
Workshop 2 – Health and Food Technology Question Paper

Candidate H Evidence

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

Question 1

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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 Growth, repair and maintenance of bones

Nutrient 2 Fibre

Function Helps to prevent bowel disorders

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

2

Practical Way 1 Add fish to sandwiches as a filling

Practical Way 2 Use fish in dishes like curry, stir fry and pizza

- (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

Cod is low in fat which contributes to healthier eating because it will help to prevent obesity. The cod is baked so no salt or oil will be added so it will help to prevent high blood pressure and heart disease.



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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

If the fridge is at 10°C it means it is in the danger zone so bacteria will start to multiply. The fridge should be 0°-4°. The raw meat could drip on the dessert which enhances food poisoning.

Total marks 10

[Turn over]



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Question 2

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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 three year old boy is having too much calcium which is good because it will help the boy to grow and have healthy teeth. The three year old boy isn't having enough energy which is bad because he is starting nursery and will need a lot of energy. The three year old boy is having too much protein which is good because it helps to recover your muscles and can be used as another source of energy.



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

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 Add fruit into juice or smoothies

Explanation This will increase children to
be ~~encourage~~ healthier ^{at} eating because some
children don't like eating fruits as a whole.

Way 2 Add vegetable on pizza toppings

Explanation This will increase children to be
healthier since they will not notice
the vegetables on top of the pizza.

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

Question 3 (a) (continued)

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

3

Reason 1 The local tourist attraction wants to
sell a healthy picnic bag and picnic bag A
offers 4 fruit salad tub which meets their ^{More reasons}

Reason 2 It must serve four people and picnic bag
A offers 4 cups 4 fruit salads and 2
litre bottle of flavoured water so everyone gets ^{something to eat + drink}

Reason 3 The type of brand is wholemeal which is
good because it will fill up the families
so it prevents snacking on high in sat/sugary foods
so it encourages healthier eating

(b) State two functions of dietary fibre.

2

Function 1 Dietary fibre can be used as
good source for activities. It gives alot
of food energy.

Function 2 It can prevent bowel disorders like
constipation.

[Turn-over



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Question 3 (continued)

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

2



Evaluation Aluminium cans are good to use
because it is airtight and ~~the~~ can
be recycled many times. They are also
strong and durable.

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

1



Symbol Organic Standards

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

1

Explanation In will let the consumer
know if it is organic or not so
it will help to indicate if they want
to buy it or not.

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 is the thinking stage, when they think of initial ideas or see what products are suggested and see how they can be adapted.

First production run the production goes into production for the first time so see if it will be successful. If any faults with the product, changes can be made.

[Turn over



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Question 4 (continued)

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

"they are still
doughy in the
middle"

"they look
dull, not
shiny on top"

"the scones are
too thin"

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

4

- If they are still doughy in the middle it means the scones have been under cooked.
- If the scones are too thin there is not enough ~~mixture~~ self-raising flour or baking powder being put in the mixture.
- If the scones are dull, they haven't been glazed with milk or an egg too give the scones a shiny top



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Question 4 (continued)

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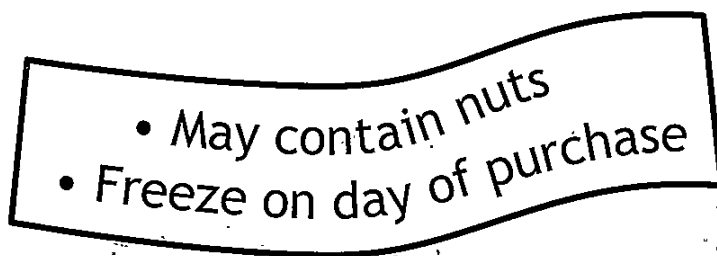
- (c) Describe two rules that must be followed when carrying out sensory testing.

2

Rule 1 Make sure that everyone can
take part in the sensory testing so no
allergies.

Rule 2 Make sure that the food is set out
the same and a glass of water is
available for after- each testing of food

- (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, it tells the consumer
that there may be nuts in the scone
which is beneficial because they may have
allergies

• Freeze on day of purchase benefits the
consumer because they will know how to
store the scones so it won't cause harm.

Total marks 10



Question 5

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- (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 The organic fruit and vegetables are
grown locally which is good because the couple
want to buy food which is produced with
low food miles.

Point 2 The fruit and vegetables are at a low price
which is really good because the couple want
to reduce the cost of their weekly food
shopping.

Point 3 There are over 30 stalls which is good
because the couple can have a different
variety of food to choose from.



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Question 5 (a) (continued)

Point 4 All fish and meat are vacuum packed
which is great because it means there
will be less trips to the shop for fish/meat
since vacuum packing has a greater shelf life.

- (b) Explain how the following factors may affect consumer choice of food. 2

Budget The budget affects the consumers choice of
food because if your budget is big you
will have a big choice of food but if not it will
be limited.

Advertising The consumer will see how the
food is displayed and how it looks so
it will change the consumer choice of food.

- (c) Give two reasons why Trading Standards officers would inspect the food stalls at a Farmers Market. 2

Reason 1 To see if the scales or the
measurements are set correctly so
none is getting too much or too less.

Reason 2 To see if any foods are faulty
and are not supposed to be sold.

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



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

Question 5 (continued)

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

2

UHT extends the shelf life of the product so the consumer won't have to go to the shops all the time. UHT kills all the bacteria so the consumer will know it is safe to use.

Total marks 10

[END OF QUESTION PAPER]



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