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National
Qualifications
2016

Mark

X736/75/01

**Health and Food
Technology**

THURSDAY, 2 JUNE

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.



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



Question 1

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

2

Function _____

Food Source _____

- (ii) State **one** function and **one** food source of Vitamin D.

2

Function _____

Food Source _____

- (b) Name a dietary disease linked to a high sodium diet.

1



* X 7 3 6 7 5 0 1 0 2 *

Question 1 (continued)

- (c) A beach café wishes to adapt the following best-selling dish to help meet current dietary advice.



Identify **two** different pieces of current dietary advice.

For each one identified describe **one** way to adapt the recipe to help meet the advice given.

4

Dietary advice 1 _____

Adaptation _____

Dietary advice 2 _____

Adaptation _____

- (d) Name an organisation that protects the consumer when buying food.

1

[Turn over



Question 2

A pregnant woman has strained her ankle and has been advised to rest. The table below shows the daily reference values for a pregnant woman.

Dietary Reference Values for a pregnant woman					
Estimated average requirements	Reference Nutrient intakes				Guideline daily amount
Energy (MJ)	Vitamin C (mg)	Protein (g)	Calcium (mg)	Iron (mg)	NSP (g)
8.9	50.0	51.0	800	14.8	18.0

The table below shows the daily dietary analysis of the pregnant woman.

Dietary analysis of the pregnant woman					
Energy (MJ)	Vitamin C (mg)	Protein (g)	Calcium (mg)	Iron (mg)	NSP (g)
10.8	52	59.8	750	9.7	15.2

- (a) Taking account of the Dietary Reference Values (DRV's) for the pregnant woman, evaluate the suitability of her typical day's meals.

6

Question 2 (a) (continued)

(b) Explain how each of the following factors could affect consumers' choice of food.

(i) Online shopping _____ 1

(ii) Advertising _____ 1

(c) Explain **two** reasons why additives would be used in food products. 2

Reason 1 _____

Reason 2 _____



Question 3

A Food Manufacturer is developing a new range of organic soups.

- (a) Identify and explain **two** stages in the development of a new soup.

4

Stage _____

Explanation _____

Stage _____

Explanation _____

- (b) Give **one** advantage and **one** disadvantage to the consumer of organic produce.

2

Advantage _____

Disadvantage _____



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Question 3 (continued)

- (c) A fruit and vegetable supplier would like to encourage more people who work full time to cook using organic produce so are developing an organic fruit and vegetable box.

Evaluate the suitability of the following box for the customers.

4

Organic Fruit and Vegetable Box
<ul style="list-style-type: none"> • Potatoes, onions, apples plus a mixture of seasonal fruit and vegetables. • £5.00 delivery charge • Deliver Monday–Friday 9–5 • Recipe sheets included • Soil Association standards • 2 Sizes available



Question 4

(a) Explain why a food product developer would carry out market research when developing a new food product.






2

(b) Explain **two** reasons why a food product developer might carry out sensory testing.

2



(c) Study the following information about lunches and choose the most suitable meal to sell to eco-friendly students in a college canteen.

Information about Lunches				
	Lunch A	Lunch B	Lunch C	
				
Packaging	Served on a paper sheet	Served on a cardboard sheet	Served on a polystyrene plate	
Contents	A fish taco served on fried bread	French bread pizza with a variety of toppings	A plate of jerk chicken, with rice, carrots and green beans	
Appearance	***	****	***	
Flavour	**	***	****	
Cost	££	££	£££	
Key:	 * **** Poor Excellent		 £ £££ Inexpensive Expensive	

(i) Choose the most suitable meal for the students. 1

Lunch _____

(ii) Give **three** different reasons for your choice explaining why each is important. 3



Question 4 (continued)

(d) Explain **two** methods the college canteen could use to promote the food products on their menu.

2



Question 5

(a) Identify and explain **two** ways to reduce saturated fat in the diet.

4

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

4

Place of Origin _____

Use by Date _____

Cooking Instructions _____

Ingredients list _____



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Question 5 (continued)

(c) Evaluate Modified Atmosphere Packaging (MAP) for the consumer.

2

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ACKNOWLEDGEMENTS

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