
Workshop 2 – Health and Food Technology Question Paper

Candidate E Evidence

**This section contains
candidate evidence – please store securely**

Question 1

MARKS

DO NOT
WRITE IN
THIS
MARGIN

A restaurant is extending its range of fish dishes.

- (a) Identify two nutrients found in oily fish.

Give one function of each of the nutrients identified.

4

Nutrient 1 Protein

Function Needed for Growth and repair

Nutrient 2 Iron

Function Needed for formation of red blood cells.

- (b) State two practical ways to increase consumption of fish.

2

Practical Way 1 Add fish into a pie, something that people usually enjoy.

Practical Way 2 Add fish into pasta eg. tuna pasta.

- (c) The restaurant has the following dish on its menu.

Baked Cod with a Herb Breadcrumb Crust

Explain how this dish could contribute to healthier eating.

2

The cod will contribute to people's iron intake which helps prevent anemia. The breadcrumb crust will contribute to the carbohydrate intake which provides the body with energy.



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

Question 1 (continued)

(d) An Environmental Health Officer inspects the restaurant and finds the following.

- The fridge is operating at 10°C
- Desserts are stored in the same fridge as raw meat

Describe how this could cause food poisoning.

2

The fridge operating at 10°C won't keep the food cold enough and may cause it to go off. The desserts stored in the same fridge as raw meat will cause food poisoning as the meat is not cooked ~~and~~ which means there is bacteria on it and this bacteria ~~may~~ will spread to the desserts.

[Turn over]

Total marks 10



Question 2

MARKS

DO NOT
WRITE IN
THIS
MARGIN

An active three year old boy is starting nursery school.

The table below shows the daily reference values for 1 to 3 year olds.

Dietary Reference Values for 1 – 3 year olds					
Estimated average requirements	Reference Nutrient Intakes				
Energy (MJ)	Protein (g)	Vitamin B (mg)	Iron (mg)	Vitamin C (mg)	Calcium (mg)
5.2	14.5	0.6	6.9	30	350

The table below shows the daily analysis of this 3 year old boy's meals.

Dietary analysis of his typical day's meals					
Energy (MJ)	Protein (g)	Vitamin B (mg)	Iron (mg)	Vitamin C (mg)	Calcium (mg)
4.8	16.0	0.5	7.4	27	370

- (a) Taking account of the Dietary Reference Values (DRVs) for 1 – 3 year olds, evaluate the suitability of his typical day's meals.

6

Evaluation The 3 year old's food isn't providing him with enough energy as he is 0.4 under the ~~estimated~~ preferred limit, and as he is active this isn't good. His protein intake is 1.5g over, which isn't that bad but isn't recommended. His Vitamin B intake is 0.1 under, which isn't too bad but should try to be put up as this helps absorb food. His iron intake is 0.5mg over which there is nothing wrong with. His Vitamin C intake is 3mg under which is quite bad as this is needed to help absorb Iron. Calcium intake is 20mg over. Overall his daily meals should change in order to try and get the right amount of everything.



Question 2 (continued)

- (b) Identify and explain two different ways in which food manufacturers could develop products that encourage healthier eating for children.

4

Way 1 They could create a smoothie

Explanation They could create a smoothie which contains fruit which they are able to have at anytime.

Way 2 Could create a vegetable soup

Explanation Could have a variety of different vegetables into the soup, so the children can have it for dinner.

Total marks 10

[Turn over



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

Question 3

A local tourist attraction wants to sell a healthy picnic bag option for families. Each picnic bag must serve four people.

- (a) (i) Consider all the information shown in the table below.

Features	Picnic Bag A	Picnic Bag B	Picnic Bag C
Choice of sandwich fillings	3 options	4 options	2 options
Type of Bread	Wholemeal sliced bread	Tortilla wrap	White crusty rolls
Drinks	<ul style="list-style-type: none"> 2 litre bottle of flavoured water 4 cups 	<ul style="list-style-type: none"> 1 litre bottle of vanilla milkshake 2 cups 	<ul style="list-style-type: none"> 2 litre of fizzy pineapple juice 6 cups
Packaging	Reusable insulated bag	Reusable plastic bag	Brown paper bag
Additional items included	Paper plates and napkins 4 fruit salad tubs	Hand wipes Family size bag of crisps	Money off voucher for next purchase Family size chocolate bar
Cost	££	£££	££

Key:

£ £££
Inexpensive Expensive

Identify the most suitable picnic bag for the tourist attraction to sell.

1

Picnic Bag A



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

Question 3 (a) (continued)

MARKS

DO NOT
WRITE IN
THIS
MARGIN

(ii) Give three reasons for your choice of picnic bag.

3

Reason 1 Wholemeal sliced bread gives
people starchy carbohydrates which will
give them a feeling of fullness and long *

Reason 2 A fruit salad tubs which
will provide people with their
vitamins which helps maintain good health

Reason 3 It doesn't cost a lot which
means people will be willing to
pay the money for it.

(b) State two functions of dietary fibre.

2

Function 1 Helps maintain bowel
control / movement

Function 2 Helps prevent bowel cancer,
constipation ect.

[Turn over



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

Question 3 (continued)

MARKS

DO NOT
WRITE IN
THIS
MARGIN

- (c) The choice of packaging is considered carefully by food manufacturers. Evaluate the use of aluminium cans for the drinks industry.

2



Evaluation The aluminium cans for the drink industry is ~~not~~ a good choice as aluminium is ~~not~~ firm and will stay well and ~~to~~ can be recycled which helps the environment.

- (d) (i) Identify the following symbol.

1



Symbol Fairtrade

- (ii) Explain how this symbol may influence consumer choice of foods.

1

Explanation This shows that farmers/workers in Africa are getting paid fairly for their products instead of getting paid next to nothing.

Total marks 10



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

Question 4

A Scottish bakery chain wants to extend its range of scones.

- (a) Explain the following two stages in the product development process.

2

Concept generation When all ideas of the product are ~~brought together~~ being thought about/producing it

First production run The product is put out into the market for the first time to see how it does and if anyone will like it and if there is any improvements needed.

[Turn over]

MARKS

DO NOT
WRITE IN
THIS
MARGIN



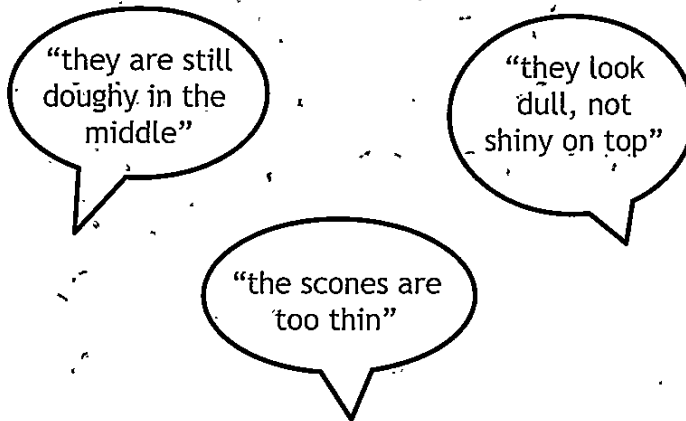
* X 7 3 6 7 5 0 1 0 9 *

Question 4 (continued)

MARKS

DO NOT
WRITE IN
THIS
MARGIN

- (b) The bakery chain carried out sensory testing with a group of consumers. They received the following comments about the scones.



Explain why these faults could have happened when producing the scones.

4

"Doughy in the middle" - not cooked in the oven for long enough.
"too thin" - Just normal flour might of been used not self raising flour.
"look dull" - No glazing oil put on scones to give them a shiny top.



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

Question 4 (continued)

MARKS

DO NOT
WRITE IN
THIS
MARGIN

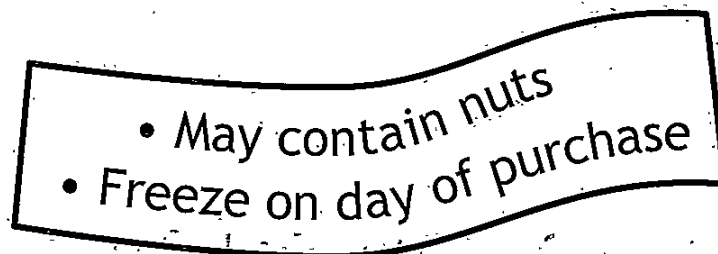
- (c) Describe two rules that must be followed when carrying out sensory testing.

2

Rule 1 The testers have to be told about the product first.

Rule 2 Must sign an agreement in order so that they can't tell anyone about it.

- (d) The label on the scone packaging includes the following information.



Explain one benefit to the consumer of each of the above points of information.

2

May contain nuts - This tells the consumer what ~~is in the~~ ingredients is in the product which helps a person with allergies know.
Freeze on day of purchase - Tells the consumer ~~how to~~ what to do with the product / gives them instructions.

Total marks 10



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

Question 5

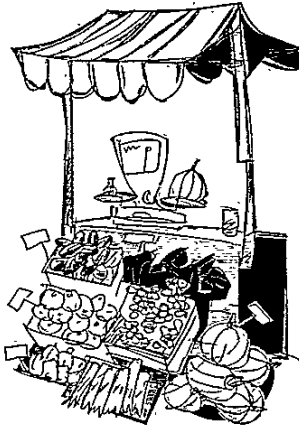
MARKS

DO NOT
WRITE IN
THIS
MARGIN

- (a) A couple want to reduce the cost of their weekly food shopping, and would like to buy ethically produced food, with low food miles..

Make four evaluative comments about the suitability of the following method of shopping for the couple.

4



Sunnytown Weekly Farmers Market

- Locally grown organic fruit and vegetables at low prices
- Free range eggs available
- Over 30 stalls of food produce
- All fish and meat vacuum packed
- Fairtrade group selling a range of coffee, tea and chocolate

Evaluation

Point 1 Locally grown products means that they are within the area and won't have high food miles.

Point 2 Free range eggs means that the animals aren't squished together in bad conditions, they are able to roam free and live in good conditions.

Point 3 30 stalls means that the couple have a wide variety of choice to choose from.



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

Question 5 (a) (continued)

Point 4 All fish and meat vacuum packed means that the food is fresh and is unable to get contaminated

(b) Explain how the following factors may affect consumer choice of food.

2

Budget People may not have a lot of money as food prices go ^{up} but wages go down which means people will go *

*for the cheaper choice. Advertising Many companies aim their products at certain groups and will advertise where they know these groups will see it.

(c) Give two reasons why Trading Standards officers would inspect the food stalls at a Farmers Market.

2

Reason 1 To see if the product is suitable and has followed the right procedures.

Reason 2 To see if people are getting the quality of what they pay for.

[Turn-over for Question 5 (d) on Page fourteen



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

Question 5 (continued)

MARKS

DO NOT
WRITE IN
THIS
MARGIN

- (d) Evaluate the suitability of Ultra Heat Treated (UHT) products for the consumer.

2.

Ultra heat products will have been cooked at high temperatures meaning that ~~most of~~ the bacteria will ~~have been~~ be gone. Also ultra heat products are good as they can still be kept in the fridge.

Total marks 10

[END OF QUESTION PAPER]



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