



National
Qualifications
SPECIMEN ONLY

S836/76/11

**Health and Food
Technology**

Date — Not applicable

Duration — 2 hours

Total marks — 60

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

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

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



* S 8 3 6 7 6 1 1 *



Question 1

(a) Explain how a diet high in fruit and vegetables can reduce the risk of each of the following dietary diseases:

- bowel disease
- obesity.

2

(b) Evaluate the suitability of modified atmosphere packaging (MAP) for fruit and vegetables.

3

(c) A nursery aims to meet the nutritional needs of the children.

Table 1 shows the Dietary Reference Values for 4 year-old males.

Dietary Reference Values for 4 year-old males				
Estimated average requirements	Reference Nutrient Intakes			
Energy (Kcal)	Vitamin B2 (mg)	Vitamin C (mg)	Calcium (mg)	Sodium (mg)
1386	0.8	30	450	700

The food intake of a four year-old boy includes the following snack.

<p>Snack</p> <p>Carrot and cucumber sticks with mini garlic bread and salsa dip glass of milk</p>
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Question 1 (continued)

Table 2 shows the dietary analysis of his food intake, including the snack.

Dietary analysis of the four year-old boy's food intake				
Estimated average requirements	Reference Nutrient Intakes			
Energy (Kcal)	Vitamin B2 (mg)	Vitamin C (mg)	Calcium (mg)	Sodium (mg)
1492	0.9	24	455	850

Analyse **three different** aspects of the boy's food intake shown in **Table 2**, in relation to the Dietary Reference Values (DRVs) for 4 year-old males shown in **Table 1**.

For each aspect you should include:

- a comment on the impact of his food intake in relation to the Dietary Reference Values
- a potential consequence for his health
- a conclusion about the contribution made by his snack to his food intake.

9

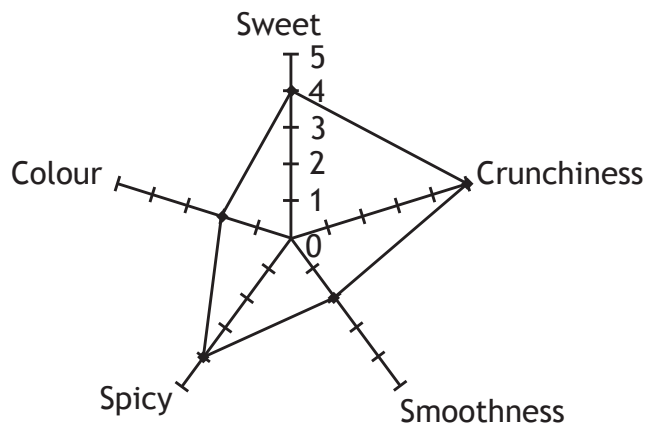
- (d) Explain the role of the Environmental Health Department in helping nursery staff reduce the risk of food poisoning.

2

Question 1 (continued)

(e) A food manufacturer is developing a salsa dip for children.

The star profile below shows the results of sensory testing of a prototype of the dip.



Key:	5 = very high
	4 = high
	3 = slightly high
	2 = low
	1 = very low

Evaluate the suitability of this dip for children.

4

Question 2

(a) Evaluate the use of each of the following methods of advertising for a newly opened café:

- leaflets
- radio advertising.

4

(b) Evaluate the impact of using organic ingredients in the café.

4

(c) Explain **two** ways that eating alternative proteins can contribute to a healthy diet.

2

Question 3

- (a) Explain why a manufacturer carries out the following stages of food product development when developing a new cupcake:
- prototype production
 - first production run.
- (b) Evaluate the use of additives in the cupcake.
- (c) Explain **two** ways that increasing the proportion of sugar in the cupcake mixture would affect the finished result.

4

4

2

Question 4

- (a) Evaluate ways the following meal could help a teenager to follow **five** different pieces of current dietary advice:
- beef burger with a wholemeal bun
 - seasoned chunky chips
 - cranberry juice.
- (b) Explain factors which could influence a teenager's choice of food.
- (c) Explain the interrelationship between calcium, phosphorus and vitamin D.

5

3

2

Question 5

- (a) Explain how each of the following organisations can support consumers:
- (i) Food Standards Scotland
 - (ii) Citizens Advice.
- (b) Evaluate the suitability of cook–chill foods for a person living on their own.
- (c) Explain **three** dietary factors which could increase the risk of coronary heart disease.

4

3

3

[END OF SPECIMEN QUESTION PAPER]



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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 Higher Health and Food Technology

Always apply these general principles. Use them in conjunction with the specific marking instructions, which identify the key features required in candidates' responses.

- (a) Always use positive marking. This means candidates accumulate marks for the demonstration of relevant skills, knowledge and understanding; marks are not deducted for errors or omissions.
- (b) If a candidate response does not seem to be covered by either the principles or detailed marking instructions, and you are uncertain how to assess it, you must seek guidance from your team leader.
- (c) Award marks only where responses relate to the question asked. If 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.

For explain questions candidates should make a number of points that relate to the cause and effect and/or make the relationship between things clear in the context of the question. They 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 of reason
- award a further mark for any accurate relevant point that is developed from the same reason.

Example question: Explain factors which could influence a teenager's choice of food.

Example answer: Teenagers tend to have a lower income, therefore they are more likely to choose foods which are cheaper in price. (1 mark for explanation linked to budget) However, cheaper food products are often higher in sugar, fat or salt, so can cause problems such as tooth decay. (1 additional mark for developed explanation linked to choice of cheaper foods)

For evaluate questions candidates should make a number of comments which make a judgement and determine the value of something based on the criteria provided in the question. They may provide a number of straightforward comments or a smaller number of developed comments, or a combination of these.

Up to the total mark allocation for this question:

- award 1 mark for each accurate, relevant evaluative comment linked to the context of the question
- award a further mark for any accurate, relevant evaluative comment that is developed from the same point of information.

Example question: Evaluate the impact of using organic ingredients in a café.

Example answer: Organic produce may have a shorter shelf life, which may be less beneficial as there may be more waste in the café (1 mark for evaluative comment) and if this happened regularly this could contribute to a loss of profits for the café. (additional mark for developed answer)

For analyse questions candidates should make a number of comments related to the context of the question. They should identify appropriate information from the given sources, the relationship between the identified information, and their significance when taken together.

Up to the total mark allocation for this question:

- award 1 mark for each explanation of the impact of one piece of information linked to the context of the question
- award a further mark for an explanation that is developed, to include the impact of a piece of information from a second source linked to the same identified piece of information

or

- award 2 further marks for an explanation that is developed to include the impact of further information from two further sources linked to the same identified piece of information.

Example question: A 35 year-old man is training for a marathon. Analyse aspects of his diet in relation to the Dietary Reference Values for 19-50 year-old males.

Example answer: His energy intake is higher than he requires, this could help him when he is training. (1 mark for explanation of the impact of the nutrient intake linked to the DRV)
This will prevent him from getting tired. (1 mark for possible consequence of the nutrient intake on health)

The wholemeal pasta will provide carbohydrates which will contribute to his energy intake. (1 mark for conclusion about the contribution made by his lunch)

Marking instructions for each question

Question		Expected response	Max mark	Additional guidance
1.	(a)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • fruit and/or vegetables contain dietary fibre making faeces soft and bulky so reduce the risk of bowel disease • many fruits have a high water content which binds with dietary fibre so reducing the risk of bowel disease • fruit and/or vegetables are low in energy so would not provide extra calories so reducing the risk of obesity • fruit and/or vegetables contain dietary fibre which gives a feeling of fullness so would help prevent snacking on high fat or sugary foods which could lead to obesity. <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 a high intake of fruit and vegetables and a reduction in the risk of suffering from the listed dietary diseases.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for an accurate relevant explanation linked to bowel disease. • Award a maximum of 1 mark for an accurate relevant explanation linked to obesity. <p><i>(up to a maximum of 2 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • a range of ready-prepared fruits and vegetables can be bought in MAP. This could be suitable as little preparation would be needed therefore saving time • the shelf life of fruit and vegetables which use MAP can be extended without the use of additives. This could be suitable as consumers may be sensitive/allergic to some additives • the shelf life can only be extended for good-quality fruit and vegetables which are packaged using MAP. This might be less suitable as it may increase the cost of the fruit and vegetables (1 mark for evaluative comment) and may be too expensive for consumers on a lower budget (additional mark for developed answer) • most fruit and vegetables that use MAP require additional packaging. This may be less suitable for the consumers if they are concerned about the environment as this will increase waste. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the suitability of MAP for packaging fruit and vegetables.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of a feature of MAP for fruit and vegetables • includes an appropriate judgement on the suitability of this feature for packaging fruit and vegetables • comments on the impact of this feature for a consumer. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <ul style="list-style-type: none"> • Award 1 mark for each relevant evaluation. • 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 response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Aspect of the diet: energy</p> <ul style="list-style-type: none"> the energy intake is too high for the boy. This could make him overweight/obese (1 mark for explanation of the impact of his energy intake linked to the DRV) this could increase his risk of type 2 diabetes in later life (1 mark for possible consequence of his energy intake on his health) the garlic bread will be high in carbohydrate/fat so this will contribute to his high energy intake (1 mark for conclusion about the contribution made by the snack) <p>Aspect of the diet: vitamin C</p> <ul style="list-style-type: none"> the vitamin C intake is too low for the boy. The vitamin C could be used to absorb iron. As the intake is low, the iron in the diet may not be absorbed (1 mark for explanation of the impact of his vitamin C intake in relation to the DRV) this low intake could increase the risk of the boy becoming anaemic (1 mark for possible consequence of his vitamin C intake on his health) the salsa will contain vitamin C, which is contributing to his limited vitamin C intake (1 mark for conclusion about the contribution made by the snack) 	9	<p>Candidates should make a number of comments related to the 4 year-old boy's diet. They should identify appropriate information from Table 1, Table 2 and the snack; the relationship between this information; and their significance when analysed together.</p> <p>For each of the three identified aspects of the boy's diet/nutrients in relation to the DRVs:</p> <ul style="list-style-type: none"> award 1 mark for explaining the impact of different aspects of the boy's diet in relation to the DRVs award 1 mark for explaining the possible consequences for the boy's health award 1 mark for reaching a conclusion about the contribution made by the snack to the boy's diet. <p style="text-align: right;"><i>(up to a maximum of 9 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
	<p>Aspect of the diet: sodium</p> <ul style="list-style-type: none"> • the sodium intake is too high for the boy. This could raise his blood pressure (1 mark for explanation of the impact of his sodium intake linked to the DRV) • raised blood pressure could lead to increased risk of stroke in later life (1 mark for possible consequence of high sodium intake on his health) • the garlic bread is high in salt which will contribute to his high sodium intake (1 mark for conclusion about the contribution made by the snack) <p>Aspect of the diet: vitamin B2</p> <ul style="list-style-type: none"> • the vitamin B2 intake is slightly higher than the boy requires – this will help him release energy from his food (1 mark for explanation of the impact of the nutrient intake linked to the DRV) • he will not get tired easily while playing at nursery (1 mark for possible consequence of the nutrient intake on health) • the garlic bread will help to contribute to his good vitamin B2 intake (1 mark for conclusion about the contribution made by the snack) 		

Question			Expected response	Max mark	Additional guidance
			<p>Aspect of the diet: calcium</p> <ul style="list-style-type: none"> • the calcium intake is slightly higher than the boy requires. This will help with the development of healthy bones and teeth (1 mark for explanation of the impact of the nutrient intake linked to the DRV) • this intake means his bones and teeth will be strong and he is at less risk of osteoporosis in later life (1 mark for possible consequence of the nutrient intake on health) • the milk will help to contribute to his good calcium intake. (1 mark for conclusion about the contribution made by the snack) <p>Or any other valid response.</p>		

Question		Expected response	Max mark	Additional guidance
	(d)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> the EHD may offer advice to the nursery staff about safe storage of food. This would ensure all food was stored correctly and help to reduce the risk of food poisoning the EHD may offer staff training to ensure that all nursery staff involved in handling food can do so safely which would help to reduce the risk of food poisoning the EHD may look at food preparation practices in the nursery and suggest improvements to help reduce the risk of food poisoning. <p>Or any other valid response.</p>	2	<p>Candidates should make a number of points that make the issue clear by explaining the role of the EHD when helping the nursery reduce the risk of food poisoning.</p> <ul style="list-style-type: none"> Award 1 mark for each accurate, relevant interpretation of a point of knowledge related to the role of the EHD in helping the nursery staff reduce the risk of food poisoning. <i>(up to a maximum of 2 marks)</i>

Question	Expected response	Max mark	Additional guidance
(e)	<p>Possible responses could include:</p> <p>crunchiness 5 (very high)</p> <ul style="list-style-type: none"> the dip has been given a very high rating for crunchiness. This may indicate the salsa has crunchy pieces of food which may not be suitable as it would be unappealing to children as they may prefer smooth textures <p>colour 2 (low)</p> <ul style="list-style-type: none"> the dip has been given a low rating for colour. This may make the dip unattractive to children as it suggests the dip will lack colour (1 mark for evaluative comment) therefore children who do not eat/like fruit and vegetables may not be encouraged to try it as it looks unappealing (additional mark for developed answer) <p>sweetness 4 (high)</p> <ul style="list-style-type: none"> the salsa has been given a high rating for sweetness. This may be suitable as it may encourage children to eat it as many children like sweet foods <p>smoothness 2 (low)</p> <ul style="list-style-type: none"> the salsa has been given a low rating for smoothness. This may not be suitable as this suggests the salsa is lumpy, which may be unappealing to children as they tend to prefer foods which are smooth 	4	<p>Candidates should make a number of evaluative comments on the suitability of the salsa dip for children.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of the rating relating to the salsa dip includes an appropriate judgement on the suitability of the salsa dip for children comments on the impact of appeal to children. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</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 2 marks for developed evaluations linked to the same attribute. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question			Expected response	Max mark	Additional guidance
			<p>spicy 4 (high)</p> <ul style="list-style-type: none"> the salsa has been given a high rating for spiciness. This may not be suitable as children may not like food which is too spicy for them. <p>Or any other valid response.</p>		

Question		Expected response	Max mark	Additional guidance
2.	(a)	<p>Possible responses could include:</p> <p>leaflets</p> <ul style="list-style-type: none"> • this may be effective as leaflets advertising the café could be put through local doors which may encourage people to try the café. (1 mark for evaluative comment) However, the leaflets may be treated as junk mail and consumers may not look at them (additional mark for developed answer) • leaflets may be an inexpensive way to promote the café menu which would be good as it may not have a large budget for advertising • leaflets can be left in a number of places such as local attractions so they could be picked up by a wide variety of consumers which may be a benefit as this may encourage more consumers to try the café • the items/menu being advertised on the leaflet may not be of interest to the consumer so the leaflet would not encourage them to visit the café. Therefore it would not have an impact on sales 	4	<p>Candidates should make a number of evaluative comments related to the suitability of the methods of advertising for the café.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of a fact related to the identified method of advertising • includes a judgement on the suitability of using the identified method of advertising • comments on the impact of using the identified method of advertising for the café sales/consumer choice. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</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 3 marks for evaluations linked to any one method of advertising. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
	<p>radio advertising</p> <ul style="list-style-type: none"> • radio can be used locally. This might be suitable as it makes it easy to target consumers in the area where the café is situated (1 mark for evaluative comment) however people visiting the area may not listen to the local radio so would miss out on hearing about the café (additional mark for developed answer) • radio adverts are repeated on a regular basis throughout the day. This could be very effective as consumers listening at different times of the day will still be exposed to the advert and it may therefore encourage people to try the café • some consumers may not listen to the radio. This may make it unsuitable as they will not be exposed to the advert so this would be ineffective in increasing sales or encouraging people to visit the café • advertising on radio may be expensive for the café owners so may not be suitable as the cost may not be recouped in increased sales • products being advertised in this way cannot be seen by the consumers so may not encourage consumers to try the product, making this ineffective. <p>Or any other valid response.</p>		

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • including organic produce may be beneficial as it may appeal to ethically/environmentally aware consumers and therefore increase sales • there is a wide range of produce available, so more beneficial for the café as consumers may be able to get dishes that they like in the café, therefore increasing sales • organic produce may have a shorter shelf life, which may be less beneficial as there may be more waste for the café. (1 mark for evaluative comment) If this happened regularly, this could contribute to a loss of profits for the café (additional mark for developed answer) • organic produce may be more expensive, therefore it may be less beneficial as costs would increase for the consumer and may put people off going to the café • sourcing a wide range of organic ingredients for the café may be difficult, therefore less beneficial as there would be less choice on the menu. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments related to the impact of using organic ingredients in a café.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of using organic ingredients • includes a judgement on the suitability of using organic ingredients • comments on the impact of using organic ingredients in the café. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</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 2 marks for developed evaluations linked to the same identified aspect of using organic ingredients in a café. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • alternative proteins (for example TVP/Quorn/tofu/beans) are a good source of protein and when consumed as part of a healthy diet will aid growth, repair and maintenance of body cells • alternative proteins are low in fat, so when consumed as part of a healthy diet will lower total fat intake and help meet current dietary advice/prevent CHD/obesity • alternative proteins such as beans or cereals are high in dietary fibre, so when consumed as part of a healthy diet will reduce constipation/bowel disorders. <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 how eating alternative proteins can contribute towards a healthy diet.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate relevant explanation. <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
3.	(a)	<p>Possible responses could include:</p> <p>prototype production</p> <ul style="list-style-type: none"> • a manufacturer would produce a prototype of the new cupcake to ensure it does not need further development • a manufacturer could measure the new cupcake against the specification to see if the cupcake needs to be modified to meet the brief. (1 mark for explanation) The cupcake could be further refined at this stage if it did not meet the needs of the brief (additional mark for developed explanation) <p>first production run</p> <ul style="list-style-type: none"> • a manufacturer could find out whether the new cupcake meets the quality standards required so they could further modify the product if required • a manufacturer could make changes to the cupcake recipe at this stage to save money at later stages. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the stages of food product development and developing a new cupcake.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate, relevant explanation linked to one of the identified stages in development of the new cupcake. • Award a further mark for an explanation that is developed. • Award a maximum of 3 marks for explanations linked to any one stage of food product development. <p><i>(up to a maximum of 4 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible responses could include:</p> <p>preservatives</p> <ul style="list-style-type: none"> • a small amount of salt (or any other appropriate preservative) may be added when baking the cupcakes which may extend the shelf life of the cupcakes. This is good as it reduces waste • if salt (or any other appropriate preservative) is used when baking the cupcakes it may affect the flavour, which may not be good as it may make it unappealing to consumers <p>sweeteners</p> <ul style="list-style-type: none"> • sweeteners can be used to enhance the flavour of the cupcakes without additional calories being added which would benefit consumers who are on a weight reduction diet. (1 mark for evaluative comment) However, some consumers may be concerned about use of artificial sweeteners so may avoid products using them (additional mark for developed answer) • cupcakes baked using sweeteners may not be as aesthetically appealing as the sweetener may not give a golden top so they may be rejected by the consumer 	4	<p>Candidates should make a number of evaluative comments related to the use of additives in the new cupcake.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of the use of food additives • includes a judgement on the suitability of using the food additives in the cupcake • comments on the impact of using the food additives on consumer choice. <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 3 marks for evaluations linked to any one type of food additive. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
	<p>flavourings</p> <ul style="list-style-type: none"> • flavourings can be used to add a variety of different flavours to the cupcakes which is good as this will increase choice for consumers • some natural flavourings are expensive which may be less suitable for using in cupcakes as increased costs could be passed on to the consumer <p>colourings</p> <ul style="list-style-type: none"> • using colours when making the cupcakes could make them look attractive and encourage consumers to try them • some people are sensitive to some colourings so adding colourings to the cupcakes makes them unsuitable for certain groups of consumers. This would reduce choice for those groups. <p>Or any other valid response.</p>		

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • if too much sugar is added then a hard, sugary crust will form on top of the cupcakes when baked which will result in an unwanted crunchy texture • if too much sugar is added then this may result in coarse-grained cupcakes with an unpleasant texture • if too much sugar is added, the structure of the cupcakes may collapse and the cupcake will be inedible. <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 increasing the proportion of sugar in the cupcake mixture and the result on the baked product.</p> <ul style="list-style-type: none"> • Award 1 mark for each relevant explanation. <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
4.	(a)	<p>Possible responses could include:</p> <p>burger</p> <ul style="list-style-type: none"> if the burger has been grilled, fat would drip off, this would be good for the teenager and will help them to meet the current dietary advice of reducing average intake of total fat to no more than 35% food energy the burger will contain red meat, therefore this would not help teenagers to meet the current dietary advice of consuming no more than 90g of red meat/processed meat per day <p>wholemeal bun</p> <ul style="list-style-type: none"> the wholemeal bun will contain fibre, this is good as it will help the teenager to meet the current dietary advice of increasing fibre for teenagers (16+) to 30g per day <p>seasoned chunky chips</p> <ul style="list-style-type: none"> the seasoned chips will contain herbs/spices instead of salt, this is good as it will help the teenager to meet the current dietary advice of reducing salt intake to 6g per day 	5	<p>Candidates should make a number of evaluative comments related to the teenager and the suitability of the meal in relation to different pieces of current dietary advice.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of the ingredients in relation to current dietary advice includes a judgement on the suitability of the meal for the teenager comments on the suitability of the meal for meeting the current dietary advice. <p>• Award 1 mark for each relevant evaluation linked to different pieces of dietary advice.</p> <p style="text-align: right;"><i>(up to a maximum of 5 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
	<p>cranberry juice</p> <ul style="list-style-type: none"> • cranberry juice will contain a portion of fruit therefore helping the teenager to meet the current dietary advice of increasing fruit and vegetable intake to at least 400g per day/at least five portions per day • cranberry juice may contain added sugar, this will not help the teenager to meet the current dietary advice of making sure that their intake of free sugars does not exceed 5% of total energy. <p>Or any other valid response.</p>		

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • peer pressure may influence teenagers as they may choose food to be the same as their friends/not wanting to be different/feeling part of a group, they may choose unhealthy/healthy options to fit in • teenagers have a very definite idea about what they like and don't like and will therefore choose their food accordingly • teenagers' budget may be limited and they will choose foods which they can afford, which will restrict their choice • lifestyle can affect teenagers' food choice as they are often busy and so will choose to eat snacks rather than a full meal to save time. (1 mark for evaluative comment) This can mean that they make poor food choices which can affect their health. (additional mark for developed answer) <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the factors and how they could influence choice of food for a teenage consumer.</p> <ul style="list-style-type: none"> • Award 1 mark for each correct explanation related to a different factor, linking to teenage consumers. • Award a further mark for an explanation that is developed. • Award a maximum of 2 marks for responses linked to any one factor. <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • calcium works with phosphorus to form/harden bones/teeth by forming calcium phosphate • vitamin D aids the absorption of calcium into the bones/teeth so strengthening them • vitamin D is required to be present in the intestine to aid the absorption of calcium and without it we could not make use of the calcium in our food. <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 different nutrients and their functions when they work together.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate relevant explanation. <p><i>(up to a maximum of 2 marks)</i></p>

Question			Expected response	Max mark	Additional guidance
5.	(a)	(i)	<p>Possible responses could include:</p> <p>Food Standards Scotland</p> <ul style="list-style-type: none"> • Food Standards Scotland can help support consumers by providing information such as hygiene ratings for local restaurants – this will allow consumers to make informed choices over which restaurants to visit • Food Standards Scotland provides information on healthy eating which helps consumers make healthy food choices in and out of the home • Food Standards Scotland can give advice on food safety to the public therefore raising awareness of food safety and helping to educate consumers. (1 mark for explanation) This will help reduce incidences of food poisoning if the advice is acted on (additional mark for developed response) <p>(ii) Citizens Advice</p> <ul style="list-style-type: none"> • Citizens Advice can help support consumers by providing information to solve problems with goods or services • Citizens Advice can help to support consumers by providing free and confidential advice and information • Citizens Advice can direct consumers to other agencies who may be able to offer more specialist support. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between each consumer organisation and how they can support consumers.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate relevant explanation linked to the support offered by one of the identified consumer organisations. • Award a further mark for any explanation that is developed. • Award a maximum of 3 marks for explanations linked to any one consumer organisation. <p><i>(up to a maximum of 4 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • there are many cook-chill foods available on the market which is good because it will add variety to their diet • some cook-chill foods follow current dietary advice – this is good as it allows the person living alone to make healthier choices • some cook-chill foods are available in single portions which is good for the person living alone, helping them to avoid wastage of food • some cook-chill foods may be cheaper than purchasing individual ingredients - this is good for the person living alone as some may be on a low budget • cook-chill foods can be expensive which may not be good for the person living alone as some may be on a low budget • cook-chill foods may be high in fat/salt/sugar – this is bad as it contributes to obesity/hypertension/ dental caries for a person living alone • these may be high in salt – this is bad for the person living alone as it could lead to hypertension (1 mark for evaluative comment) leading to a stroke in later life. (additional mark for developed answer) <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the suitability of cook-chill foods for a person living alone.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of cook-chill foods • includes a judgement on the suitability of cook-chill foods • comments on the impact on the needs of the person living alone. <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 2 marks for developed evaluations linked to the same aspect of cook-chill foods. <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • if a person consumes more energy in a day's intake than their output, the excess energy will be stored as fat leading to obesity, which can eventually lead to Coronary Heart Disease (CHD) • due to a lack of consumption of foods high in dietary fibre/total complex carbohydrates, a person may snack on high fat/sugar foods increasing energy intake, which will be stored as fat leading to CHD • if takeaways/fast food meals are consumed regularly these can be high in carbohydrate/fat which could lead to CHD. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the dietary factor and CHD.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate relevant explanation related to a different dietary factor. <p><i>(up to a maximum of 3 marks)</i></p>

[END OF SPECIMEN MARKING INSTRUCTIONS]

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Change since last published:

Change to star profile key for Question 1e