



National
Qualifications
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2018 Health and Food Technology

National 5

Finalised Marking Instructions

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General marking principles for National 5 Health and Food Technology

This information is provided to help you understand the general principles you must apply when marking candidate responses to questions in this paper. These principles must be read in conjunction with the specific marking instructions, which identify the key features required in candidate responses.

- (a) Marks for each candidate response must **always** be assigned in line with these general marking principles and the specific marking instructions for this assessment.
- (b) Marking should always be positive. This means that, for each candidate response, marks are accumulated for the demonstration of relevant skills, knowledge and understanding: they are not deducted from a maximum on the basis of errors or omissions.
- (c) If a specific candidate response does not seem to be covered by either the principles or specific marking instructions, and you are uncertain how to assess it, you must seek guidance from your team leader.
- (d) For marks to be awarded, responses must relate to the question asked. Where candidates give points of knowledge without specifying the context these should be awarded marks unless it is clear that they do not relate to the context of the question.
- (e) There are four types of question used in this question paper. Each assesses a particular skill, namely:

A: state/give/name/identify

B: describe

C: explain

D: evaluate.

For each question type, the following generic marking instructions provide an overview of the marking principles and an example of their application for each type.

A Questions that ask candidates to state/give/name/identify

Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order, up to the total mark allocation.

Up to the total mark allocation for this question:

- Award **1 mark** for each each relevant point of knowledge.

eg

Question: State one function of sodium.

Answer: Maintenance of fluid balance. (1 mark for correct fact)

B Questions that ask candidates to describe

Candidates should define or give an account of points relating to the question. They do not need to be in any particular order. Candidates may provide a number of straightforward points or a smaller number of developed points, or a combination of these.

Up to the total mark allocation for this question:□

- Award **1 mark** for each accurate relevant point of knowledge linked to the context of the question.

eg

Question: Describe one way the cake could be stored to keep it in good condition.

Answer: Store in an airtight container/wrap in foil/cling film. (1 mark for correct description of method of storage)

C Questions that ask candidates to explain

Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between these and the context of the question. Candidates may provide a number of straightforward explanations or a smaller number of developed explanations, or a combination of these.

Up to the total mark allocation for this question:

- Award **1 mark** for each accurate relevant point.

eg

Question: Explain two ways in which the man could use the information on food labels to help him make healthier food choices.

Answer: He could check to see how much fat/sugar/salt/fruit/vegetables is in the product so he can choose/avoid these. (1 mark for accurate relevant point linked to the context of the question.)

D Questions that ask candidates to evaluate

Candidates should make a number of evaluative comments which make a judgment based on the information provided, related to the context of the question. Candidates may provide a number of straightforward observations or a smaller number of developed observations, or a combination of these.

Up to the mark allocation for this question:

- Award **1 mark** for each relevant evaluative comment linked to the context of the question.
- Award a **second mark** for any evaluative comment that is developed, as in the following example:

eg

Question: Taking account of the Dietary Reference Values (DRVs) for males aged 50 comment on the suitability of his day's meals.

Answer: The 50+ year old man's intake of sodium is too high, which is not good as this will make his high blood pressure worse. **(1 mark for comment)** This will increase his risk of a stroke. **(A further mark for development)**

Specific marking instructions for each question

Question		Expected answer(s)	Max mark	Additional guidance
1.	(a)	<p>Possible candidate responses could include:</p> <p>High biological value</p> <ul style="list-style-type: none"> • meat • fish • cheese • eggs • soya • milk • poultry • Quorn. <p>Low biological value</p> <ul style="list-style-type: none"> • cereals • pulses • peas • nuts • beans • seeds • lentils • green leafy vegetables. <p>Or any other valid response.</p>	4	<p>Candidates should give two food sources of high biological value protein.</p> <p>Candidates should give two food sources of low biological value protein.</p> <ul style="list-style-type: none"> • Award 1 mark for each correct source of protein. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • growth • repair • maintenance of body cells • secondary source of energy. <p>Or any other valid response.</p>	2	<p>Candidates should state two functions of protein.</p> <ul style="list-style-type: none"> • Award 1 mark for each correct function of protein. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • concerns about animal welfare • don't like the thought of animals being killed • health reasons/believe vegetarian diet is healthier/specific health concerns • may not like the taste/texture of meat • may think it is cheaper not to eat meat • against religious rules/beliefs • environmental concerns • family/peer pressure. <p>Or any other valid response.</p>	2	<p>Candidates should give two reasons for choosing a vegetarian diet. These should relate to the context of the question by showing why someone would choose this diet.</p> <ul style="list-style-type: none"> • Award 1 mark for each correct reason. <p><i>(up to a maximum of 2 marks)</i></p>
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • supermarkets could provide ready prepared fruit/vegetables, so reducing food preparation time for the consumer • fruit/vegetables could be included in meal deals, so encouraging consumers to choose it as one of the options • supermarkets could provide free fruit for children, so they can eat whilst parents are shopping/may encourage parents to buy more fruit/vegetables to take home • supermarkets could have special offers available on fruit/vegetables, so making it more affordable for the consumer. <p><u>Note: answers should be about promotion, not practical ways.</u></p> <p>Or any other valid response.</p>	2	<p>Candidates should make a number of points that make the issue plain or clear for example by showing connections between the explanations given encouraging consumers to eat more fruit and vegetables.</p> <p>Candidates should explain two relevant ways supermarkets can encourage consumers to eat more fruit and vegetables.</p> <ul style="list-style-type: none"> • Award 1 mark for each relevant explanation of a way to encourage consumers to eat more fruit/vegetables. <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
2.	(a)	<p>Possible candidate responses could include:</p> <p>Energy (less than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male has less energy than he needs, which is not good as he may be too tired to play football the 19-year-old male has less energy than he needs, this is not good because he is active and may begin to lose weight the 19-year-old male has less energy than he needs, this is not good as he may not have enough energy to study at university (1 mark) and he may lack concentration in class (additional mark for developed answer). <p>Protein (more than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male has more protein than he needs, this is good as protein is a secondary source of energy, so he might be less likely to lose weight/lack concentration in class the 19-year-old male has more protein than he needs, this is good as it will help with repair of damaged tissues should he get injured at football the 19-year-old male has more protein than he needs, this is good as he will have enough for growth and maintenance of body tissues. 	6	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided.</p> <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <p>Candidates should make comments on the suitability of aspects of the day's meals related to the individual in the case study.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of the intake of the specified nutrient includes an appropriate judgement on the suitability of this intake for the 19-year-old male comments on the impact of this intake on the health of the 19-year-old male. <p>Up to a maximum of 6 marks.</p> <ul style="list-style-type: none"> Award 1 mark for each relevant evaluation. Award a further mark for any evaluation that is developed. Award a maximum of 4 marks for accurate evaluative comments relating to four different aspects of the day's meals related to the individual in the case study. Award a maximum of 2 marks for developed evaluations linked to an identified aspect of the day's meals.

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Vitamin B (less than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male has less vitamin B than he needs, this is not good as he may feel tired/not be able to perform well at football/training the 19-year-old male has less vitamin B than he needs, this is not good as his nervous system may not function properly. <p>Iron (less than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male has less iron than he needs, this is not good as he may feel tired (1 mark) and lack concentration at university (additional mark for developed answer) the 19-year-old male has less iron than he needs, this is not good as he may suffer from anaemia. <p>Sodium (more than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male has more sodium than he needs, this is good as he is unlikely to suffer from muscle cramp after playing football/training the 19-year-old male has more sodium than he needs, this is bad as he may be at risk of developing high blood pressure (1 mark) which may lead to a stroke in later life (additional mark for developed answer). 		<p>For example, candidates could provide <i>either</i>:</p> <ul style="list-style-type: none"> evaluative comments each linked to four different aspects of the 19-year-old male's meals (maximum of 4 marks) <p>or</p> <ul style="list-style-type: none"> three developed evaluative comments linked to three different aspects of the 19-year-old male's meals (maximum 2 marks per developed answer) <p>or</p> <ul style="list-style-type: none"> two evaluative comments each linked to two different aspects of the 19-year-old male's meals (maximum 1 mark per answer) plus two developed evaluative comments linked to two further aspects of the 19-year-old male's meals (maximum 2 marks per developed answer). <p style="text-align: right;"><i>(up to a maximum of 6 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Vitamin C (more than he needs) the 19-year-old male has more vitamin C than he needs, this is good as it will increase iron absorption which may reduce anaemia the 19-year-old male has more vitamin C than he needs, this is good as it will help to heal wounds he may get when playing football the 19-year-old male has more vitamin C than he needs, this is good as it is an antioxidant vitamin (one of the ACE vitamins) which may help to protect him from cancer/coronary heart disease in later life.</p> <p>Or any other valid response.</p>		

Question		Expected answer(s)	Max mark	Additional guidance
	(b)	<p>Possible candidate responses could include:</p> <p>Dietary factor:</p> <ul style="list-style-type: none"> • high salt intake • diet low in dietary fibre • lack of fruit and vegetables • high alcohol intake • high fat/saturated fat intake/red meat • high sugar intake • low intake of polyunsaturated fat • reliance on convenience meals/takeaways/increased levels of snacking. <p>Or any other valid response.</p>	2	<p>Candidates should give two dietary factors which may contribute to the development of Coronary Heart Disease.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each correct response. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • water is required for all body fluids eg blood • water is required to regulate body temperature • water is required for all body processes to take place eg digestion • water lubricates joints/mucous membranes • water assists with waste removal • keeps body hydrated. <p>Or any other valid response.</p>	2	<p>Candidates should give a number of straightforward points linked to the context of the question.</p> <p>Candidates should describe two functions of water in the diet.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each correct description. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
3.	(a)	<p>Possible candidate responses could include:</p> <p>Concept generation</p> <ul style="list-style-type: none"> • provides initial ideas for a new product so gaps in the market are found • will establish if there is a gap in the market which could be filled • this is the ‘thinking’ stage where new ideas are thought up • ideas for altering/improving existing products are thought up so improvements can be made. <p>Concept screening</p> <ul style="list-style-type: none"> • the best ideas are taken forward so a viable product can be made. <p>Prototype production</p> <ul style="list-style-type: none"> • a sample of the product is made so they can identify strengths and potential weaknesses • a sample is measured against the specification so they can identify if changes need to be made • create a sample product to see what the outcome would look like before mass production of a finalised product. <p>Product testing</p> <ul style="list-style-type: none"> • the product is tested by a tasting panel/various ages/target market so opinions can be obtained • sensory testing allows for refining/improvements/modifications of the recipe as a result of feedback from testers/consumer opinions. 	4	<p>Candidates should identify two stages in the product development process and explain their role in the development of a new product.</p> <p>Award 1 mark for each correct response.</p> <ul style="list-style-type: none"> • Award a maximum of 2 marks for correctly identified stages in food product development process. • Award a maximum of 2 marks for the correct explanation relating to each stage. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
	<p>First production run</p> <ul style="list-style-type: none"> the product will be produced in bulk in a factory so can be assessed to see if it works. <p>Marketing plan</p> <ul style="list-style-type: none"> the marketing team meet to decide about the pricing/where the product will be sold so maximising sales an advertising/marketing plan is created to launch the product so the target group will see the product the marketing team meet to decide about the promotional offers for the new product to increase sales. <p>Product launch</p> <ul style="list-style-type: none"> the product is now on sale and sales will be monitored closely so ensuring they do not drop range of promotional activities used to promote new product to maximise sales food exhibitions/store launch/press release may be used to launch the new product so that more people will see the product. <p>Or any other valid response.</p>		

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p>Sugar</p> <ul style="list-style-type: none"> • sugar traps air when it is creamed with fat (aeration), so helping baked products to rise/gives a lighter texture • helps baked products achieve a golden-brown colour (caramelisation), so improves appearance • sugar makes foods sweeter, so improves the flavour of baked items. <p>Eggs</p> <ul style="list-style-type: none"> • as eggs are whisked, air bubbles are beaten into the mixture/trapped adding air (aeration) to the baked item, so helping the baked item to rise/give a lighter texture to the baked item • protein in eggs set/coagulate when heated, so this helps to set the structure of a baked item • when beaten egg is brushed on items before baking (glazing), a shiny golden colour is achieved eg scones, so improving the appearance. <p>Or any other valid response.</p>	3	<p>Candidates should make the relationships between things clear, for example by showing the relationship between the functional properties of the identified ingredients and baked products.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation. • Award a maximum of 2 marks for explanations linked to any one food. <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <p>Advantage</p> <ul style="list-style-type: none"> • some Fairtrade products may be grown organically and consumers may think these foods will taste better/may appeal to consumers concerned about the environment • the Fairtrade system includes environmental standards and this appeals to consumers concerned about the environment • Fairtrade producers receive a fair price for their products, so this is good for consumers who want to support workers in developing countries • increasing range of Fairtrade products available, so this offers consumers greater choice • the Fairtrade mark is clearly displayed, so this helps consumers make their choice • increased availability of Fairtrade produce from various sources eg in store, catalogues and online. 	2	<p>Candidates should make the relationship between things clear, for example by showing the connection between the use of Fairtrade products and the advantage/disadvantage to the consumer.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for a correct advantage to the consumer. • Award a maximum of 1 mark for a correct disadvantage to the consumer. <p style="text-align: right;"><i>(up to a maximum of 2 marks)</i></p>

Question			Expected answer(s)	Max mark	Additional guidance
			<p>Disadvantage</p> <ul style="list-style-type: none"> • they can sometimes be more expensive to buy, so not affordable for all consumers • not all stores stock Fairtrade/may have limited range, thus limiting consumer choices • as Fairtrade products may be transported from developing countries, this involves high air/food miles and will not appeal to consumers concerned about the environment. <p>Or any other valid response.</p>		

Question		Expected answer(s)	Max mark	Additional guidance
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • allows the manufacturer to find out consumers' likes and dislikes of a product, to ensure a successful product • allows the manufacturer to identify strengths/weaknesses of a product, so they can make changes • allows the manufacturer to check for consistency of products, so they are all of similar quality • allows the manufacturer to check quality control systems to ensure a successful product • allows the manufacturer to abandon a product before launch if test results show the product is not likely to be successful. <p>Or any other valid response.</p>	1	<p>Candidates give one reason. This should relate to the context of the question, by showing a connection between carrying out sensory testing and the benefit to the manufacturer.</p> <ul style="list-style-type: none"> • Award 1 mark for an accurate reason. <p><i>(up to a maximum of 1 mark)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
4.	(a)	<p>Possible candidate responses could include:</p> <p>300 ready meals and desserts to choose from</p> <ul style="list-style-type: none"> • there is a big range of foods to choose from, so this is suitable as she should be able to find foods she likes • there is such a big range this may not be suitable as she may find it difficult to choose from the range. <p>Order online from website</p> <ul style="list-style-type: none"> • (if she has internet access) she can order from home, so may be suitable as she doesn't have to leave the house • website would allow her to view all items in her own time/at leisure, so this is good as she can take her time/she can choose exactly what she wants • if she does not have internet access this would not be suitable, as she could not view the catalogue of foods available • if she is not familiar with ordering online this may not be suitable, as she may not be able to order the foods she would like • may not be good as she lives alone, and so there may not be anyone in when the food is delivered. 	4	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the use of the ready meals service for the elderly woman.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of an aspect of the frozen meals box • includes an appropriate judgement on the suitability of this feature for the elderly woman • comments on the impact of this feature for the elderly woman. <p>Award 1 mark for each accurate evaluative comment.</p> <ul style="list-style-type: none"> • Award a further mark for any evaluation that is developed. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Selection of meals enriched with calcium and vitamin D</p> <ul style="list-style-type: none"> • as she may have/is at risk from osteoporosis, the calcium and vitamin D would benefit her as they help to promote formation of strong bones/may help fractures to heal • if the meals that are enriched with calcium and vitamin D are those that she does not like, this would not be suitable as she will not eat them/not gain the nutritional benefit. <p>Smaller portion range for smaller appetites</p> <ul style="list-style-type: none"> • she may not like eating huge amounts (as older people often do), therefore these portions may make the meal more appealing to eat, so avoids food waste • as she might be able to eat both the main meal and dessert if the portion is not too big, this is good as she gains maximum/best nutritional benefit from the meal • if the portion size is too small, this is not good as she does not have the option to have a little more if she would like to/she could still be hungry. 		

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Introductory offer - 5 main meals and 2 desserts for £9.99</p> <ul style="list-style-type: none"> • this allows her to try out a selection of meals at reduced price, which is good as it helps to save her money • this allows her to try out a selection of meals/desserts, which is good as she can decide if she likes the foods/flavours/quality of the meals • only 2 desserts included so this may not be suitable, as this does not allow her to try many items/she may not like/enjoy the desserts included • five main meals included, which would allow her to try a range of meals, so this would be good when deciding whether or not she liked the meals. <p>All meals can be microwaved or oven cooked</p> <ul style="list-style-type: none"> • microwaving is a quick method of cooking, which is good as she would not have to wait long/she would have a meal quickly • she can choose which ever method of cooking the food that she prefers, this is good as she can suit her own tastes/preferences. <p>Or any other valid response.</p>		

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p>Food miles</p> <ul style="list-style-type: none"> • some consumers care about carbon footprint/pollution and may avoid foods that may have travelled long distances, so reducing food choice • food that has travelled long distances may have reduced nutritional value, so some consumers may avoid these foods so reducing food choice • some consumers do not care about food miles and this means that they have a variety of foods all year long, so increasing food choice. <p>Nutritional knowledge</p> <ul style="list-style-type: none"> • consumers with nutritional knowledge may be more likely to read food labels/ingredients lists and choose foods that meet current dietary advice/link to specific nutritional need, so this could limit food choices • consumers with nutritional knowledge may be more likely to read food labels/ingredients lists/seek specific ingredients, so this could increase food choices • limited nutritional knowledge may mean that consumers make poor choices/are confused by food labels, therefore they could make unhealthy food choices. 	3	<p>Candidates should make the relationship between things clear, for example by showing connections between the factors listed and consumers' food choice.</p> <p>Candidates should explain one way in which food miles affects a consumer's choice of food.</p> <p>Candidates should explain one way in which nutritional knowledge affects a consumer's choice of food.</p> <p>Candidates should explain one way in which budget affects a consumer's choice of food.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation. <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Budget</p> <ul style="list-style-type: none"> • consumers may choose eg own brand/cheaper cuts of meat/ready meals as they may be less expensive, so limiting food choice • more high fat/sugar foods may be chosen if budget is limited, as these are popular/often on offer in the supermarkets • consumers may choose reduced price items in the supermarkets if their budget is limited • consumers may choose more organic produce if they do not have budget restrictions • consumers may choose to shop in high end supermarkets/choose premium brands if they do not have budget restrictions. <p>Or any other valid response.</p>		

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • preservatives can help to extend the shelf life of foods, so preventing food waste for the consumer/manufacturer • preservatives can help to extend the shelf life of foods, so consumers can bulk buy foods/reduce need for daily shopping • natural preservatives may be used, so avoiding the use of chemical additives which may be unacceptable to some consumers • preservatives help to slow down changes in colour/texture of foods, so maintaining the appearance/edibility of the food • preservatives help to reduce bacterial growth, so maintaining safety of food/reducing likelihood of food poisoning • certain nutrients may be used as preservatives, so adding nutritional value to foods (eg vitamin C/ascorbic acid). <p>Or any other valid response.</p>	3	<p>Candidates should make the relationship between things clear, for example by showing connections between the use of preservatives and benefits to either the manufacturer or the consumer.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate explanation. <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
5.	(a)	<p>Possible candidate responses could include:</p> <p>Raw chicken stored beside salad</p> <ul style="list-style-type: none"> • blood/juices from the raw chicken could transfer bacteria to the salad, causing cross contamination and may lead to food poisoning • bacteria from the raw chicken could transfer onto the salads, which would contaminate them with harmful bacteria and lead to food poisoning. <p>Fresh cream with an expired use by date</p> <ul style="list-style-type: none"> • levels of bacteria in the cream may have reached a high level, which could cause food poisoning if eaten • higher levels of bacteria in the cream could cross contaminate to other foods, which could in turn cause food poisoning. <p>The fridge temperature is 11 °C</p> <ul style="list-style-type: none"> • the fridge temperature is too warm and bacteria can multiply on the food and reach levels which could cause food poisoning • the fridge temperature is operating in the danger zone and bacteria can multiply on the food and reach levels which could cause food poisoning. <p>Or any other valid response.</p>	3	<p>Candidates should make the relationship between things clear, for example by showing connections between the issue identified and link to food poisoning.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each accurate explanation linked to one of the issues identified. • Award a maximum of 2 marks for explanations linked to the same issue. <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p>+ve</p> <ul style="list-style-type: none"> • it is lightweight, which is good as it is not heavy for the consumer to carry • it is recyclable, which is good as it appeals to environmentally conscious consumers • it can be printed on, which is good as the manufacturer can print logos/labelling information linked to the food, so saving money on printing eg labels • some cardboard packaging can be resealed, which is good as consumers can store food to eat later. <p>-ve</p> <ul style="list-style-type: none"> • it can easily be damaged, which is not good so the takeaway food could be wasted • it is not water resistant, which is not good as the packaging would disintegrate and the contents fall out • cardboard containers may be expensive to buy, which is not good for the consumer as it will increase the cost of the take away food • cardboard may not be very aesthetically pleasing, which is not good as the consumer may be put off purchasing the take away food. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the use of the cardboard as a packaging material for takeaway foods.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of an aspect of the use of cardboard • includes an appropriate judgement on the suitability of this feature for packaging for takeaway foods • comments on the impact of this feature for the consumer. <p>Award 1 mark for each accurate evaluative comment.</p> <ul style="list-style-type: none"> • Award a further mark for any evaluation that is developed. <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
(c)	<p>Possible candidate responses could include:</p> <p>Food Standards Scotland</p> <ul style="list-style-type: none"> produce leaflets to provide information about food safety for consumers produce TV adverts which highlight particular food safety issues. <p>Environmental Health (department)</p> <ul style="list-style-type: none"> inspect premises to ensure appropriate standards of hygiene/consumer cannot purchase food which may be unsafe to eat can issue improvement/prohibition notices to ensure that manufacturers/retailers must have high standards of food hygiene, so that consumers cannot purchase unsafe food. <p>Trading Standards</p> <ul style="list-style-type: none"> will check accuracy of scales etc in premises to ensure that consumers are not misled re weight of food they are purchasing. <p>Which?/Consumer Association</p> <ul style="list-style-type: none"> publish articles on food related matters to help consumers make more informed choices best buy scheme (applied to food) helps consumer make informed choices. <p>Or any other valid response.</p>	4	<p>Candidates should identify two relevant consumer organisations and describe their role in protecting the consumer when buying food.</p> <p>Award 1 mark for each correct response.</p> <ul style="list-style-type: none"> Award a maximum of 2 marks for correctly identified consumer organisations. <p>Note: abbreviations are only acceptable if candidate has given the full name in the explanation.</p> <ul style="list-style-type: none"> Award a maximum of 2 marks for the correct description of how they protect the consumer when buying food. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
6	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • breakfast cereals may be low in salt/sodium, so may help to prevent hypertension/high blood pressure/stroke • breakfast cereals may be low in fat, so may help to prevent weight gain/obesity/coronary heart disease • breakfast cereals may be fortified with/contain iron, so may help to prevent anaemia/help to manufacture red blood cells • breakfast cereals may be fortified with/contain vitamin B, which may help to release energy from food/may help to prevent anaemia • breakfast cereals contain carbohydrates, so provide the body with a source of energy/heat. <p>Or any other valid response.</p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the nutritional content of breakfast cereals and benefits of these nutrients.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate explanation. <p><i>(up to a maximum of 2 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses may include:</p> <p>Name of product</p> <ul style="list-style-type: none"> • important that the consumer knows what they are buying, so is not misled • familiar name encourages brand loyalty, so the consumer knows what to expect from the food. <p>Description of product</p> <ul style="list-style-type: none"> • must indicate any special treatment or processing the food has undergone eg, dried/frozen/genetically modified/irradiated, so allowing the consumer to make a choice • is important that the consumer has an idea of what the product will be like before they purchase it, so they are not disappointed. <p>Quantity/amount/weight/volume</p> <ul style="list-style-type: none"> • so the consumer can calculate the number of portions/packets they need to be buy, so they have enough • the consumer can compare prices of several products, so they ensure value for money. <p>Date mark/use-by date/best before date</p> <ul style="list-style-type: none"> • to ensure the quality is not affected, so consumer enjoys the product at its best • to ensure the consumer knows how long the product is safe to eat, so will not cause food poisoning/illness. 	4	<p>Candidates should state two points of statutory food labelling information explain their role in helping consumers make informed food choices.</p> <p>Award 1 mark for each correct response.</p> <ul style="list-style-type: none"> • Award a maximum of 2 marks for correctly identified food labelling information. • Award a maximum of 2 marks for an accurate explanation of how they help the consumer make informed choices. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Ingredients list</p> <ul style="list-style-type: none"> • the consumer can identify ingredients to which they may be allergic, so will not suffer a reaction • the position of an ingredient in the list may give the consumer an indication of value for money, so they can compare products for value. <p>Place of origin</p> <ul style="list-style-type: none"> • the consumer may wish to buy/avoid buying produce from a particular country, so they can make an informed choice • may be an indication of quality, so that the consumer can make an informed choice. <p>Advice on storage</p> <ul style="list-style-type: none"> • to ensure the product is in the best condition when eaten, so the consumer will not be disappointed with quality • to ensure bacterial growth is minimised and risk of food poisoning to the consumer is reduced. 		

Question	Expected answer(s)	Max mark	Additional guidance
	<p>Preparation guidelines</p> <ul style="list-style-type: none"> • useful to ensure the product is prepared correctly, so it is enjoyed by the consumer • to ensure a successful result by the consumer. <p>Cooking guidelines</p> <ul style="list-style-type: none"> • so the consumer knows how to cook the product properly. <p>Name/address of manufacturer</p> <ul style="list-style-type: none"> • so the consumer knows who to contact in case of a complaint. <p>Allergy advice</p> <ul style="list-style-type: none"> • provides health protection for consumers, so they can avoid products that contain any ingredients they may be allergic to. <p>Nutritional Information</p> <ul style="list-style-type: none"> • helps people compare foods, so they can make healthier choices/to be aware when they are choosing foods (or drinks) that are high in calories/saturated fat/sugars/salt. <p>Or any other valid response.</p>		

Question		Expected answer(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • reduce intake of sugar/added sugars/sugary/fizzy drinks, as they turn into acid in the mouth and cause tooth decay • choose unrefined carbohydrates/wholemeal (pasta/rice/bread) products, as bacteria find these harder to break down into acid • clean teeth at least twice a day to ensure that sugars do not remain in the mouth, as they will cause tooth decay • visit dentist at least every 6 months to ensure that early stage of damage is treated/identified and prevent further decay • eat more foods rich in calcium/vitamin D/phosphorus which give teeth their hardness thus strengthening enamel and preventing decay. <p>Or any other valid response.</p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the action and prevention of tooth decay.</p> <ul style="list-style-type: none"> • Award 1 mark for each accurate explanation. <p><i>(up to a maximum of 2 marks)</i></p>

Question		Expected answer(s)	Max mark	Additional guidance
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • use herbs/spices to flavour food instead of salt • reduce use of processed foods (as they are often high in salt) • reduce consumption of takeaway foods • check food labels for salt/sodium content/traffic light labelling • use fresh fruit/vegetables rather than canned • do not add salt when cooking • taste food before adding extra salt • look for lower salt alternatives eg breakfast cereal/table sauces. <p>Or any other valid response.</p>	2	<p>Candidates should give a number of straightforward points linked to the context of the question.</p> <p>Candidates should describe two ways of reducing salt in the diet.</p> <ul style="list-style-type: none"> • Award a maximum of 1 mark for each correct description. <p><i>(up to a maximum of 2 marks)</i></p>

[END OF MARKING INSTRUCTIONS]