

FOR OFFICIAL USE



National  
Qualifications  
2015

Mark

**X736/75/01**

**Health and Food  
Technology**

THURSDAY, 7 MAY

1:00 PM – 2:30 PM



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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 — 50**

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.



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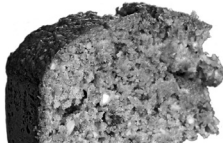

**Total marks — 50**  
**Attempt ALL questions**

**Question 1**

A busy cafe is keen to introduce nutritious home baked products to their customers.

- (a) They want to expand their range of healthy home baked cakes.

Consider all of the information shown in the table below and identify the most suitable home baked product.

Features	A	B	C
			
<b>Main ingredients</b>	rolled oats, golden syrup, butter, dried apricots, caster sugar	wholemeal self raising flour, carrots, sultanas, polyunsaturated margarine, soft brown sugar, eggs, cinnamon	Self raising flour, porridge oats, butter, sugar, eggs, yoghurt, flaked almonds
<b>Preparation time</b>	15 minutes	10 Minutes	25 minutes
<b>Eat within</b>	7-10 Days	7-10 Days	1-2 days
<b>Quantity</b>	10 Slices	16 Slices	10 Slices
<b>Cost to Make</b>	£2.87	£2.30	£3.14

- (i) Considering the features described in the table, identify the most suitable home baked product for the café.

1

Home Baked Product \_\_\_\_\_

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Question 1 (a) (continued)

(ii) Give **three** reasons for your choice, explaining why each is important for the busy café.

3

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[Turn over



Question 1 (continued)

- (b) State **one** function and **one** food source for each of the following nutrients.

4

Function of Vitamin B \_\_\_\_\_

\_\_\_\_\_

Food Source of Vitamin B \_\_\_\_\_

Function of carbohydrates \_\_\_\_\_

\_\_\_\_\_

Food Source of carbohydrates \_\_\_\_\_

- (c) Explain **two** benefits to health of increasing the intake of foods rich in Total Complex Carbohydrates.

2

1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



[Turn over for Question 2 on *Page six*

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**Question 2**

A 13 year old girl is a gymnast.

The table below shows daily Dietary Reference Values for females aged 11-14 years.

Dietary Reference Values for females aged 11-14 years					
Energy (MJ)	Protein (g)	Vitamin A (ug)	Iron (mg)	Vitamin C (mg)	Sodium (mg)
7.92	41.2	600	14.8	35	200

The table below shows the dietary analysis of a typical day's meal for the girl.

Dietary analysis of her typical days meals					
Energy (MJ)	Protein (g)	Vitamin A (ug)	Iron (mg)	Vitamin C (mg)	Sodium (mg)
7.13	43.6	520	6.7	37	160

- (a) Taking account of the Dietary Reference Values for females aged 11-14, evaluate the suitability of her typical days meals.

**6**

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Question 2 (a) (continued)

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(b) Give **two** reasons why drinking enough water would be important to the gymnast.

2

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

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

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(c) Explain how **each** of the following may affect a teenager's food choice.

2

Peer Pressure \_\_\_\_\_

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Religion \_\_\_\_\_

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Question 3

A supermarket wants to develop a new bread to sell.

- (a) Give **one** advantage and **one** disadvantage of market research. 2

Advantage \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Disadvantage \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- (b) Explain the importance of **each** of the following stages in product development. 2

Concept Screening \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Prototype Production \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- (c) Explain why strong flour is used in bread making. 1

\_\_\_\_\_  
\_\_\_\_\_

- (d) State **one** way of incorporating air into a product to be baked. 1

\_\_\_\_\_  
\_\_\_\_\_







Question 4

- (a) A new chocolate company has been set up.  
The company has a new cocoa product they want to trial.  
Identify **two** sensory tests and give a different reason why the company will carry out each test.

4

Test 1 \_\_\_\_\_

Reason \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Test 2 \_\_\_\_\_

Reason \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (b) Give **two** reasons why a consumer might choose Fairtrade products.

2

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

\_\_\_\_\_

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

\_\_\_\_\_



Question 4 (continued)

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(c) Explain the importance to the consumer of the following information found on a food label.

(i) Product name

1

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(ii) Weight of product

1

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(d) Name **two** consumer organisations which help to protect the consumer.

2

1 \_\_\_\_\_

2 \_\_\_\_\_

[Turn over



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Question 5 (continued)

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(b) Give **two** reasons why manufacturers package food.

2

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(c) Describe why **each** of the following types of food additives are beneficial.

(i) Preservatives

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(ii) Flavourings

2

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[END OF QUESTION PAPER]



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ADDITIONAL SPACE FOR ANSWERS

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Question 1(a) B haraldmuc/shutterstock.com

Question 1(a) C SASIMOTO/shutterstock.com

Question 5(a) studiogi/shutterstock.com



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