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National
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Mark

S836/75/01

**Health and Food
Technology**

Date — Not applicable

Duration — 1 hour 50 minutes



Fill in these boxes and read what is printed below.

Full name of centre

Town

Forename(s)

Surname

Number of seat

Date of birth

Day

Month

Year

Scottish candidate number

Total marks — 60

Attempt ALL questions.

Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give this booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



Question 1

- (a) Explain **two** practical ways to encourage children to eat more fruit and vegetables.

2

Way 1 _____

Way 2 _____

- (b) Name **two** nutrients which can be found in bread and give **one** function of **each** in the diet.

4

Nutrient 1 _____

Function 1 _____

Nutrient 2 _____

Function 2 _____

- (c) Give **two** reasons why a consumer might choose Fair Trade products.

2

Reason 1 _____

Reason 2 _____



Question 1 (continued)

(d) Describe **two** duties of the Environmental Health Department in relation to food premises.

2

Duty 1 _____

Duty 2 _____

[Turn over



Question 2

- (a) State **one** function and **one** food source of fat.

2

Function _____

Food source _____

- (b) A 51 year old male office worker works long hours. He is overweight, has high blood pressure and wants to improve his diet.

Dietary Reference Values for males aged 50+ years					
Estimated average requirements	Reference Nutrient Intakes				Guideline daily amount
Energy (MJ)	Protein (g)	Vitamin A (ug)	Iron (mg)	Sodium (g)	Fibre (g)
10·60	53·3	700	8·7	1·6	30

The table below shows the dietary analysis of a typical day's meals for the man.

Dietary analysis of his typical day's meals					
Energy (MJ)	Protein (g)	Vitamin A (ug)	Iron (mg)	Sodium (g)	Fibre (g)
13·20	55·0	400	4·8	2·1	15



Question 2 (continued)

- (c) Explain **two** ways in which the man's long working hours could influence his choice of foods.

2

Way 1 _____

Way 2 _____

Question 3

A food manufacturer wants to extend its range of baked products to include fresh cream cakes.

- (a) Give **two** reasons for carrying out market research for the new fresh cream cakes.

2

Reason 1 _____

Reason 2 _____



* S 8 3 6 7 5 0 1 0 6 *

Question 3 (continued)

- (b) The results of testing show the following problems with the fresh cream cakes.

Results of prototype production

- i. The cakes are too crisp around the edges when baked.
- ii. The cakes have a dry, crumbly texture.
- iii. The cakes have not risen enough.

Describe how **each** of these problems may have happened.

- (i) _____ 1

- (ii) _____ 1

- (iii) _____ 1

[Turn over

Question 3 (continued)

- (c) Describe **three** ways the fresh cream cakes should be stored by the consumer after purchase to avoid food poisoning.

3

Way 1 _____

Way 2 _____

Way 3 _____

- (d) Explain how **each** of the following factors could affect a student's choice of food.

(i) Budget _____ 1

(ii) Advertising _____ 1



Question 4 (continued)

(b) Describe **three** changes which could be made to the ingredients in the takeaway baguette below and explain how **each** change helps to meet a different piece of current dietary advice.

<p style="text-align: center;">Bacon Baguette</p> <p style="text-align: center;">Fried streaky bacon Onion Cheddar cheese White baguette</p>

Change 1 _____

Explanation _____

Change 2 _____

Explanation _____

Change 3 _____

Explanation _____



Question 5

A company wants to develop a range of ready meals which include organic meat and vegetables.

- (a) Identify **two** steps in the product development process and explain the role they play in the development of the new ready meal.

4

Step 1 _____

Explanation _____

Step 2 _____

Explanation _____

[Turn over



* S 8 3 6 7 5 0 1 1 1 *

Question 5 (continued)

(c) The company has put the following labels on two of the ready meals.
Explain the importance of **each** of the following labels for the consumer.

(i) Food product — **Frozen chilli beef with rice** 1

Best before
January 2018

(ii) Food product — **Chilled vegetable lasagne** 1

Use by
12 June

(d) Explain **one** way UHT food products benefit the consumer. 1

[Turn over

Question 6

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

(i) Dental caries

2

Way 1 _____

Way 2 _____

(ii) Osteoporosis

2

Way 1 _____

Way 2 _____

- (b) Give **two** reasons why a consumer may choose to use cook-chill foods.

2

Reason 1 _____

Reason 2 _____



Question 6 (continued)

(c) Explain how **each** of the following additives may benefit the consumer.

(i) Colourings _____ 1

(ii) Preservatives _____ 1

(d) Describe **two** ways Food Standards Scotland protects the consumer. 2

Way 1 _____

Way 2 _____

[END OF SPECIMEN QUESTION PAPER]



* S 8 3 6 7 5 0 1 1 5 *



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**Health and Food
Technology**

Marking Instructions

These marking instructions have been provided to show how SQA would mark this specimen question paper.

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General marking principles for National 5 Health and Food Technology

This information is provided to help you understand the general principles you must apply when marking candidate responses to questions in this paper. These principles must be read in conjunction with the specific marking instructions, which identify the key features required in candidate responses.

- (a) Marks for each candidate response must **always** be assigned in line with these general marking principles and the specific marking instructions for this assessment.
- (b) Marking should always be positive. This means that, for each candidate response, marks are accumulated for the demonstration of relevant skills, knowledge and understanding: they are not deducted from a maximum on the basis of errors or omissions.
- (c) If a specific candidate response does not seem to be covered by either the principles or specific marking instructions, and you are uncertain how to assess it, you must seek guidance from your team leader.
- (d) For marks to be awarded, responses must relate to the question asked. Where candidates give points of knowledge without specifying the context these should be awarded marks unless it is clear that they do not relate to the context of the question.
- (e) There are four types of question used in this question paper. Each assesses a particular skill, namely:
 - A State/give/name/identify
 - B Describe
 - C Explain
 - D Evaluate

For each question type, the following generic marking instructions provide an overview of the marking principles and an example of their application for each type.

A Questions that ask candidates to state/give/name/identify

Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order, up to the total mark allocation.

Up to the total mark allocation for this question:

- Award **1 mark** for each each relevant point of knowledge

Eg

Question: State one function of sodium

Answer: Maintenance of fluid balance. (**1 mark for correct fact**)

B Questions that ask candidates to describe

Candidates should define or give an account of points relating to the question. They do not need to be in any particular order. Candidates may provide a number of straightforward points or a smaller number of developed points, or a combination of these.

Up to the total mark allocation for this question:

- Award **1 mark** for each accurate relevant point of knowledge linked to the context of the question.

Eg

Question: Describe one way the cake could be stored to keep it in good condition.

Answer: Store in an airtight container/wrap in foil/cling film. **(1 mark for correct description of method of storage)**

C Questions that ask candidates to explain

Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between these and the context of the question. Candidates may provide a number of straightforward explanations or a smaller number of developed explanations, or a combination of these.

Up to the total mark allocation for this question:

- Award **1 mark** for each accurate relevant point.

Eg

Question: Explain two ways in which the man could use the information on food labels to help him make healthier food choices.

Answer: He could check to see how much fat/sugar/salt/fruit/vegetables is in the product so he can choose/avoid these. **(1 mark for accurate relevant point linked to the context of the question.)**

Questions that ask candidates to evaluate

- D** Candidates should make a number of evaluative comments which make a judgment based on the information provided, related to the context of the question. Candidates may provide a number of straightforward observations or a smaller number of developed observations, or a combination of these.

Up to the mark allocation for this question:

- Award **1 mark** for each relevant evaluative comment linked to the context of the question.
- Award a **second mark** for any evaluative comment that is developed, as in the following example:

Eg

Question: Taking account of the Dietary Reference Values (DRVs) for males aged 50 comment on the suitability of his day's meals.

Answer: The 50+ year old man's intake of sodium is too high, which is not good as this will make his high blood pressure worse. **(1 mark for comment)** This will increase his risk of a stroke. **(A further mark for development)**

Specific marking instructions for each question

Question		Expected answer(s)	Max mark	Additional guidance
1.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • vegetables can be added into soup which may be blended so that they are easier to eat for children • vegetables can be added to pizza toppings so making them more colourful/appealing to children • fruit can be made into a smoothie with less lumpy texture so children will be more likely to drink it • fruit can be added to baking/desserts so that children are encouraged to eat fruit in something they like/enjoy • fruit can be made into a fruit salad which is cut into small pieces so that it is easier to eat for children. <p>Or any other valid response.</p>	2	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the explanations given and the context of the question.</p> <p>Candidates should explain two relevant ways to encourage children to eat more fruit and vegetables.</p> <p>Award 1 mark for each relevant explanation of a practical way to encourage children to eat more fruit and vegetables.</p> <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • carbohydrate provides a source of energy/warmth/excess stored fat • vitamin B group releases energy from food/maintenance of the nervous system/cell production • calcium is required for the formation of strong bones/teeth/helps prevent osteoporosis • protein is required for the growth/repair/maintenance of body cells/secondary source of energy. <p>Or any other valid response.</p>	4	<p>Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order.</p> <p>Candidates should name two nutrients found in bread.</p> <p>Candidates should then give one function in the diet of each nutrient specified.</p> <p>Award 1 mark for each correct response.</p> <ul style="list-style-type: none"> • Award a maximum of 2 marks for correctly identified nutrients. • Award a maximum of 2 marks for correct function linked to each of the identified nutrients. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> reassures the ethical consumer that they are supporting low income workers/developing countries many Fair Trade foods are organic which may appeal to an environmentally aware consumer provides a fair wage for workers which will reassure an ethical consumer. <p>Or any other valid response.</p>	2	<p>Candidates should list a number of relevant items or facts. These must relate to connections between the consumer and reasons for choice of Fair Trade products.</p> <p>Candidates should give two relevant reasons why consumers may choose Fair Trade food products.</p> <ul style="list-style-type: none"> Award a maximum of 1 mark for each accurate reason. <p><i>(up to a maximum of 2 marks)</i></p>
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> to enforce the Food Safety Act to carry out routine checks of food premises to issue Improvement Notices if there are areas which require to be addressed to close down premises where there is a risk to health to investigate complaints about food hygiene to test suspect food to give advice to food premises owner/manager. <p>Or any other valid response.</p>	2	<p>Candidates should define or give an account of points which should relate to the duties of the Environmental Health Department.</p> <p>Candidates should describe two relevant duties of the Environmental Health Department in relation to food premises.</p> <ul style="list-style-type: none"> Award a maximum of 1 mark for each correct description related to different duties of the Environmental Health Department. <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
2.	(a)	<p>Possible candidate responses could include:</p> <p>Functions</p> <ul style="list-style-type: none"> • warmth • energy • source of fat soluble vitamins. <p>Food sources</p> <ul style="list-style-type: none"> • milk/cream/cheese/dairy products • red meat/beef/lamb/bacon/sausages • margarine • nuts. <p>Or any other valid response.</p>	2	<p>Candidates should name one function of fat.</p> <p>Candidates should name one food source of fat.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each correct response. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p>Energy</p> <ul style="list-style-type: none"> the man has more energy than he needs, which is not good as any extra will be converted to fat and he is already overweight the man has more energy than he needs, which is not good as it will make him more overweight the man's intake of energy is high, which is not good as he is unlikely to burn off the excess energy due to his sedentary occupation the man has more energy than he needs, which is not good as it will increase his weight further (1 mark) and so increase his blood pressure (additional mark for developed answer) the man has more energy than he needs, which is not good as it will increase his weight (1 mark) and so increase his risk of CHD/stroke (additional mark for developed answer). <p>Protein</p> <ul style="list-style-type: none"> protein intake is high which could be good, as he will get enough protein for repair and maintenance of body tissues the extra protein may not be beneficial, as it will be converted to fat and contribute to his weight gain. <p>Vitamin A</p> <ul style="list-style-type: none"> vitamin A intake is low which is not good as it may result in night blindness/poor eyesight in dim light. 	6	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided.</p> <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <p>Candidates should make comments on the suitability of aspects of the day's meals related to the individual in the case study.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of the intake of the specified nutrient includes an appropriate judgement on the suitability of this intake for the 51 year old man comments on the impact of this intake on the health of the 51 year old man. <p>Up to a maximum of 6 marks.</p> <ul style="list-style-type: none"> Award 1 mark for each relevant evaluation. Award a further mark for any evaluation that is developed. Award a maximum of four marks for accurate evaluative comments relating to four different aspects of the day's meals related to the individual in the case study. Award a maximum of two marks for developed evaluations linked to an identified aspect of the day's meals.

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Iron</p> <ul style="list-style-type: none"> iron intake is less than he needs, which is not good as he may feel tired the iron intake is less than he needs, which is not good as he may feel tired (1 mark) and be unlikely to exercise (additional mark for developed answer) iron intake is less than he needs, which may not be good, as he may suffer from anaemia. <p>Sodium</p> <ul style="list-style-type: none"> sodium intake is high, which is not good as this will further increase his blood pressure sodium intake is high, which is not beneficial as it will further increase his risk of CHD/stroke. <p>Fibre</p> <ul style="list-style-type: none"> fibre intake is low, which is not good as he may feel hungry and snack on foods which will increase his weight fibre intake is low, which is not beneficial as he may increase his risk of CHD/constipation/bowel disease. <p>Or any other valid response.</p>		<p>For example, candidates could provide <i>either</i>:</p> <ul style="list-style-type: none"> evaluative comments each linked to four different aspects of the man's meals (maximum of four marks) or three developed evaluative comments linked to three different aspects of the man's meals (maximum 2 marks per developed answer) or two evaluative comments each linked to two different aspects of the man's meals (maximum 1 mark per answer) plus two developed evaluative comments linked to two further aspects of the man's meals (maximum 2 marks per developed answer) <p style="text-align: right;"><i>(up to a maximum of 6 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • he works long hours so he may choose convenience foods which are quick to prepare/cook • to save preparation/cooking time, he may choose convenience foods which are often high in fat so he may put on more weight • to save preparation/cooking time, he may choose convenience foods which are often high in salt which will contribute to his high blood pressure • he works long hours so may snack frequently on high fat/high sugar foods, and so may put on more weight. <p>Or any other valid response.</p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between factors affecting his food choice and his long working hours.</p> <p>Candidates should explain two ways in which the man's working hours may influence his food choice.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
3.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> to identify if there is a gap in the market for the new fresh cream cakes to identify market trends for new fresh cream cakes to find if the new fresh cream cakes are likely to sell to find out the kind of people who might buy the new fresh cream cakes to help establish the price of the new fresh cream cakes in response to consumer suggestions for new fresh cream cakes to match a competitor's similar fresh cream cakes. <p>Or any other valid response.</p>	2	<p>Candidates should give two reasons. These should relate to the context of the question, by showing connections between each reason for carrying out market research and the development of the new fresh cream cakes.</p> <ul style="list-style-type: none"> Award a maximum of 1 mark for each accurate reason <p><i>(up to a maximum of 2 marks)</i></p>
	(b)	<p>Possible candidate responses could include:</p> <p>Cakes are too crisp around the edges when baked</p> <ul style="list-style-type: none"> oven temperature too high cakes too close to the side of the oven cakes too high in oven cakes baked for too long too much sugar. <p>The cakes have a dry, crumbly texture</p> <ul style="list-style-type: none"> insufficient liquid in mixture over baking oven temperature too high. 	3	<p>Candidates should define or give an account of points which must relate to the causes of the faults identified.</p> <p>Candidates should describe one relevant cause for cakes being too crisp around the edges.</p> <p>Candidates should describe one relevant cause for cakes having a dry, crumbly texture.</p> <p>Candidates should describe one relevant cause for cakes not rising enough.</p> <ul style="list-style-type: none"> Award a maximum of 1 mark for each correct description linked to the identified faults. <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
		<p>The cakes have not risen enough</p> <ul style="list-style-type: none"> • plain flour used • not enough raising agent • raising agent out of date/damp • mixture not beaten enough • oven temperature too low. <p>Or any other valid response.</p>		
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • stored in a refrigerator/out of the ‘danger zone’ to reduce bacterial growth • wrapped/in a container to prevent cross contamination • stored separately from unwrapped foods to prevent cross contamination • stored only until ‘use by date’ to ensure still safe to eat. <p>Or any other valid response.</p>	3	<p>Candidates should define or give an account of points which must relate to storage of the product to avoid food poisoning.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each correct description of a method of storage. <p><i>(up to a maximum of 3 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
(d)	<p>Possible candidate responses could include:</p> <p>Budget</p> <ul style="list-style-type: none"> • a student may have a limited budget and so may have their food choices limited to cheaper brands/own brand products/foods on special offer • a student on a limited budget should take advantage of special offers/foods in season to increase their choice of food • if the student has a high budget they will have more choices of food available to them. <p>Advertising</p> <ul style="list-style-type: none"> • a student may be encouraged to buy foods which they have seen advertised, regardless of whether or not they are the best choice for them • advertising could raise student's awareness of foods they had not tried, so may encourage them to buy • a student may choose foods that are advertised by a celebrity that they admire, as they are influenced by that person's views. <p>Or any other valid response.</p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the factors listed and consumers' food choice.</p> <p>Candidates should explain one way in which budget affects a student's food choice.</p> <p>Candidates should explain one way in which advertising affects a student's food choice.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
4.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> the person can place their order at a time that suits them, which is good, as they may not be able to visit the supermarket during opening hours the order can be delivered at a time that suits, which is good for the working person as they may not be able to accept deliveries during normal working hours there may be limited delivery times which would not be good for the working person, as they may not be able to select a suitable time there may be a delivery charge, which would not be good as this will increase the cost for the working person some goods ordered may be unavailable which may not be good, as the substitutes offered may not be suitable for the working person perishable goods may be close to their 'use by' date which would not be good for the working person as they may not be able to use the foods before they go out of date (1 mark) which could lead to food waste/food poisoning (additional mark for developed answer). <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to online shopping for a working person.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of a feature of online food shopping includes an appropriate judgement on the suitability of this feature for a working person comments on the impact of this feature for a working person. Award 1 mark for each accurate evaluative comment. Award a further mark for any evaluation that is developed. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p>Adaptation</p> <ul style="list-style-type: none"> • change streaky bacon for back bacon • trim excess fat off bacon • grill bacon instead of frying • replace cheddar cheese with edam/low fat cheddar • replace the white baguette with wholemeal/granary • increase the size of the baguette • increase amount of onion • add tomato/mushrooms. <p>Current dietary advice met</p> <ul style="list-style-type: none"> • reduces fat content so helps meet advice to eat less fat • reduce intake of fat/reduce fat intake to no more than 35% of total energy • reduces saturated fat content so helps meet advice to reduce intake of saturated fat • reduce saturated fat intake/reduce intake of saturated fat to no more than 11% of total energy • reduces amount of calories in the snack so helps meet advice to reduce calorie intake • increases amount of fibre so helps meet advice to increase intake of fibre/increase fibre intake to 30g per day • increases intake of bread/carbohydrate so helps meet advice to eat more Total Complex Carbohydrates • obtain calories from starchy carbohydrates/eat more bread • increases amount of vegetables so helps meet advice to eat more fruit and vegetables 	6	<p>Candidates should define or give an account of changes which could be made to the ingredients. Candidates should show connections between changes made and current dietary advice.</p> <ul style="list-style-type: none"> • Award 1 mark for each relevant change to the ingredients up to a total of 3 marks. • Award 1 mark for correctly linking each change to different relevant current dietary advice. <p style="text-align: right;"><i>(up to a maximum of 6 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
		<ul style="list-style-type: none"> increase intake of fruit and vegetables to 400g/per day/5 portions per day. <p>Or any other valid response.</p>		
5.	(a)	<p>Possible candidate responses could include:</p> <p>Concept generation</p> <ul style="list-style-type: none"> provides initial ideas for the new ready meal helps to establish if there is a gap in the market for the ready meal. <p>Prototype production</p> <ul style="list-style-type: none"> to find out if the new ready meal can be made at a cost at which it will sell/make a profit to allow improvements to be made to the ready meal so that it will sell better to decide on the viability of the ready meal. <p>Product testing</p> <ul style="list-style-type: none"> helps manufacturer to test the ready meal for appeal allows manufacturer to gain opinion of ready meal helps manufacturer to further refine ready meal to improve. <p>First production run</p> <ul style="list-style-type: none"> to test the production line to see if the new ready meal can be made successfully to check that the new ready meal is suitable for bulk production. 	4	<p>Candidates should identify two steps in the product development process and explain their role in the development of a new ready meal.</p> <p>Award 1 mark for each correct response.</p> <ul style="list-style-type: none"> Award a maximum of 2 marks for correctly identified steps in the product development process. Award a maximum of 2 further marks for valid explanations relating to each of the identified steps. <p><i>(up to a maximum of 4 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Marketing plan</p> <ul style="list-style-type: none"> • decisions will be taken on how the ready meal will be promoted/advertised to maximise sales • decisions will be taken on the price of the ready meal so that it is priced to sell well • decisions will be taken on how the ready meal will be packaged to attract consumer attention • decisions will be taken on positioning of the product (for sale) so that it may sell more product to increase sales. <p>Product launch</p> <ul style="list-style-type: none"> • ready meal is promoted to the market to maximize sales • allows the manufacturer to judge consumer response and amend aspects of the ready meal to increase sales. <p>Or any other valid response.</p>		

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • contains a variable selection of ready meals which will be good for the consumer as it will offer a choice of products • contains a variable range of ready meals which may not be good for the consumer as they may not like the products included • all produce is certified organic standard/Soil Association standards which is good for the consumer as they are reassured that the products are produced using organic farming methods • all meat and vegetables are locally produced which is good for a consumer who is concerned about food miles • there is a delivery charge, which may not be good as it will add to the cost of the meal box (1 mark) and may put it beyond the budget of some consumers/may not make the meal box good value for money (additional mark for developed answer) • delivery times are limited/during working hours which may not be good for a consumer who is not at home during these hours. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments linked to the meal box and a consumer.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of a feature of the meal box • includes an appropriate judgement on the suitability of this feature for a consumer • comments on the impact of this feature on the needs of a consumer. • Award 1 mark for each accurate evaluative comment. • Award a further mark for any evaluation that is developed. <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>(i) Best before</p> <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • this date will let consumers know by which date they should eat the frozen ready meal, to ensure it is of best quality • the frozen ready meal will still be safe to eat after this date, but the quality may be affected. <p>Use by</p> <p>(ii) Possible candidate responses could include:</p> <ul style="list-style-type: none"> • this is important to consumers so they know when food is safe to eat/to avoid the risk of food poisoning. <p>Or any other valid response.</p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the information on the food label and the importance to the consumer.</p> <p>Candidates should explain the importance of ‘Best before’ labelling to the consumer.</p> <p>Candidates should explain the importance of ‘Use by’ labelling to the consumer.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • UHT food products do not require refrigeration so may benefit the consumer with limited storage space within their refrigerator • UHT products have an extended shelf life so can be bought in bulk therefore saving the consumer time with less shopping trips required • UHT products can be cheaper therefore saving money for the consumer on a budget. <p>Or any other valid response.</p>	1	<p>Candidates should make one point that makes the relationship between things clear, for example by showing a connection between UHT food products and the benefit to the consumer.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for an accurate explanation. <p><i>(up to a maximum of 1 mark)</i></p>
6.	(a) (i)	<p>Dental caries</p> <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • practice good dental hygiene by brushing teeth twice a day to prevent the build-up of plaque which causes dental caries • reduce intake of free sugars which feed the bacteria in the mouth and create a build-up of plaque causing dental caries • reduce intake of sugary drinks/foods as sugar turns into acid in the mouth which will attack the enamel and cause dental caries. <p>Or any other valid response.</p>	4	<p>Candidates should make the relationship between things clear, for example by showing connections between the dietary disease and ways in which to prevent it.</p> <p>Candidates should explain two ways dental caries can be prevented.</p> <p>Candidates should explain two ways osteoporosis can be prevented.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation. <p><i>(up to a maximum of 4 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(ii)	<p>Osteoporosis</p> <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • have a diet high in calcium/calcium, phosphorous and Vitamin D to ensure bones stay strong and reduce chance of bones becoming brittle • exercise regularly to help to reduce the risk of osteoporosis as it helps to build up the strength of bones • do not smoke as the chemicals within tobacco reduce bone density and increase risk of osteoporosis. <p>Or any other valid response.</p>		
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • cook-chill foods require little/no preparation, so are quick/easy to use for the consumer • a wide range of cook-chill foods are available, so increasing consumer choice • many cook-chill foods are available in healthy options/low fat/low salt ranges, so allowing the consumer to make healthy choices. 	2	<p>Candidates should list relevant points which demonstrate the benefits to the consumer of using cook-chill foods.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate reason. <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <p>Colourings</p> <ul style="list-style-type: none"> • colourings can replace colour lost in processing, so improving the appearance of a product for the consumer • colourings can add colour to a product, making it more appealing to the consumer. <p>Preservatives</p> <ul style="list-style-type: none"> • preservatives slow down/prevent bacterial growth, making the product safe to eat for the consumer • preservatives slow down/prevent bacterial growth, reducing food waste for the consumer. <p>Or any other valid response.</p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the use of additives and benefits to the consumer.</p> <p>Candidates should explain one benefit of colourings to the consumer.</p> <p>Candidates should explain one benefit of preservatives to the consumer.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation. <p><i>(up to a maximum of 2 marks)</i></p>
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • Food Standards Scotland provides information on food safety which helps the consumer make informed choices • FSS provides information on healthy eating which helps the consumer make appropriate/good/healthy choices • FSS provides information on hygiene to businesses, which helps prevent the consumer suffering from food poisoning. <p>Or any other valid response.</p>	2	<p>Candidates must define or give an account of points which relate to the role of Food Standards Scotland in protecting the consumer.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each correct description. <p><i>(up to a maximum of 2 marks)</i></p>

[END OF SPECIMEN MARKING INSTRUCTIONS]

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Change since last published:

General Marking Principles updated