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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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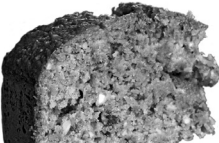

Total marks — 50
Attempt ALL questions

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
			
Main ingredients	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
Preparation time	15 minutes	10 Minutes	25 minutes
Eat within	7-10 Days	7-10 Days	1-2 days
Quantity	10 Slices	16 Slices	10 Slices
Cost to Make	£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 _____

MARKS

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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)

(b) Give **two** reasons why drinking enough water would be important to the gymnast. 2

Reason 1 _____

Reason 2 _____

(c) Explain how **each** of the following may affect a teenager’s food choice. 2

Peer Pressure _____

Religion _____



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 3 (continued)

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- (e) The supermarket offers a range of healthy sandwiches.
Evaluate the suitability of this sandwich for inclusion in the range.

Tuna
Sweetcorn
Low Fat Mayonnaise
White bread
Butter

4

[Turn over



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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 _____



MARKS

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Question 4 (continued)

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

(i) Product name

1

(ii) Weight of product

1

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

2

1 _____

2 _____

[Turn over



* X 7 3 6 7 5 0 1 1 1 *

Question 5

A school canteen is looking for new packaging for their range of cold pasta dishes.

- (a) Evaluate the suitability of the packaging shown below for the cold pasta dish to be sold in the school canteen.

Bio-degradable
Low cost
Rigid shape
Stackable
See through



4

Question 5 (continued)

MARKS

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

2

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

(i) Preservatives

2

(ii) Flavourings

2

[END OF QUESTION PAPER]



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ADDITIONAL SPACE FOR ANSWERS

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ADDITIONAL SPACE FOR ANSWERS

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