

FOR OFFICIAL USE



National
Qualifications
2017

Mark

X736/75/01

**Health and Food
Technology**

WEDNESDAY, 24 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.



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



Question 1

- (a) Identify **two** nutrients found in fruit and vegetables. Give **one** function of each nutrient.

4

Nutrient 1 _____

Function 1 _____

Nutrient 2 _____

Function 2 _____

- (b) Give **two** practical ways to increase consumption of fruit and vegetables.

2

1 _____

2 _____

- (c) (i) Identify **one** method of cooking which helps to meet current dietary advice.

1

- (ii) Explain how this method of cooking helps to meet current dietary advice.

1



Question 1 (continued)

(d) Explain why consumers may choose to buy fruits and vegetables when in season.

2

[Turn over



Question 2

An 81 year old man has been advised by his doctor to improve his diet.

The table below shows the daily Dietary Reference Values for males aged 75+.

Dietary Reference Values for males aged 75+					
Estimated average requirements	Reference Nutrient Intakes				Guideline daily amount
Energy (MJ)	Protein (g)	Calcium (mg)	Vitamin D (ug)	Sodium (mg)	Fibre (g)
8.77	53.3	700	10	1600	30

The table below shows the dietary analysis of a typical day's meals for the 81 year old man.

Dietary analysis of 81 year old man's meals					
Energy (MJ)	Protein (g)	Calcium (mg)	Vitamin D (ug)	Sodium (mg)	Fibre (g)
9.75	46.7	580	20	1800	12



* X 7 3 6 7 5 0 1 0 4 *

Question 2 (continued)

(b) Explain how the following factors might affect the 81 year old man's choice of food.

- available income
- preparation and cooking equipment available
- geographic location

4

Question 3

- (a) A school cafe has created the following dish to add to their “Healthy Choices” menu.

Pasta with a tomato, leek and nut sauce

Explain how this dish would be a suitable addition to the cafe menu.

2

- (b) A group of school pupils have produced a range of fruit juices to sell at a pop up shop in the cafe.

They have selected a glass bottle with a screw top to package the juices.



Evaluate this choice of packaging.

2

Question 3 (continued)

(c) A family, in which both parents work full time, want to buy their weekly food shopping online.

Evaluate the suitability of online food shopping for this family.

4

Horizontal lines for writing the answer to question (c).

(d) Identify two ways to change the diet to help prevent coronary heart disease.

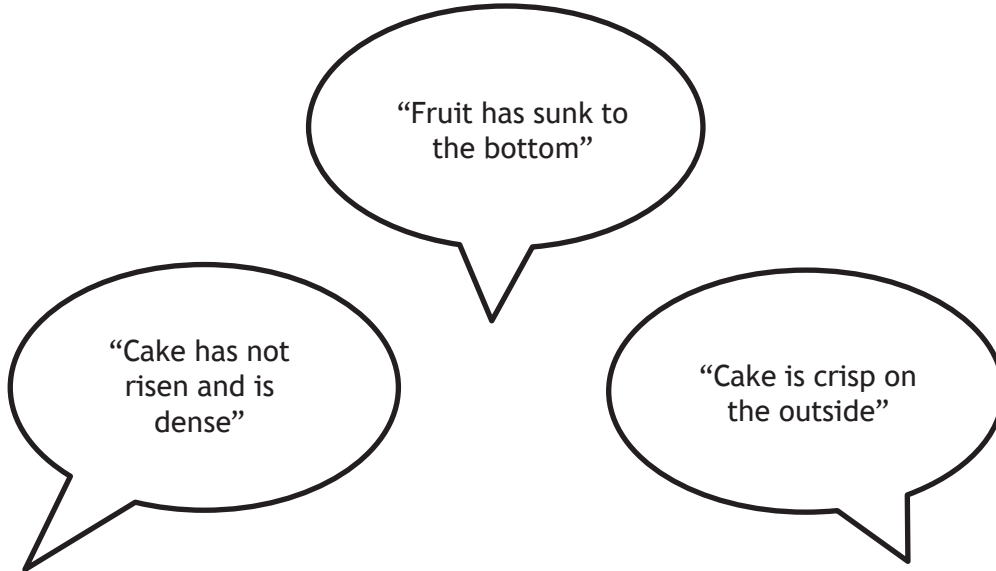
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Horizontal lines for writing the answer to question (d).



Question 4

- (a) A coffee shop carried out sensory testing with their customers and received the following comments about a new cake.



Explain why these faults could have happened when making the cake.

4

[Turn over

Question 4 (continued)

(b) Describe each of the following sensory tests.

(i) Preference test _____ 1

(ii) Rating test _____ 1

(c) Identify **two** points of statutory information that can be found on a cake label. Explain the benefit of each point of information to the consumer. 4

Point of information 1 _____

Explanation _____

Point of information 2 _____

Explanation _____



Question 5

- (a) A food manufacturer has extended its range of low fat breakfast cereals. Identify and explain **two** ways the manufacturer could promote this range.

4

Way 1 _____

Explanation _____

Way 2 _____

Explanation _____

- (b) Evaluate the use of colourings in breakfast cereals.

2

[Turn over for next question



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

Question 5 (continued)

(c) Explain how the following factors can lead to spoilage during the production of the breakfast cereal.

(i) Moisture

1

(ii) Time

1

(d) State **two** ways of reducing sugar intake at breakfast.

2

[END OF QUESTION PAPER]



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