may result in disruption to family routines (eg childminding arrangements/increased stress to family members).</li> <li>5. Relocation/career changes may have positive benefits for family members (eg better environment/higher income/less stress).</li> <li>6. Family members are increasingly eating on their own to fit around work/lifestyle – this has led to an increase in demand for single portion meals as there are fewer opportunities to sit down and eat as a family.</li> </ol>
<b>Unemployment/decreased/reduced/loss of income</b>	<ol style="list-style-type: none"> <li>1. Immediate reduction in family income may mean a reassessment of priorities resulting in change of family lifestyle.</li> <li>2. The family will spend more time in the home/be unable to enjoy luxuries/will have to look for cheaper food/clothing/goods/services.</li> <li>3. There will be increased reliance by the family on state benefits and provisions to provide for the basic family needs.</li> <li>4. Increased stress for family members will be evident (as financial worries increase) and members have to get used to being around the home all day.</li> <li>5. Increased health problems including depression/loss of self-esteem/feelings of uselessness may be experienced.</li> <li>6. Increased leisure time will permit parents to spend more time with family members/doing family activities together.</li> </ol>

<b>Factor</b>	<b>Explanation</b>
<b>Divorce</b>	<ol style="list-style-type: none"> <li>1. Divorce can cause emotional upset for the whole family/children. When a family splits up or divorce occurs, many changes take place, including a reduction in income for running the home.</li> <li>2. The lower income limits the choices available and may lead to increased reliance on state benefits and provisions.</li> <li>3. Rising divorce rates can mean that children live between two parents and therefore have two homes. (This can be disruptive).</li> </ol>
<b>Changing roles of family members</b>	<ol style="list-style-type: none"> <li>1. Increased numbers of women working full/part time, which has an influence on family lifestyle.</li> <li>2. More women working can lead to increased income and therefore improvement in living standards.</li> <li>3. It can also present behavioural difficulties if less time is spent with children.</li> <li>4. Role reversal in the home may take place where the man stays in the home and the wife or partner works.</li> <li>5. Traditional roles adopted by the mother are taken on by the father and vice versa.</li> <li>6. Many women are now having their families much later in life after they have established their careers.</li> <li>7. Women are now returning to work quickly after the baby is born meaning that they have to rely on childcare.</li> <li>8. There may be an increased reliance on convenience-type foods for family meals.</li> <li>9. There may be an increased need for employment of personnel to help out in the home (eg cleaner/gardener/help with laundry).</li> <li>10. There may be an increased need for childcare facilities.</li> <li>11. Men are becoming increasingly involved in the running of the home.</li> <li>12. Developments in technology have freed women from traditional household chores.</li> <li>13. The majority of homes now have a freezer, which enables families to prepare quick/nutritious meals with the minimum of effort.</li> </ol>
<b>Birth of a baby</b>	<ol style="list-style-type: none"> <li>1. This may mean a greater expenditure on essential items resulting in less disposable income.</li> <li>2. This may mean there is less leisure time, affecting the family's social life.</li> </ol>

<b>Factor</b>	<b>Explanation</b>
<b>Increased leisure time</b>	<ol style="list-style-type: none"> <li>1. Increased free time can lead to family members pursuing more leisure activities.</li> <li>2. Increased free time can provide the family with increased opportunities to pursue leisure activities as a family unit and relax together.</li> <li>3. In some modern family units, members tend to be more independent of each other/pursue their own leisure interests/careers.</li> <li>4. Fewer families sit down together for meals, (tending to opt for quick convenience meals when they are required) however more time would be available to sit down together as a family.</li> </ol>
<b>Death of a family member</b>	<ol style="list-style-type: none"> <li>1. When a member of the family unit dies, members of the family unit may look to each other for care/support through what is an emotional/distressing time for all concerned.</li> <li>2. Family members may provide support for each other (and look to each other for comfort).</li> <li>3. When elderly people lose their partners, they may be reluctant to cook/care for themselves.</li> <li>4. Person left may not have the skills to take care of themselves (especially an elderly man who has been looked after by his partner all his life).</li> <li>5. Family may look to other agencies for support/help in the care of the elderly.</li> <li>6. May bring about change in the financial circumstances in the family.</li> </ol>
<b>Health/disability of a family member</b>	<ol style="list-style-type: none"> <li>1. Where a family member is disabled, this may affect where a family chooses to live.</li> <li>2. Where a family member is disabled, this may affect the type of accommodation the family choose.</li> <li>3. Special equipment may have to be installed to meet the needs of the disabled person to allow them to live in the family home/ independently when they are older.</li> <li>4. The availability of aids contributes to an improved quality of life as well as to the independence of the individual.</li> <li>5. May bring about change in family's financial circumstances.</li> <li>6. May cause loss in family's leisure time for family members.</li> </ol>

<b>Factor</b>	<b>Explanation</b>
<b>Family member moving in</b>	<ol style="list-style-type: none"> <li>1. Relative may need help if they are frail.</li> <li>2. There may be a lack of privacy if rooms now require to be shared.</li> <li>3. Adaptations to family home may be required.</li> <li>4. Lack of freedom if supervision is required.</li> <li>5. Lack of choice linked to TV/radio/food/music.</li> <li>6. Increased expenditure leading to reduced money available for luxuries/extras.</li> <li>7. More time available to the family as more support available for childcare.</li> <li>8. More support available for the family eg company/money/childcare.</li> <li>9. Increased stress on the family due to added responsibilities/pressure.</li> </ol>
<b>Technology</b>	<ol style="list-style-type: none"> <li>1. Technological advances have impacted greatly on family lifestyle in that they have increased the range and quality of goods/services available to the family.</li> <li>2. The increased range of food/fabric/equipment/goods/services available has changed the way that we lead our lives/the jobs we do.</li> <li>3. Increased availability/accessibility through access to the internet/the worldwide web has changed our shopping patterns/access to information.</li> <li>4. The spread of technology has not necessarily improved our quality of life as it has provided 24-hour availability (internet, mobile phones etc) which adds stress to family lifestyle/by making it difficult for family members to get away from it all – and switch off.</li> <li>5. Increased use of mobile phones enables parents to keep in contact with children especially when they are out with friends.</li> <li>6. Increasing ownership of microwave ovens adds to the attraction of ready-prepared frozen meals for individuals or the family.</li> </ol>
<b>Moving home</b>	<ol style="list-style-type: none"> <li>1. Leaving friends/family may cause a change in lifestyle as you may need to make an effort to establish new friendships/relationships.</li> <li>2. If the person is moving abroad they may need to adapt to a different culture.</li> <li>3. If moving to a rural area from an urban area they may need to adapt to a change in facilities/leisure activities available/journey times/lack of transport.</li> <li>4. If moving to an urban area from a rural area there may be increased access to facilities/leisure activities available/increased access to transport network.</li> </ol>

1 (b) Explain how **each** of the following services may support a family.

- (i) Health Care
- (ii) Housing
- (iii) Social

**Marking Instructions:**

3 x 1 mark for an explanation linked to each service.

**Total – 3 marks**

**Health Care Services**

1. Dentists for treatment of teeth/prevention of dental disease.
2. Free dental treatment is available for children under 18 years old/pregnant women.
3. The ambulance service (paramedics) can be called in the event of an accident/illness in the family home.
4. Paramedics can provide initial treatment for the family when called via the emergency services.
5. Pharmacists dispense medicines as prescribed by a doctor for the family.
6. Pharmacists dispense medicines when asked for advice at a chemist.
7. General practitioners (doctors) are available by appointment to consult at the time of illness of the family.
8. General practitioners (doctors) provide checks for various family members eg blood pressure/blood tests etc.
9. Doctors/practice nurse provide flu jags for vulnerable groups.
10. Hospitals provide treatment for family members in the event of an illness.
11. Hospitals provide an accident/emergency for serious accidents/illness within the family.
12. Health visitors visit the family home to check on the progress of people returning home from hospital/newborns.
13. School medical service provides injections/BCG etc to prevent illness of family members.
14. Opticians provide eye check up to ensure glasses are provided if necessary.
15. Opticians check for various eye illnesses that could be present.
16. Health care services in school eg the immunisation programme.
17. People in employment pay part or all of the cost of some medical treatment (eg dental and optician treatments as well as medical prescriptions).
18. Young people under the age of 16/those in full-time education/pregnant women/old age pensioners/people on low income/people who are unemployed all receive free health treatments.
19. The health service works to help prevent illness for all family members (must include an example of an appropriate health service).
20. Tests in school/work are carried out to catch illness at an early age (must include an example of an appropriate health service).
21. NHS promotes fitness/healthy eating through the work of dieticians.

22. NHS promotes anti-smoking/anti-drugs/anti-binge drinking/sensible alcohol consumption.
23. Community Psychiatric Nurse provides services to those with mental health problems in the community.
24. Child paediatricians provide service to children in the community.
25. Community mental health workers provide counselling to those with mental health issues.
26. Occupational therapist provides treatment/support to help people recover/reintegrate from accident/illness (eg strokes/car accidents).
27. Physiotherapists provide treatment to those recovering from loss of mobility.
28. Speech therapists provide treatment for those with a speech impairment.

### **Housing Services**

1. Local authorities are responsible for the provision of housing for those families who cannot afford/do not wish to buy a private house.
2. In recent years many local authorities have sold off their housing associations who may rent this to families.
3. When houses are applied for, families are awarded points on a needs basis with many having to wait some time before they are allocated a house.
4. Many private companies/local authorities/voluntary groups are involved in providing homes for the elderly/the disabled family members.
5. Sheltered housing schemes may be provided for elderly people who are still well enough to live alone but need the security of a warden service in case of illness.
6. Sheltered housing is provided in groups of flats/cottages (normally 25-30) with two-way speech alarm systems linking homes with the warden's office and house.
7. Sheltered housing allows elderly/disabled family members to live independently but to share communal facilities (eg a communal lounge/guest rooms/laundry/as well as having the reassurance that someone is close by if help is needed).

### **Social Services**

1. Child care and protection for young children/adolescents.
2. Care for family members with learning/physical/mental disabilities.
3. Care for the elderly members of the family.
4. Care and support for adults/families who find themselves in difficulties/the homeless/battered wives/children under 16 who commit crimes.
5. The provision and administration of benefits including maternity allowance/unemployment benefit/sickness benefit/income support/family credit/retirement pensions/free school meals/clothing grants/free prescriptions/dental care/eye tests etc.

6. Providing information and advice on the range of benefits available for the family members.
7. Helping homeless families find accommodation.
8. Helping arrange housing benefits/council tax rebates for families.
9. Community dieticians/health visitors provide advice/support to help families maintain good health.
10. Free milk/vitamins for families on a low income helps maintain nutritional status/prevent ill health.

1 (c) Evaluate **each** of the following methods of payment.

- (i) Store Card
- (ii) Cash

**Marking Instructions:**

2 x 1 mark for each point of evaluation for Store card

2 x 1 mark for each point of evaluation for Cash.

**Total – 4 marks**

**Store Card**

**Positive**

1. May be possible to obtain interest free credit if the debt is fully paid by a stated date/within so many days so this would be of benefit to you if you know you will be able to have the money to pay before the date **as** you will not need to pay extra.
2. A monthly statement is received therefore this is good as you will always know how much you owe each month after purchasing goods and **so** should be able to budget for this to avoid debt.
3. Store card allows for the purchases balance either to be paid/or a portion of the amount is paid (interest charged on remaining balance) **so** you will be able to decide whether to pay the goods in full/a portion depending on finances.
4. Special offers sometimes available for store card holders, this is good as you could take advantage of these special offers on goods and **therefore** perhaps save money.
5. Goods may be purchased immediately so you can take the goods home with you and use it straight away therefore get the benefit of the goods for longer.
6. Payments to the store card can be made regularly by direct debit **which** will make budgeting easier to help manage finances.
7. The store card may allow access to special promotions/events **which** allow the customer to save money.

**Negative**

1. Interest is paid on outstanding balances therefore you may end up paying more than the cash price for the goods **so** it is not an efficient way to pay if the balance is not paid on time.
2. Interest charges are often very high which makes the amount paid more than is originally thought and **therefore** this could lead to debt.
3. No interest is paid if the account is in credit so you could miss out on the extra money **which** would have been given as interest if the money was in the bank.
4. Store card restricts shopping as purchases can only be made in a particular store or group of stores **therefore** you may not be able to buy the goods you wish if it is not sold by this store.

## **Cash**

### **Positive**

1. Cash could be a good method of payment for the goods **as** it is easy and straightforward.
2. Cash could be a good method of payment for the goods **as** the consumer will hand over the cash and own the product immediately.
3. Cash could be a good method of payment **as** the consumer will only be able to spend the cash they have/will not be able to overspend.
4. Cash could be a good method of payment **as** the consumer will be able to choose to purchase the goods in any store they wish.
5. Cash may be a good method of payment **as** the customer may be able to negotiate a lower price **so** saving money.

### **Negative**

1. Cash may be a poor method of payment **as** if the money is lost or stolen it is unlikely they will receive any compensation and therefore will not be able to purchase the goods.
2. Cash would be a poor method for buying a computer if you wish to purchase from a company that sells online **as** you would not be able to buy the goods.
3. Cash would be bad **as** you would have to wait until you had all the money before you could purchase the goods.

1	(d)	Identify and explain <b>two</b> factors to be considered when choosing clothing to meet the needs of a disabled person.
<p><b>Marking Instructions:</b>  2 x ½ mark for each factor  2 x 1 mark for each factor discussed in detail linked to choice of clothing for disabled.  Factor has to be identified before mark is awarded for explanation. Where the factor is incorporated in the explanation this can be credited.</p> <p style="text-align: right;"><b>Total – 3 marks</b></p>		

Factor	Explanation
<b>Fastenings</b>	1. The disabled person may choose clothing with fastenings that are easy to operate for them (eg velcro to allow them to be independent and be able to dress themselves).
<b>Ease of dressing/ undressing</b>	1. May look for clothes which allow the disabled person to dress themselves, this will allow them privacy/allow for independence.
<b>Personal preference</b>	1. The disabled person may have colours/styles which they prefer and would only wear these because they make him/her comfortable/less self conscious.
<b>Current Trends</b>	1. Current trends and styles affect choice in that they tend to be more widely available. 2. Disabled person may not want to wear ‘out of date’ clothing because he/she may want to be fashionable.
<b>Peer/family influences</b>	1. Disabled person may have desire to have similar products to friends/family in order to ‘fit in’.
<b>Ease of care</b>	1. Easy to care for in case clothes get dirty/food spilt by the disabled person etc. 2. Easily washed/dried/ironed to allow the disabled person a degree of independence. 3. Crease resistance so that the garment maintains a smart appearance for the disabled person.
<b>Comfort</b>	1. The clothing must be comfortable for the disabled person as it may need to allow for movement/the person may want to be active. 2. Clothing must be comfortable for the disabled person if movement is restricted/limited.
<b>Durability</b>	1. The clothing should be able to withstand wear and tear especially if the person’s disability means they are accident prone/wheelchair bound.

<b>Stretch</b>	1. The clothing needs to offer the person's disability freedom of movement to allow easy movement/so that they are not restricted when they try to move.
<b>Cost</b>	1. Money available to spend on clothing for the person's disability may limit choice as clothing may have to be altered/adapted in some way at an extra cost to meet the needs of the disabled person.
<b>Safety</b>	1. Design features of the garment must not allow the disabled person to cause injury to themselves.

- 1 (e) Evaluate the support offered to an individual by **each** of the following organisations.
- (i) Shelter
  - (ii) Samaritans

**Marking Instructions:**

4 x 1 mark for each fully evaluated point of protection  
(minimum of 1 mark from each organisation)

**Total – 4 marks**

**Shelter**

**Positive**

1. Their ‘hands on’ work helps the homeless and poorly housed people by providing practical solutions to housing issues which is of benefit **as** this helps those people improve their situation.
2. ‘Shelter’ ensures that professional advice is always available where it’s needed most, which is of benefit **as** this enables people to get advice as and when it is needed.
3. ‘Shelter’ provides free advice through a telephone helpline and online facilities giving practical information on dealing with housing issues **so** the advice can be accessed by anyone who needs it.
4. Their services are aimed at preventing homelessness occurring in the first place which can help prevent people becoming homeless, **so** this may be of benefit to the people who need Shelter’s help.
5. ‘Shelter’ helps re-housed families and individuals maintain their tenancies **so** this may ensure that they do not become homeless again, preventing stress.

**Negative**

1. As ‘Shelter’ is a charitable organisation they are dependent on the public for donations which may be limited at times and **so** lack funds for their work.
2. ‘Shelter’ employs many volunteer staff, which may be difficult to recruit **therefore** leaving the organisation understaffed.

## **Samaritans**

### **Positive**

1. Callers can contact Samaritans by telephone/letter/e-mail/minicom, 24 hours a day where a volunteer will always be available to respond to them **therefore** if someone is in desperate need to speak to someone then they can.
2. Callers in need of Samaritans' service are accepted without prejudice and encouraged to talk/write about their feelings/acknowledge their emotions/explore options **so** this will be of benefit to the caller as the service will provide unbiased help and advice.
3. Volunteers use their listening skills, recognise the needs of callers and respond appropriately **so** this will be of benefit to the caller as appropriate help can be given as and when required.
4. Volunteers will not impose their own convictions/or influence callers/in regard to politics/philosophy/religion **so** this will be of benefit to the caller as they will not have someone else's opinions forced upon them which may confuse them.
5. All information relating to a caller is confidential to Samaritans, **so** this will be of benefit to the caller as other people will not find out about their problems and issues unless the caller wants them to know.
6. They can call an ambulance because a caller appears to be incapable of making rational decisions for him/herself so this will be of huge benefit to the caller **as** it could prevent him/her dying or becoming injured.
7. Help can be given in face to face conversations if requested and this may suit certain callers as often people like to see who they are talking to and/or may have difficulty in using the telephone **so** this may be good for the caller who is able to discuss their issues with someone.

### **Negative**

1. Help is not usually given in face to face conversations and this may not suit certain callers as often people like to see who they are talking to and/or may have difficulty using the telephone **so** this may result in problems for the caller being able to discuss their issues with someone.
2. As 'Samaritans' is a charitable organisation they are dependent on the public for donations which may be limited at times and **so** lack funds for their work.
3. 'Samaritans' employ many volunteer staff, which may be difficult to recruit and **therefore** leaving the organisation understaffed/lead to lack of continuity for the callers.

2 The table opposite shows a day's nutrient content of meals eaten by a 45 year old male suffering from hypertension.

- (a) Using your knowledge of nutrition and the information provided, evaluate the suitability of this day's nutritional intake.

**Marking Instructions:**

5 x 1 mark for each detailed point of evaluation for this 45 year old male.

**Total – 5 marks**

**Energy**

1. This day's meal is lower in energy than EAR **which** may not prove to be a problem if the male is not carrying out too much physical activity.
2. The day's meal is lower than the EAR therefore in the long term continued reduced levels of energy could leave him feeling tired/lethargic and **therefore** not able to cope if he had a busy job.
3. Protein intake is higher than the RNI so energy level for the male should balance out as excess can be converted to energy and **thus** compensate for lower levels of energy/helping prevent him from becoming tired and weak.
4. The day's meal is lower than the EAR for energy **therefore** if the male is involved in lots of physical sporting activities then the low level of energy may result in him tiring easily/feeling weak.
5. This day's meal is not low in energy as he may be an inactive male **so** won't be left feeling tired/less risk of obesity and making the hypertension worse.

**Protein**

1. The protein intake is higher than the RNI for the male **however** this will allow his tissues/cells to be repaired if they are damaged during physical activity/DIY activities.
2. As energy levels are slightly lower than the EAR the higher level of protein would compensate for this **as** excess protein can be used as a secondary source of energy which helps prevent the male becoming tired/weak.
3. Protein content of the day's intake is higher than the RNI and if this were to continue over a period of time this may become a problem **because** excess protein may be stored in the body as fat/may cause obesity/make hypertension problem worse.

### **Iron**

1. Iron content of this day's meal is significantly lower than the RNI which is bad **so** if this was to continue for any length of time then the 45 year old male may be at risk of anaemia.
2. The day's meal is lower than the RNI for iron **which** could result in tiredness/lack of energy as iron is required for the production of energy.
3. Iron content of this day's meal is lower than the RNI and as iron is required to produce haemoglobin which transports the oxygen to release energy from carbohydrates to allow the man to exercise and **therefore** reduce his hypertension.

### **Fat**

1. Saturated fat content is higher than the recommended 11% of food energy and **so** if this continues over a prolonged period of time it will result in the male's hypertension getting worse.
2. The day's meal is too high in saturated fat which is bad and therefore the 45 year old male may be increasing his risk of suffering from Coronary Heart Disease, especially since he already suffers from hypertension.
3. The saturated fat content of this day's meal is higher than recommended % of food energy from fat which is bad for the 45 year old man suffering from hypertension and **therefore** a prolonged excess may lead to obesity/CHD.
4. The male's day's intake in saturated fats is higher than the recommended 11% of food energy and this is bad as if this continues the risk of certain cancers is increased (eg bowel cancer).

### **Polyunsaturated Fat**

1. Polyunsaturated fat content of this day's meal is lower than recommended amount which is bad as the 45 year old male may be lacking in essential fatty acids (EFA's) if there is a prolonged shortage **which** may help to reduce the risk of hypertension.
2. This day's meal is lower in polyunsaturated fat than recommended which is bad as the male's blood cholesterol may be high and polyunsaturated fat would have helped to reduce blood cholesterol levels and **therefore** reduce the hypertension.
3. This day's meal is short in polyunsaturates and this is bad **because** if the male is short of polyunsaturated fat for a prolonged time then the risk of heart disease may be increased, as polyunsaturates help reduce the risk of heart disease.

### **Sodium**

1. The day's intake is significantly higher than the RNI for the 45 year old male which is bad and **therefore** high intake of salt will cause his hypertension to get worse/will lead to coronary heart disease/strokes.
2. Sodium value is high which is bad for the 45 year old man as this day's meal could result in calcium being leached from the bones **which** could result in osteomalacia/osteoporosis in later life.

### **Vitamin C**

1. Vitamin C content of this day's meal is over the RNI which is good as it is an antioxidant vitamin and could assist in the prevention of Coronary Heart Disease and/or cancers for the 45 year old male.
2. The day's meal provides the male with slightly more than the RNI for vitamin C **which** is good as it is required to absorb iron from the small intestine during digestion which will help to prevent anaemia in the 45 year old man.
3. Vitamin C levels for this day's meal are good **therefore** over a long period of time the 45 year old male may be able to resist infections.
4. This day's meal provides more than the RNI for vitamin C which is good **as** it is required by the 45 year old male for the production of blood/the cell walls of blood vessels.
5. Vitamin C levels for this meal are above the RNI **therefore** if the 45 year old male has adequate supply of vitamin C this will ensure that cuts/wounds may heal quicker.

### **Overall**

1. As this is just one day's meals in a week it is difficult to make an accurate evaluation of the nutrient content in relation to the effect on health of the 45 year old male **because** those nutrients which are at the wrong levels may be balanced out later in the week.
2. However, sodium/fat levels are a major concern and **therefore** should be reduced if the 45 year old man with hypertension is to avoid a stroke/risk of damage through coronary heart disease.

2	(b)	Identify and explain <b>four</b> factors, other than diet, which may contribute to hypertension.
<p><b>Marking Instructions:</b>  4 x ½ mark for factor identified  4 x 1 mark for each explanation linked to hypertension.  Factor must be identified before mark is awarded for explanation. Where the factor is incorporated in explanation this can be credited.</p> <p style="text-align: right;"><b>Total – 6 marks</b></p>		

Factor	Explanation
<b>Stress</b>	<ol style="list-style-type: none"> <li>1. Stressful situations can cause blood pressure to increase which in turn can lead to hypertension/heart attack/stroke.</li> <li>2. Anyone suffering from high blood pressure should try to avoid stressful situations that can lead to an increase in blood pressure that may trigger a heart attack/stroke.</li> </ol>
<b>Age</b>	<ol style="list-style-type: none"> <li>1. As people get older blood pressure rises a little as artery walls become less elastic making them more at risk of bursting.</li> </ol>
<b>Lack of exercise</b>	<ol style="list-style-type: none"> <li>1. Regular physical exercise helps to control stress levels/reduce hypertension/helps to reduce obesity which is a contributing factor to hypertension.</li> <li>2. Regular physical exercise helps to keep blood pressure normal/reduce hypertension.</li> </ol>
<b>Certain drugs/medicines</b>	<ol style="list-style-type: none"> <li>1. Some medications can temporarily raise blood pressure levels which would put someone suffering from hypertension more at risk.</li> </ol>
<b>Family history</b>	<ol style="list-style-type: none"> <li>1. High blood pressure can be more likely if it is common within families.</li> <li>2. People can be genetically likely to suffer from high blood pressure.</li> </ol>
<b>Smoking</b>	<ol style="list-style-type: none"> <li>1. Smoking temporarily raises blood pressure/leads to hypertension.</li> <li>2. Smoking adds to the damage that high blood pressure may cause to the heart/blood vessels.</li> </ol>
<b>Pregnancy</b>	<ol style="list-style-type: none"> <li>1. Increased blood flow puts an increased strain on the heart therefore contributes to hypertension.</li> </ol>
<b>Obesity</b>	<ol style="list-style-type: none"> <li>1. Increased weight puts additional strain on heart and therefore may contribute to hypertension.</li> <li>2. High blood cholesterol is associated with obesity which may lead to hypertension.</li> </ol>

2 (c) Identify and explain **two** steps to prevent personal debt.

**Marking Instructions:**

2 x ½ mark for step identified

2 x 1 mark for step explained linked to preventing personal debt.

Step must be identified before a mark is awarded for explanation. Where the step is incorporated in explanation this can be credited.

**Total – 3 marks**

<b>Step</b>	<b>Explanation</b>
<b>Make an income and expenditure list/budget</b>	<ol style="list-style-type: none"> <li>1. Ensure amounts are realistic/are affordable.</li> <li>2. This may help identify where savings can be made.</li> <li>3. Draw up a budget so that you know what you can survive on each week.</li> <li>4. This helps ensure creditors can be paid.</li> </ol>
<b>Reduce expenditure</b>	<ol style="list-style-type: none"> <li>1. Shop at the cheapest local alternative.</li> <li>2. Plan the shop – write a list and stick to it as it will make a difference to the bill.</li> <li>3. It means not making expensive impulse buys.</li> <li>4. Search for lowest price.</li> <li>5. Make use of money off vouchers/coupons/‘buy one get one free’ offers.</li> </ol>
<b>Do not ignore bills/pay bills promptly</b>	<ol style="list-style-type: none"> <li>1. An accumulation of bills could lead to debt.</li> <li>2. Discounts may be offered for prompt payment so can help prevent debt.</li> </ol>
<b>Never borrow to get out of debt</b>	<ol style="list-style-type: none"> <li>1. Do not consolidate your various loans in one big loan as this will be very difficult to pay back.</li> <li>2. Interest charges will be high and you may never escape the debt trap.</li> </ol>
<b>Visit the experts/ Citizens Advice Bureau</b>	<ol style="list-style-type: none"> <li>1. They can offer you free advice/help from trained staff.</li> <li>2. They are unbiased and have no commercial interest.</li> </ol>
<b>Deal honestly with finance</b>	<ol style="list-style-type: none"> <li>1. Explain in advance to the company if you will be unable to make a payment.</li> </ol>
<b>Keep spending records</b>	<ol style="list-style-type: none"> <li>1. Accurate records can alert you to any potential money problems.</li> </ol>
<b>Save regularly</b>	<ol style="list-style-type: none"> <li>1. Keep a saving fund to help you out in a financial emergency.</li> </ol>

- 2 (d) Evaluate the protection provided to the consumer by the Sale and Supply of Goods to Consumers Regulations 2002.

**Marking Instructions:**

3 x 1 mark for each point of evaluation linked to the protection given to consumers

**Total – 3 marks**

**Positive**

1. This Act/Regulation is good because it protects consumers **as** they have a legal right to choose repair/replacement/partial/full refund/compensation if a fault appears within five years.
2. As the Act/Regulation states that goods must be of a ‘satisfactory quality’, the purchasers are protected **because** they have the right to reject goods which are not of a satisfactory quality.
3. This Act/Regulation gives the purchaser the right to claim a refund if the goods are damaged in any way **so** this is useful if goods are found to be damaged on receipt/when taken home.
4. This Act/Regulation states that the goods must be ‘as described’ so this is good **as** it protects the purchaser because it ensures that manufacturers/retailers cannot falsely describe the goods they are selling.
5. The Act states that goods must be ‘fit for the purpose’ which protects the purchaser **because** it ensures that the goods purchased are able to do the ‘job’ that they would normally be expected to do.

**Negative**

1. Purchasing goods online may prove difficult for consumer protection under the Regulations **as** reimbursing faulty goods can be problematic (eg get lost/expensive postage).
2. It may be difficult for consumers to claim under the Regulations if they have purchased from a market **as** these are usually temporary features in the community.
3. If the consumer is unaware of their rights under this Act this will be of no assistance to them and therefore they will have no protection as consumers.

2 (e) Explain **three** responsibilities for the Advertising Standards Authority (ASA).

**Marking Instructions:**

3 x 1 mark for each responsibility

**Total – 3 marks**

1. It is an independent body set up by the advertising industry to police the rules laid down in the advertising codes.
2. An organisation set up by the advertising industry to monitor and control the content of advertisements in the press, on billboards and in the cinema.
3. It administers two codes, the British Code of Advertising Practice and the British Code of Sales Promotion Practice.
4. It provides a voluntary code for advertisers to follow, therefore consumers cannot be misled.
5. It ensures that adverts are legal, decent, honest and truthful, so that consumers are protected from being misled.
6. It allows the consumer a better choice as it prevents advertisers attacking or discrediting other products.
7. It protects consumers by ensuring that advertisers do not misuse scientific or medical terms in adverts.
8. It administers codes of sales promotions/rules relating to the use of children in promotions, thus preventing exploitation of this age group in adverts.
9. It provides support, as consumers can ask the Authority to investigate complaints they may have about an advertisement.
10. It protects the consumer, by ensuring that the rules contained in the British Code of Advertising Practice are followed in the UK.

3 (a) Identify and explain **four** ways promotional techniques can influence consumer food choice.

**Marking Instructions:**

4 x ½ mark identified way

4 x 1 mark for each explanation linked to a promotional technique and its influence on food choice.

Way must be identified before mark is awarded for explanation. Where the way is incorporated in explanation this can be credited.

**Total – 6 marks**

<b>Factor</b>	<b>Explanation</b>
<b>Point-of-sale display</b>	1. Foods could be placed at checkout where customers queue, thus attracting their attention.
<b>Low introductory price</b>	1. By giving a new food product a low introductory price customers may be attracted to the product. 2. If they like the food product they may probably purchase it again even at a higher price. 3. Low price makes customers feel they are getting a bargain – so they are more likely to buy the food product again.
<b>In-store sampling</b>	1. A free food sample is given as a way of getting customers to try a food product – an opportunity to taste before they buy. 2. More likely to get customers to buy the product if they have already tasted/tried the food product.
<b>Money-off coupons</b>	1. This is used to attract customers to a new food product for an initial purchase. 2. If customers feel that they are getting a bargain by obtaining a discount they might be more willing to try the food product. 3. If they like the food product they may purchase again.
<b>Sponsorship/Use of celebrities</b>	1. By using sports/sport personalities/pop stars in the launch of the products customers may be more attracted to/or curious about the food product/more willing to try. 2. If a food product is linked to a charity this can be a good gimmick as customers feel that they are supporting a worthwhile cause. 3. By using a popular celebrity the consumer may be more likely to purchase the food product.

<b>Factor</b>	<b>Explanation</b>
<b>Free toys/tokens for free gifts</b>	<ol style="list-style-type: none"> <li>1. Children of all ages are attracted to free toys/gifts with food products (especially if a set to be collected) – ‘pester power’ in this instance often helps sell the product.</li> <li>2. Making the food product family orientated by offering something for the whole family (eg free cinema tickets/entry to Alton Towers etc).</li> <li>3. Customers may be attracted to the food product if the free gift is linked to the current ‘craze’, eg Harry Potter/sporting event etc</li> </ol>
<b>Colourful/attractive packaging</b>	<ol style="list-style-type: none"> <li>1. Colourful packaging is used to draw customers’ attention to a food product.</li> <li>2. Makes the food product stand out on the shelf, more likely to attract attention and people are more likely to buy.</li> </ol>
<b>Positioning in store/place of display</b>	<ol style="list-style-type: none"> <li>1. A prominent location in the store eg front door/end of aisle ensure that customers see the food product.</li> <li>2. Careful positioning on shelf ensure the customer’s eye is immediately drawn to the food product, (eye-level products are known to sell better).</li> </ol>
<b>Advertising</b>	<ol style="list-style-type: none"> <li>1. Advertising on television/radio/newspapers/magazines raises customers’ awareness of the availability of a food product so that when they next visit their retail outlet they may look for/purchase the product.</li> <li>2. Large poster displays of the food product in store may act as a memory trigger when the customer visits the store.</li> </ol>
<b>Competition</b>	<ol style="list-style-type: none"> <li>1. Running competitions alongside the launch of new food products helps increase sales/especially if they are organised with large prizes.</li> <li>2. Customers may buy and try the food product just to make sure that they can take part in the competition.</li> <li>3. Manufacturers hope that by running competitions the customers may like the food product when they try it and come back and buy it again.</li> <li>4. Placing an educational emphasis on the competition encourages parents to buy the food product for their children.</li> </ol>
<b>Promoting the health benefits of the product</b>	<ol style="list-style-type: none"> <li>1. Manufacturers promote the ‘health benefits’ by using language (such as ‘enriched in ...’, ‘...per cent fat free’, ‘lite’, ‘no added ....’) which gives the impression that the food product is good for you.</li> <li>2. Health-conscious consumers are drawn to language promoting the health benefits when buying foods/thinking that they are buying a healthier product.</li> </ol>

<b>Factor</b>	<b>Explanation</b>
<b>Interactive websites</b>	<ol style="list-style-type: none"><li data-bbox="528 194 1406 331">1. By producing an interactive website relating to a food product, manufacturers are able to bring food products alive/make them much more interesting to the consumer.</li><li data-bbox="528 342 1406 479">2. Consumers encouraged in logging on and finding out about food product – information provided on nutrition/health benefits/recipes etc encourages consumers to go out and buy.</li></ol>

3 (b) Evaluate microwave cooking for the elderly.

**Marking Instructions:**

4 x 1 mark for each point of evaluation linked to the elderly.

**Total – 4 marks**

**Positive**

1. This is a good method of cooking as no additional fat is added to the food **therefore** helping to meet the dietary target of reducing fat for the elderly/preventing obesity/coronary heart disease.
2. Fruit/vegetables contain Vitamin C and this is retained in microwave cooking as only a small amount of water is required/food is cooked rapidly **which** is good for the elderly to help with absorption of iron/prevent anaemia/help resistance to infections.
3. A good method of cookery as a variety of fruit/vegetables can be microwaved **so** increasing fruit/vegetable consumption by the elderly so meeting the dietary targets/increasing NSP/helps to prevent constipation/bowel diseases (eg haemorrhoids/diverticulitis).
4. It is a good method of cookery as a variety of meats/poultry can be used **which** can help reduce fat in the diet of the elderly which could help prevent obesity/coronary heart disease.
5. Fish can be cooked easily/quickly in the microwave **therefore** this could contribute to the dietary target for increasing fish consumption by the elderly.
6. Wide range of convenience foods available which is good for the elderly as they can remain independent **as** they can microwave these dishes and keep themselves nourished.
7. Microwaves may be a good way of ensuring meals on wheels are reheated to the correct temperature **so** that they are more acceptable to the elderly/safer to eat/prevent food poisoning/kill off bacteria.
8. Microwave cookery is a quick method of cooking therefore uses less energy **so** more affordable for the elderly on a low income.
9. Less dishes/pans are used in microwave cookery **so** less washing up required for frail elderly people.
10. Elderly person does not have to stand over the microwave during cooking **so** saves energy/time.

### **Negative**

1. Some elderly consumers worry about radioactivity generated from a microwave and the effect it can have on health and **therefore** will avoid cooking foods by this method.
2. Not all foods can be cooked in a microwave **therefore** it can be a restrictive method of cooking for the elderly.
3. Only a small amount of food can be cooked at any one time in the microwave **therefore** this can slow down cooking times which might take too long for the elderly.
4. Some elderly people may be confused and unable to operate the microwave effectively and **therefore** unsatisfactory results could be produced resulting in poor nutrition/risk of food poisoning.
5. Many ready meals which are suitable for microwaving are expensive **so** not affordable to elderly on a low income.
6. Microwave cooking may encourage reliance on ready made meals which may not be nutritious/ may be high in fat/high in sugar/high in salt/low in NSP for the elderly person and **therefore** may lead to obesity/coronary heart disease/high blood pressure.

3 (c) Identify and explain **four** stages in the development of a new range of sportswear.

**Marking Instructions:**

4 x ½ mark for each stage

4 x 1 mark for each explanation relating to the development of a new range of sportswear.

Stage must be identified before mark is awarded for explanation. Where the stage is incorporated in explanation this can be credited.

**Total – 6 marks**

<b>Stages</b>	<b>Explanation</b>
<b>Concept Generation</b>	<ol style="list-style-type: none"> <li>1. This would be the stage where the designer would consider/think about the ideas for a new range of sportswear.</li> <li>2. Develop ideas from market analysis/trialling existing ranges of sportswear.</li> <li>3. Looking for a gap in the market/ideas are generated for a range of sportswear.</li> </ol>
<b>Concept Screening</b>	<ol style="list-style-type: none"> <li>1. Consider all ideas for sportswear.</li> <li>2. Designer/sports person will begin to think about range of sportswear/the specification required for it.</li> <li>3. Possible a number of ideas will be generated/discarded at this stage after sports person/designer have looked at them.</li> <li>4. Allows ideas to be generated so that a prototype of the sportswear can be developed.</li> </ol>
<b>Prototype Production</b>	<ol style="list-style-type: none"> <li>1. An example of the range of sportswear will be produced.</li> <li>2. The example of the sportswear is developed and measured against the specification.</li> <li>3. The prototype is tested for appeal and may be modified or rejected.</li> </ol>
<b>Product Testing</b>	<ol style="list-style-type: none"> <li>1. Trial the range of sportswear.</li> <li>2. Allows sportswear to be tested so opinions can be obtained.</li> <li>3. Allows sportswear to be further refined as a result of consumer opinions.</li> <li>4. Allows a range of solutions for sportswear to be further refined with the most suitable/popular examples being kept.</li> </ol>

<b>Stages</b>	<b>Explanation</b>
<b>Information and advertising material designed for packaging</b>	<ol style="list-style-type: none"> <li>1. Legal and advertising teams develop the selling techniques for the sportswear.</li> <li>2. Allows advertising teams to cost the advertising programme and packaging.</li> <li>3. Legal labels will be designed and produced for sportswear.</li> <li>4. Packaging of sportswear will be investigated/tested.</li> </ol>
<b>First production run</b>	<ol style="list-style-type: none"> <li>1. This will take place to allow a full range of sportswear to be produced and then assessed.</li> <li>2. This will allow the designers to check quality of sportswear during the manufacturing process.</li> <li>3. An important stage as the initial price of the sportswear can be determined by the marketing mix eg low cost to attract interest.</li> <li>4. Packaging can be finalised for the sportswear to take account of marketing plans.</li> </ol>
<b>Marketing Plan</b>	<ol style="list-style-type: none"> <li>1. The manufacturer/retailer will have to consider how to market the range of sportswear.</li> <li>2. Employee may want to consider how the range of sportswear will be publicised to staff before launch.</li> </ol>
<b>Launch</b>	<ol style="list-style-type: none"> <li>1. An important stage as the sportswear is now on sale.</li> <li>2. Pilot of the sportswear range could be carried out to monitor sales.</li> <li>3. Market monitoring will take place once the sportswear is finally launched/allowing sales figures to be checked.</li> <li>4. Market research will continue to gain feedback on the sportswear to adapt the marketing approach.</li> <li>5. Market research will provide feedback on the sportswear to enable it to be refined/improved.</li> </ol>

3 (d) The star profile shows the results of testing a new fabric.

Evaluate the suitability of this fabric for swimwear.

**Marking Instructions:**

4 x 1 mark for each evaluation point linked to the swimwear.

**Total – 4 marks**

**Absorbency (3)**

1. The fabric is rated in the middle for absorbency which could be bad **as** this means that it may absorb some water and slow down the swimmer.

**Colourfast (4)**

1. The fabric is rated highly for colourfastness which is good **as** this means that the fabric will keep its colour well and therefore maintain its appearance/less likely for dye to leach out into other garments in washing machine/in the pool.

**Ease of Care (5)**

1. The fabric is rated 5 for ease of care which is good **as** this means that it will be easy to wash so that it can be used again quickly by someone who uses it daily/regularly/will not be damaged.

**Durability (1)**

1. The fabric is rated poorly for durability which means that it may not last a long time **which** is bad if the person is a regular swimmer/not good value for money.

**Elasticity (2)**

1. The swimwear is rated 2/poorly for elasticity which means that the fabric will not have a great deal of stretch and could **therefore** restrict the movements of the swimmer/be uncomfortable to wear when swimming.

4 (a) A family wishes to purchase a barbecue.

Evaluate **each** of the following sources of information.

- (i) Which? magazine
- (ii) On-line product details
- (iii) Retailer
- (iv) Family friend

**Marking Instructions:**

4 x 1 mark for each source evaluated linked to the purchase of a barbecue.

**Total – 4 marks**

**Which? Magazine**

1. They are an independent source of information **therefore** information provided about the barbecue is not biased/is reliable.
2. The magazine offers pre-shopping advice to consumers **which** allows them to make an informed choice about which barbecue to choose.
3. The magazine helps consumers select the item that is best suited to their needs and gives them an idea about price/performance/size/appearance **so** helps the family make an informed choice about the barbecue.
4. All products featured in the magazine will be tested for safety/reliability/service **so** the family can be confident that they are buying a good barbecue.
5. The Which? magazine cannot be purchased over the counter and **therefore** it could be difficult to find the information easily to help the family make the choice of barbecue.
6. Some people may find the information in Which? difficult to interpret and **therefore** may be put off this source when purchasing a barbecue.

**On-line product details**

1. By researching product details about the barbecue on line the consumer can research numerous products in the comfort of their own home before making a trip to the shop **therefore** helping to save time.
2. On line product details about the barbecue are good **because** they tend to contain lots of vital information about the product allowing the consumer to make an informed choice.
3. On line product details about the barbecue are good if they allow the family to browse through the products without being pressurised by a sales assistant.
4. To access the internet may be costly for the family **as** it may take some time to find all of the relevant information about the barbecue.
5. To access the internet may not be costly for the family even if it takes some time to find all of the relevant information about the barbecues **if** they have a broadband connection.
6. On line information on certain barbecues may be biased towards certain manufacturers so consumers may not get accurate/impartial advice.

### **Retailer**

1. The information provided by the retailer may be biased **as** he/she may receive commission to sell a particular brand of barbecue.
2. The retailer may be pushy and put pressure on a consumer to purchase the barbecue quickly and **therefore** the family may make the wrong choice.
3. The retailer should have good product knowledge about the barbecue and therefore provide the family with good information about each product **which** would help them make the correct choice.
4. Time consuming if visiting several retailers so this is bad as this is expensive in terms of time/ money/travel expenses.

### **Family Friend**

1. The family friend may give information to the consumer about the barbecue which is reliable and trustworthy **because** they are friends.
2. The family friend will not have a knowledge of a wide variety of barbecues only the one which they have purchased themselves **therefore** their knowledge would be limited.

4 (b) Identify and explain **four** factors to consider to prevent food poisoning at a barbecue.

**Marking Instructions:**

4 x ½ mark for factor identified

4 x 1 mark for explanation linked to method of preventing food poisoning.

Factor must be identified before mark is awarded for explanation.

Where the factor is incorporated in the explanation this can be credited.

**Total – 6 marks**

<b>Factor</b>	<b>Explanation</b>
<b>Storage/Keep foods covered</b>	<ol style="list-style-type: none"> <li>1. The food for the barbecue must be stored at the correct temperature before preparation, before serving/cooking at the barbecue (eg perishable food must be stored in the refrigerator between 1 - 4°C).</li> <li>2. Cover all foods to prevent flies etc transferring bacteria onto the food at the barbecue.</li> </ol>
<b>Danger Zone</b>	<ol style="list-style-type: none"> <li>1. Foods should be kept outwith the danger zone of 5 - 63°C to prevent bacteria from multiplying at the barbecue.</li> </ol>
<b>Cooking</b>	<ol style="list-style-type: none"> <li>1. It is essential to ensure that food is thoroughly cooked to temperature of 75°C or above at the barbecue.</li> <li>2. Barbecue cooking cooks food on the outside very quickly it is important to check that the inside of the food is cooked thoroughly to ensure bacteria are killed.</li> <li>3. Use temperature probe to check that meat is at 75°C in the centre to prevent food poisoning/bacterial growth.</li> </ol>
<b>Cooling Food/refrigerate food</b>	<ol style="list-style-type: none"> <li>1. As it is the summertime the temperature of the kitchen will be warmer so it is vital to ensure that food is cooled rapidly before refrigeration to prevent bacteria multiplying at the barbecue.</li> <li>2. Cool food quickly and refrigerate 1 - 4°C before serving at the barbecue.</li> </ol>
<b>Re-heating</b>	<ol style="list-style-type: none"> <li>1. If any food is to be re-heated for the barbecue then it is important that the core temperature reaches 75°C to destroy bacteria when being barbecued.</li> </ol>

<b>Factor</b>	<b>Explanation</b>
<b>Food preparation/preventing cross contamination</b>	<ol style="list-style-type: none"> <li>1. If poultry is not thoroughly defrosted before cooking then the food does not reach a high enough temperature to kill bacteria therefore ensure food is thoroughly defrosted first before being cooked at the barbecue.</li> <li>2. Ensure cross contamination is prevented between raw and cooked food at the barbecue eg separate knives/chopping boards etc.</li> <li>3. Ensure that the food handler washed hands in between handling raw and cooked food to prevent bacteria transferring onto the cooked food at the barbecue.</li> <li>4. This can occur due to utensils being used for both raw and cooked food so ensure that separate utensils are used to prevent the spread of bacteria at the barbecue.</li> </ol>
<b>Personal Hygiene</b>	<ol style="list-style-type: none"> <li>1. Food handlers must follow all personal hygiene rules when barbecuing and preparing the food to prevent the food becoming contaminated with harmful bacteria which can cause food poisoning at the barbecue.</li> <li>2. The person preparing/cooking the food should not be suffering from illness such as cold/sickness/diarrhoea as this will cause bacteria to be transferred at the barbecue.</li> <li>3. The person handling/cooking/serving the food for the barbecue must ensure that they follow all the personal hygiene rules to prevent contamination of the barbecued food.</li> </ol>
<b>Kitchen Hygiene</b>	<ol style="list-style-type: none"> <li>1. All kitchen hygiene rules should be followed to prevent bacteria from multiplying at the barbecue.</li> </ol>

4 (c) The following information is provided on the packaging of a pasta salad.

Evaluate this product in relation to the Scottish dietary targets.

**Marking Instructions:**

4 x 1 mark for each point of evaluation which must be linked to food product/Scottish dietary targets.

**Total – 4 marks**

1. The pasta salad contains pasta which is good **as** this is a complex carbohydrate, and we are to increase consumption of total complex carbohydrates (by 25%).
2. Bacon is present in the pasta salad and this is bad as it is high in sodium so this does not contribute to meeting the dietary target to reduce consumption of salt.
3. Herbs are used to flavour the dish rather than sodium so this is good **as** we are to reduce the consumption of sodium (to 6g per day/100mmol) to prevent hypertension/coronary heart disease.
4. Tomato is low down on the product description **which** means that this dish will not contain much fruit and vegetables and we are supposed to increase consumption of fruit and vegetables to 400g per day.
5. This product contains 75% of the Guideline Daily Amount for total fat which is bad **as** this will not contribute to the target to reduce consumption of fat and is a very large portion of the day's intake.
6. This pasta salad contains 68% of the Guideline Daily Amount for saturated fat which is bad **as** we are supposed to reduce consumption of saturated fat in particular and this is a very large portion of the day's intake.
7. The pasta contains 33% of the Guideline Daily Amount for sodium and this is bad **as** we are supposed to reduce sodium intake and this is a very large portion of the day's intake.
8. The sugar content is low at only 6% of the Guideline Daily Amount, this is good **as** it can help meet the target for reduction in sugar (to no more than 10% of energy intake).
9. The pasta salad contains chicken which is a low fat meat **so** can help meet the dietary target for a reduction in fat/saturated fat.
10. Yoghurt is in the pasta salad, this is good as it is low in fat **so** can help meet the target for a reduction in fat/saturated fat.

4 (d) Explain the role of the Food Standards Agency (FSA).

**Marking Instructions:**

3 x 1 mark for each explanation relating to the role of the FSA.

**Total – 3 marks**

1. It protects the interests of consumers as it carries out enforcement and monitoring in the food industry to make sure high standards of food safety are maintained in food production.
2. It protects the interest of consumers as it helps them make effective choices by ensuring that food is appropriately labelled.
3. It helps to ensure food labels are accurate and easy to understand.
4. It protects the interest of consumers by making sure that all food labelling complies with appropriate regulations.
5. It provides advice to the public and to the government on food safety, nutrition and diet related matters and it ensures that consumers are protected from bad practice within the food industry.
6. It consults with agencies on food safety matters before issuing information to the public, thus ensuring that the information received is accurate and appropriate.
7. At EU levels it represents the UK on matters of food safety and standards both in the EU and worldwide. This helps make sure that all imported food meets the necessary regulations and is safe to eat.

4 (e) Evaluate the use of Fairtrade products.

**Marking Instructions:**

3 x 1 mark for each point of evaluation.

**Total – 3 marks**

**Positive**

1. In some cases the quality of food is higher which is good because Fair Traders consider the environment when producing **therefore** the consumer may receive a better quality product.
2. The Fair Trade label is marked on food products which is good **as** consumers can easily identify these products when shopping so saves time.
3. There is an increasing range of Fair Trade products which is good **so** consumers now have a bigger variety to choose from (compared to previously).
4. Most Fair Trade products generally do not cost more than other products which is good **so** the consumer is not out of pocket if they wish to choose Fair Trade.
5. In some cases (such as coffee) the consumer may have to pay a higher price which is good for the producer **as** the producer receives a high price per kilo so will earn more.

**Negative**

1. In some cases (such as coffee) the consumer may have to pay a higher price which is bad for the consumer **as** the producer receives a high price per kilo.
2. Some shops may not stock Fair Trade products which is bad **therefore** it may be difficult for the consumer to source these products.

## Section A

Question	Resource Management Unit		Consumer Studies Unit		Course Skills		Totals
	Course content	Mark	Course content	Mark	Knowledge	Evaluation	
1	Functions and sources of nutrients	1			1		1
2			Family structures	1	1		1
3			An awareness of the purpose of trade associations and codes of practice.	1	1		1
4			Parents and parenthood	1	1		1
5			Current statutory labelling	1	1		1
6	Functions and sources of fibre	1			1		1
7			Provision of community meals services	2	2		2
<b>Totals</b>		<b>2</b>		<b>6</b>	<b>8</b>		<b>8</b>

## Section A (continued)

Question	Resource Management Unit		Consumer Studies Unit		Course Skills		Totals
	Course content	Mark	Course content	Mark	Knowledge	Evaluation	
8	Prevention of dietary diseases	2			2		2
9			Food Safety Act 1990	2	2		2
10			Impact of technological developments on consumers choice of food, clothing and consumers goods and services.	2	2		2
11			Roles and responsibilities of Trading Standards Department.	2	2		2
12			Roles and responsibilities of Department for Environment, Food and Rural Affairs (DEFRA) and SEDRA	2	2		2
13			Food politics	2		2	2
<b>Carried forward</b>		<b>2</b>		<b>6</b>	<b>8</b>	<b>2</b>	<b>8</b>
<b>Totals</b>		<b>4</b>		<b>16</b>	<b>18</b>	<b>2</b>	<b>20</b>

## Section B Question 1

Question	Resource Management Unit		Consumer Studies Unit		Course Skills		Totals
	Course content	Mark	Course content	Mark	Knowledge	Evaluation	
(a)			Awareness of different family structures	6	6		6
(b)			Factors affecting changes in family lifestyles	3	3		3
(c) (i)			Methods of paying for goods and services	2		2	4
(ii)			Methods of paying for goods and services	2		2	
(d)			Factors which influence consumer choice of: food and textile items goods and services	3	3		3
(e) (i)			Voluntary services available to community	4		4	4
(ii)							
<b>Totals</b>		<b>0</b>		<b>20</b>	<b>12</b>	<b>8</b>	<b>20</b>

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## Section B Question 2

Question	Resource Management Unit		Consumer Studies Unit		Course Skills		Totals	
	Course content	Mark	Course content	Mark	Knowledge	Evaluation		
(a)	The use of dietary reference values and an awareness of their dietary needs	5				5	5	
(b)	Other factors which affect health	6			6		6	
(c)			Prevention of debt	3	3		3	
(d)			Sale and Supply of Goods to Consumers Regulations 2002	3		3		3
(e)			Role and responsibilities of Advertising Standards Authority (ASA)	3		3		3
<b>Totals</b>				<b>11</b>		<b>9</b>	<b>12</b>	<b>8</b>

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## Section B Question 3

Question	Resource Management Unit		Consumer Studies Unit		Course Skills		Totals
	Course content	Mark	Course content	Mark	Knowledge	Evaluation	
(a)			Factors which influence consumer choice of food and textile items	6	6		6
(b)	Cooking methods to promote dietary targets	4				4	4
(c)	Product development strategy	6			6		6
(d)	Properties of fibres used for clothing/textile item	4				4	4
(e)							
<b>Totals</b>		<b>14</b>		<b>6</b>	<b>12</b>	<b>8</b>	<b>20</b>

## Section B Question 4

Question	Resource Management Unit		Consumer Studies Unit		Course Skills		Totals
	Course content	Mark	Course content	Mark	Knowledge	Evaluation	
(a)			Factors which influence consumer choice of goods and services	4		4	4
(b)	Causes of food poisoning/causes of contamination and cross contamination	6			6		6
(c)		4	Current dietary advice			4	4
(d)			Role and responsibility of Food Standards Agency	3	3		3
(e)			Food politics	3		3	3
<b>Totals</b>		<b>10</b>		<b>10</b>	<b>9</b>	<b>11</b>	<b>20</b>

## Question Paper Summary: Mark Allocation

Question	Unit title		Course Skills		Totals
	Resource Management	Consumer Studies	Knowledge	Evaluation	
Section A	4	16	18	2	20
Section B					
1		20	12	8	20
2	11	9	12	8	20
3	14	6	12	8	20
4	10	10	9	11	20
<b>Totals</b>	<b>25 – 29</b>	<b>51 – 55</b>	<b>51 – 54</b>	<b>26 – 29</b>	<b>80</b>
<b>Target Range</b>	<b>20 – 30 marks</b>	<b>50 – 60 marks</b>	<b>50 – 55 marks</b>	<b>25 – 30 marks</b>	<b>80</b>

[END OF MARKING INSTRUCTIONS]