

FOR OFFICIAL USE



National
Qualifications
2019

Mark

X836/75/01

**Health and Food
Technology**

WEDNESDAY, 22 MAY

1:00 PM – 2:50 PM



* X 8 3 6 7 5 0 1 *

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 — 60

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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Question 1

- (a) Describe **two** practical ways to encourage children to eat oily fish. 2

Way 1 _____

Way 2 _____

- (b) Name **two** nutrients which can be found in oily fish.
Give **one** function of each in the diet. 4

Nutrient _____

Function _____

Nutrient _____

Function _____

- (c) Explain **two** reasons why a consumer might choose to buy locally produced fruit and vegetables. 2

Reason 1 _____

Reason 2 _____

- (d) Describe **two** duties of Trading Standards Officers. 2

Duty 1 _____

Duty 2 _____



* X 8 3 6 7 5 0 1 0 3 *

Question 2

A 16 year old girl is an ice skater who trains four times a week.

The table below shows the daily dietary reference values for females aged 15–18 years.

Dietary reference values for females aged 15–18 years					
Estimated average requirements	Reference nutrient intakes				
Energy (KCal)	Protein (g)	Vitamin C (mg)	Iron (mg)	Calcium (mg)	Fibre (g)
2414	42.1	40	14.8	1000	25

The table below shows the dietary analysis of the 16 year old girl.

Dietary analysis of her typical day's meals					
Energy (KCal)	Protein (g)	Vitamin C (mg)	Iron (mg)	Calcium (mg)	Fibre (g)
2865	60.2	49	11.2	915	13.1



Question 2 (continued)

- (b) Explain how **each** of the following factors could influence a teenager's choice of food.

2

Peer pressure _____

Advertising _____

- (c) State **one** function of and **one** food source for Vitamin B.

2

Function _____

Food source _____



* X 8 3 6 7 5 0 1 0 6 *

Question 3

A food manufacturer wants to extend its range of baked items to include pastry products.

- (a) Give **two** reasons for carrying out market research for the new pastry products.

2

Reason 1 _____

Reason 2 _____

- (b) The results of sensory testing on the pastry products show a number of problems.

For **each** of the problems below describe a **different** reason why this may have occurred.

3

Problem 1 – the pastry is soggy inside _____

Problem 2 – the pastry has a greasy texture _____

Problem 3 – the pastry is very pale in colour _____

[Turn over



* X 8 3 6 7 5 0 1 0 7 *

Question 3 (continued)

- (c) Explain **three** factors to be considered when storing pastry products to prevent food poisoning.

3

Factor 1 _____

Factor 2 _____

Factor 3 _____

- (d) A food manufacturer has put the following labels on **two** of their food products.

2

Explain the importance of **each** of the following labels to the consumer.

Food product – **oat biscuits**

Best before
June 2019

Food product – **chilled pork pie**

Use by
2 June



Question 4

- (a) Explain **two** ways in which **each** of the following diet-related diseases could be prevented.

4

Coronary heart disease

Explanation 1 _____

Explanation 2 _____

Anaemia

Explanation 1 _____

Explanation 2 _____

- (b) Explain **two** reasons why a consumer may choose to use ultra-heat treated (UHT) products.

2

Reason 1 _____

Reason 2 _____



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Question 4 (continued)

- (c) Explain how **each** of the following additives may benefit the consumer. 2

Sweeteners _____

Flavourings _____

- (d) Describe **two** ways Food Standards Scotland protects the consumer. 2

Way 1 _____

Way 2 _____



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Question 5

(a) Identify **two** steps in the product development process of ready prepared salads.

Explain the way **each** step contributes to the development of the ready prepared salads.

4

Step 1 _____

Explanation _____

Step 2 _____

Explanation _____

(b) Explain ways in which budget could affect a consumer's choice of food.

2

[Turn over



- (c) A farm shop is starting a delivery service of seasonal fruit and vegetable boxes.

Evaluate the suitability of the following fruit and vegetable box for the farm shop customers.

3

Seasonal fruit and vegetable box

Contents

- a variety of fruit and vegetables from the farm
- fruit and vegetable choices change weekly depending on availability
- recipe cards relating to the fruit and vegetables in the box
- delivery charge £4
- delivery times Monday–Friday 2 pm–8 pm

Evaluation _____

Question 6 (continued)

(b) A school canteen wants to make its popular panini healthier.

Describe **three** changes which could be made to the ingredients in the panini recipe below.

Explain how **each** change helps to meet a different piece of Current Dietary Advice.

6

<p style="text-align: center;">Chicken panini</p> <p style="text-align: center;">White panini baguette Mozzarella cheese Fried chicken strips Salt and pepper Sliced tomato</p>
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Change 1 _____

Explanation _____

Change 2 _____

Explanation _____

Change 3 _____

Explanation _____

[END OF QUESTION PAPER]



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ADDITIONAL SPACE FOR ANSWERS



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