

FOR OFFICIAL USE

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Total Marks

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**X118/11/01**

NATIONAL QUALIFICATIONS 2014  
FRIDAY, 2 MAY  
1.00 PM – 2.30 PM

HOME ECONOMICS  
HEALTH AND FOOD  
TECHNOLOGY  
INTERMEDIATE 2

Fill in these boxes and read what is printed below.

Full name of centre

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Town

--

Forename(s)

--

Surname

--

Date of birth

Day    Month    Year

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Scottish candidate number

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Number of seat

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- 1 Try to answer every question in this paper.
- 2 Read the whole of each question carefully before you answer it.  
Remember that some questions have an element of choice in them.  
The breakdown of Knowledge and Understanding (**KU**), Drawing Conclusions (**DC**) and Evaluation (**EV**) marks are indicated beside each question.
- 3 Write your answers in the spaces provided.
- 4 Additional lines at the end of the booklet can be used if more space is required for answers or if you need to do any rough work.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper.



Marks

1. (a) For **each** of the following nutrients state:

- (i) **one** function
- (ii) **two different** food sources.

**Carbohydrate**

Function \_\_\_\_\_ 1 KU

Food source 1 \_\_\_\_\_ 1 KU

Food source 2 \_\_\_\_\_ 1 KU

**Iron**

Function \_\_\_\_\_ 1 KU

Food source 1 \_\_\_\_\_ 1 KU

Food source 2 \_\_\_\_\_ 1 KU

(b) State **two** ways of preventing high blood pressure.

1 \_\_\_\_\_ 1 KU

2 \_\_\_\_\_ 1 KU

## 1. (continued)

Marks

(c) An active 9 year old boy has the following day's meals.

Taking account of the Dietary Reference Values (DRVs) for a boy aged 7-10 years, evaluate the suitability of his day's meals.

<b>Dietary Reference Values for a boy aged 7-10 years</b>					
<i>Estimated Average Requirements</i>	<i>Reference Nutrient Intake</i>				
<i>Energy (MJ)</i>	<i>Protein (g)</i>	<i>Vitamin B Thiamine (mg)</i>	<i>Vitamin C (mg)</i>	<i>Calcium (mg)</i>	<i>Iron (mg)</i>
8.24	28.3	0.70	30	550	8.7

<b>Dietary Analysis of the boy's meals</b>					
<i>Estimated Average Requirements</i>	<i>Reference Nutrient Intake</i>				
<i>Energy (MJ)</i>	<i>Protein (g)</i>	<i>Vitamin B Thiamine (mg)</i>	<i>Vitamin C (mg)</i>	<i>Calcium (mg)</i>	<i>Iron (mg)</i>
7.27	24.1	0.20	32	565	6.5

Evaluation 1 \_\_\_\_\_

\_\_\_\_\_

1 EV

Evaluation 2 \_\_\_\_\_

\_\_\_\_\_

1 EV

Evaluation 3 \_\_\_\_\_

\_\_\_\_\_

1 EV

Evaluation 4 \_\_\_\_\_

\_\_\_\_\_

1 EV




Marks

2. (a) The producer of a television baking competition needs to provide food mixers for the contestants to use.

The food mixer must:

- make large quantities at one time
- be able to make a wide range of products
- be easy to clean.

Study the information about food mixers shown below and choose the **most suitable** food mixer for the television producer to buy for the contestants to use.

Information about food mixers		
Food mixer A	Food mixer B	Food mixer C
 <ul style="list-style-type: none"> <li>• Power 850 W</li> <li>• Bowl capacity 2.0 litres</li> <li>• 3 Speeds</li> <li>• Glass bowl available</li> <li>• Easy clean bowl</li> </ul> <p>Attachments:</p> <ul style="list-style-type: none"> <li>• Balloon whisk</li> <li>• Dough hooks</li> <li>• Liquidiser</li> </ul>	 <ul style="list-style-type: none"> <li>• Power 900 W</li> <li>• Bowl capacity 2.5 litres</li> <li>• Variable Speeds</li> <li>• Extra bowls available</li> <li>• Dishwasher safe bowl</li> </ul> <p>Attachments:</p> <ul style="list-style-type: none"> <li>• Beaters</li> <li>• Citrus press</li> <li>• Liquidiser</li> </ul>	 <ul style="list-style-type: none"> <li>• Power 900 W</li> <li>• Bowl capacity 3.0 litres</li> <li>• Variable Speeds</li> <li>• Glass bowl</li> <li>• Bowl and attachments dishwasher safe</li> </ul> <p>Attachments:</p> <ul style="list-style-type: none"> <li>• Beaters</li> <li>• Balloon whisk</li> <li>• Dough hooks</li> </ul>

Tick (✓) **one** of the boxes below to indicate your choice.

Food mixer A  Food mixer B  Food mixer C

1 DC

*Marks*

**2. (a) (continued)**

Give **three** reasons for your choice.

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**1 DC**

Reason 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**1 DC**

Reason 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**1 DC**

**[Turn over**

Marks

2. (continued)

(b) The judge on the programme has made the following comments about the cakes made by the contestants:

Cake A - has not risen enough	<input type="checkbox"/>
Cake B - fruit has sunk to the bottom	<input type="checkbox"/>
Cake C - is crispy round the edges	<input type="checkbox"/>
Cake D - has sunk in the middle	<input type="checkbox"/>

For **two** of the comments, explain why each may have happened.

Put the numbers **1 and 2** in the boxes to indicate your choice.

Explanation 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Explanation 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

(c) State **two** points of information required by law that must be listed on a food label.

Information 1 \_\_\_\_\_

1 KU

Information 2 \_\_\_\_\_

1 KU

Marks

2. (continued)

(d) Explain the importance of **two** of the following principles of design when developing food products.

Hygiene       Aesthetics       Quality       Function

Place the numbers **1 and 2** in the boxes to indicate your choice.

Explanation 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Explanation 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

(e) Explain why a cake manufacturer would use **each** of the following methods of production.

Job production \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Continuous flow production \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

[Turn over

*Marks*

3. (a) Explain how **each** of the following factors could influence a consumer's choice of food.

Advertising \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Peer pressure \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Religious beliefs \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Environmental issues \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU






**[Turn over for Question 3 (b) on *Page ten***

3. (continued)

(b) A busy family with three teenage children and limited storage space want to buy a food steamer.

They would like to cook a variety of foods at the same time.

Study the information about steamers shown below and choose the **most suitable** food steamer for the family.

Information about food steamers		
Food steamer A	Food steamer B	Food steamer C
		
<ul style="list-style-type: none"> <li>• 3 × 3 litre steaming baskets</li> <li>• 1.5 litre water capacity</li> <li>• 60 minute digital timer</li> <li>• Boil dry warning buzzer</li> <li>• Includes rice bowl</li> <li>• Baskets can be stored inside each other</li> </ul>	<ul style="list-style-type: none"> <li>• 2 × 3 litre steaming baskets</li> <li>• 1 litre water capacity</li> <li>• 30 minute mechanical timer</li> <li>• Water level indicator</li> <li>• Power on indicator</li> <li>• Separates for storage</li> </ul>	<ul style="list-style-type: none"> <li>• 4 × 2 litre steaming baskets</li> <li>• 1.3 litre water capacity</li> <li>• 60 minute digital timer</li> <li>• Removable water tank</li> <li>• Power on indicator</li> <li>• Storage box</li> </ul>

Tick (✓) **one** of the boxes below to indicate your choice.

Food steamer A       Food steamer B       Food steamer C       **1 DC**

Marks

3. (b) (continued)

Give **three** reasons for your choice.

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

Reason 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

Reason 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

(c) The following labels may be found on the food steamers.

Identify **one** of the labels and explain **one** point of information it gives the consumer.

Tick (✓) **one** of the boxes below to indicate your choice.



Label 1

Label 2

Name of label \_\_\_\_\_

1 KU

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

*Marks*

**3. (continued)**

(d) State **two** lifestyle factors **other than diet**, necessary for good health.

Lifestyle factor 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lifestyle factor 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**1 KU**

**1 KU**

Marks

4. (a) An athlete who is training for the Commonwealth Games wants a sports drink to drink during and after training sessions.

Evaluate the suitability of **one** of the sports drinks shown below for the athlete.

Information about sports drinks		
	Sports drink A	Sports drink B
Type of drink	still	carbonated
Contains	glucose, sucrose, caffeine, natural flavours	aspartame, glucose, dextrose, no artificial colours
Volume	250 mls	330 mls
Container	glass bottle with resealable cap	plastic bottle with sports cap
Flavours	2	4

Tick (✓) **one** of the boxes below to indicate your choice.

Product A  Product B

Evaluation 1 \_\_\_\_\_

\_\_\_\_\_

1 EV

Evaluation 2 \_\_\_\_\_

\_\_\_\_\_

1 EV

Evaluation 3 \_\_\_\_\_

\_\_\_\_\_

1 EV

Evaluation 4 \_\_\_\_\_

\_\_\_\_\_

1 EV

4. (continued)

(b) A catering company has been asked by the organisers of the Commonwealth Games to supply a “Meal Deal” for children to be sold at the Games.

The organisers have given the catering company the following brief.

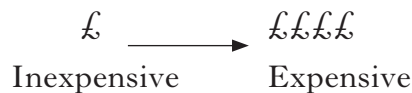
The “Meal Deal” must be:

- low cost
- healthy
- environmentally friendly.

Study the information about “Meal Deals” shown below and choose the **most suitable** for the catering company to supply.

Information about “Meal Deals”			
	Meal Deal A	Meal Deal B	Meal Deal C
<b>Food Content</b>	<ul style="list-style-type: none"> <li>• Chicken with mayonnaise wrap</li> <li>• Carton of orange drink</li> <li>• Tub of apple slices</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese and pickle on granary roll</li> <li>• Bottle of flavoured water</li> <li>• Packet of low fat crisps</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken with tomato on wholegrain bread</li> <li>• Carton of fresh orange juice</li> <li>• Tub of grapes</li> </ul>
<b>Packaging</b>	Polythene carry bag	Cardboard box	Cardboard carry bag
<b>Cost</b>	££	£	£

**Key:**



Tick (✓) **one** of the boxes below to indicate your choice.

Meal Deal A

Meal Deal B

Meal Deal C

**1 DC**

Marks

4. (b) (continued)

Give **three** reasons for your choice.

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

Reason 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

Reason 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

(c) Identify **four** techniques the catering company could use to promote sales of the “Meal Deal” at the Commonwealth Games.

Technique 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Technique 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Technique 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Technique 4 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

*Marks*

5. (a) State **three** Scottish dietary targets.

Describe a **different** practical way of meeting each target.

Dietary target 1 \_\_\_\_\_

1 KU

Practical way \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Dietary target 2 \_\_\_\_\_

1 KU

Practical way \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

Dietary target 3 \_\_\_\_\_

1 KU

Practical way \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU



**[Turn over for Question 5 (b) on *Page eighteen***

## 5. (continued)

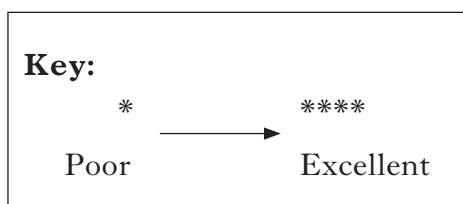
(b) A school canteen supervisor wants to introduce a range of frozen desserts.

The dessert must:

- appeal to pupils
- be easy to portion
- be able to be served from frozen.

Study the information about frozen desserts shown below and choose the **most suitable** dessert for the canteen supervisor to put on the menu.

Information about frozen desserts				
Dessert	Flavours available	Appearance of dessert	Pack details	Serving instructions
A	<ul style="list-style-type: none"> <li>• vanilla</li> <li>• toffee</li> <li>• mint</li> </ul>	****	<ul style="list-style-type: none"> <li>• 10 desserts per pack</li> <li>• Each pack contains one flavour</li> </ul>	Cut each dessert into 12 portions while frozen. Serve from frozen.
B	<ul style="list-style-type: none"> <li>• chocolate</li> <li>• strawberry</li> <li>• vanilla</li> </ul>	****	<ul style="list-style-type: none"> <li>• Each flavour can be ordered individually</li> <li>• Individually wrapped</li> </ul>	Remove packaging. Serve from frozen.
C	<ul style="list-style-type: none"> <li>• banana</li> <li>• lemon</li> <li>• kiwi</li> </ul>	**	<ul style="list-style-type: none"> <li>• 50 desserts per pack of mixed flavours</li> <li>• Individually wrapped</li> </ul>	Remove packaging. Defrost in fridge for 1 hour before serving.



Tick (✓) **one** of the boxes below to indicate your choice.

Dessert A

Dessert B

Dessert C

1 DC

*Marks*

5. (b) (continued)

Give **three** reasons for your choice.

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

Reason 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

Reason 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 DC

(c) Name **one** Act that protects the consumer when buying food.

Explain **one** point of the Act.

Act \_\_\_\_\_

1 KU

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1 KU

[END OF QUESTION PAPER]



## ACKNOWLEDGEMENTS

Question 3(b) Food Steamer A – Image of Tefal food steamer is reproduced by kind permission of Tefal.

Question 3(b) Food Steamer B – Image of ACA food steamer.

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