
Workshop 1 – Health and Food Technology Assignment

Candidate B Evidence

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

**National 5 Health and Food Technology assignment
Candidate workbook**

Candidate name

Centre

Which assignment brief did you choose?

The café in a sport centre wants to encourage healthier eating.

Develop a food suitable for inclusion in the café menu.

Section 1: Planning (20 marks)

1(a) Exploring the brief (4 marks)

You should:

- ◆ Identify two key issues from the brief (2 marks).
- ◆ Explain why each key issue is important to your brief (2 marks).

Key issue	Why is this issue important to your brief?
1 Sports Centre	The food has to be high in carbohydrates to give the person eating it energy for sports but it can't be too fulling (so the people don't feel sick when doing sports). The food needs to be made quickly.
2 Encourage Healthier Eating	It has to be healthy as it is in a sports cafe. It has to be high in fruit or veg and carbohydrates but low in sugar, salt and fat. To make dishes healthier we can use herbs instead of salt to reduce the amount of salt. Add extra fruit for more fruit and veg. To encourage healthier eating you could make soup with 2 or more vegetables and make dishes look bright and colourful.

Aim: Internet Research for Healthier Eating

Results: Websites used: www.nhs.uk/livewell/goodfood

Healthier eating is eating less salt, fat and sugar and more carbohydrates, fruit and veg, protein and calcium. To make products with less salt you could use herbs instead of salt. To have more fruit and veg you could have fruit salad as a snack instead of crisps and biscuit as they contain one or more of your five a day and as salty and fatty as biscuits and crisps. To encourage healthier eating they can make the food bright and colourful. To help people eat more fruit and veg you can make smoothies and soups with a couple of your five a day in them as you will eat them without realising you are eating fruit and veg.

Conclusion:

- To make the food in the café healthier I could make a salad without oily dressing or mayonnaise and instead make them with pasta or potato to make them lower in fat and higher in carbohydrates.
- To make sandwiches healthier they can be made with wholemeal bread to increase carbohydrate intake so I could make sandwiches with wholemeal bread.
- Baked potato fillings like tuna and beans are healthy and potato without butter decreases the fat intake therefore I could make a potato with no butter with beans or tuna instead.
- Vegetable soup will contain one or more of your five a day so I could make vegetable soup with a selection of vegetables.

Aim: Questionnaire to people who eat at sports centre

Results: I gave questionnaires to 20 people who buy food from a sports centre.

Q1 Do you prefer hot or cold food from a café in a sports centre?

Hot 13 Cold 7

Q2 Do you prefer having a snacky meal or a filling meal?

Snacky 9 Filling 11

Q3 What filling in a wrap/sandwich do you prefer?

Tuna 5 Cheese 3 Ham 4
Chicken 6 Egg 2

Q4 What type of bread/wrap do you prefer?

White 6 50/50 5
Wholemeal 7 olive 2

Q5 What filling do you prefer with baked potato?

Tuna 6 Beans 7
Cheese 3 Chilli con carne 4

Q6 Would you prefer salad with?

Pasta 10 Potato 8

Rice 2

Q7 What would you most likely buy?

Sandwich 4 Wrap 2 Soup 4

Pasta 7 Salad 3

Conclusion:

- Most people prefer a hot, filling meal from a sports centre so I will make something hot and filling.
- The favourites fillings for sandwiches and wraps are chicken then tuna so I will make a sandwich or wrap with chicken or tuna in.
- The favourite filling for baked potato is baked beans so I will make a potato with beans in it.
- The favourite type of bread is white bread shortly followed by wholemeal so I can make a sandwich with white bread or wholemeal.
- People would prefer to have pasta salad so I could make pasta with salad.
- I should try to make a healthy pasta dish with tuna or chicken as lots of people would normally buy pasta and people like tuna and chicken as it is their favourite fillings in a sandwich.

1(b) Research (10 marks)

For each key issue you have identified from the brief, you should now carry out research to find out information about the issue.

You must use a *different* research technique to find the information about each key issue.

Key issue	Research technique
1. Sports centre	questionnaires
2. healthier eating	internet research

Present the information you have gathered from each investigation. You may use any suitable format. (8 marks)

The information from each investigation should:

- ◆ identify the research technique you used
- ◆ be summarised clearly
- ◆ include the sources of your information

You must attach the information you have gathered from your research to this page of the workbook.

Tick this box once you have attached your information.



1(b) continued

From the research you have carried out, you should present at least **three** ideas for your food product.

This should include:

- ◆ a brief description of each idea (1 mark)
- ◆ a brief comment of why you think each idea might be suitable for the brief (1 mark)

You must attach your food product ideas to this page of the workbook.

Tick this box once you have attached your information.



Vegetable Soup

Vegetable soup contains a variety of different vegetables- leek, carrot and onion.

I decided that this product might be suitable for the brief because it is hot and more people would prefer a hot meal than a cold one. I also choose this because from the questionnaire I found that the soup was quite popular for people to buy. It contains more than 1 of 5 a day. This would be suitable in a cafe in a sports centre that is encouraging healthier eating as it is quick to make and it is encouraging people to eat healthier.

Chicken Lettuce Wrap

I was going to make a wrap with chicken, lettuce, tomato and cucumber in it.

I decided that this product might be suitable for my brief because from the questionnaire I found that people's favourite filling for a wrap or sandwich is chicken. I choose to add veg into the wrap to make it healthier as it counts as one of your 5 a day. It is suitable for the brief because it is quick and easy to make and is encouraging healthier eating as it contains a selection of vegetables.

Chicken Pasta with sweetcorn in a Tomato Sauce

I was going to make pasta mixed with chicken, sweet corn, onion and herbs tossed in a tomato sauce.

I choose this because from my questionnaire I found that most people buy pasta. It is healthy as it is high in carbohydrates and this will give people energy if they are playing sports. It can be served hot or cold. I choose to add chicken because chicken was the favourite filling for wraps and sandwiches from the questionnaire. so people like it and it goes well with pasta. I also choose to add sweet corn because it is one of your 5 a day. It is suitable for the brief because it is encouraging healthier eating as it contains vegetables and it is suitable for a cafe in a sports centre as it contains energy for people playing sports.

1(c) The product idea (6 marks)

From the ideas you generated in 1(b), choose one food product to develop.

Food product: Pasta with chicken and sweetcorn
in a tomato sauce

Explain why you have chosen this product from the range of ideas you gave (3 marks)

Reason 1

I chose this food product because from the questionnaire I found that most people buy pasta in a cafe in a sports centre. The pasta is healthy as it is high in carbohydrates and this will give people energy if they are going to or have been playing sports.

Reason 2

I chose this food product because it can be served hot or cold. From the questionnaire I found that most people would buy hot food but quite a few people would buy cold food so it gives them an option of hot or cold.

Q5/11

Reason 3

I chose this product because it had sweetcorn and herbs in it which made it look colourful which will encourage healthy eating as it will attract people to eat it.

You should provide a recipe for the food product you are going to development. This recipe should include the ingredients and method. (3 marks)

If you choose an existing recipe, you must make at least one substantial variation to either the ingredients or the method to make the product suit the issues in the brief. You must indicate the variation you have made.

You must attach your recipe information to this page of the workbook.

Tick this box once you have attached your information.



Chicken Pasta with sweetcorn in a Tomato Sauce

Own recipe

Ingredients

50g wholemeal pasta

25g sweetcorn

75g onion

100g chopped tomatoes

1*15g tomato puree

100g chicken

1*10g sunflower oil

1g dried basil

Method

1. Boil kettle. Measure out 50g pasta. Cook pasta in boiling salted water for 12 minutes add sweetcorn to the pot 5 minutes before the pasta is cooked. Drain.
2. Peel and dice onion.
3. Dice chicken on red board. Grill in 1*10g oil for 10 minutes.
4. Fry onion in 1*10g oil add 100g chopped tomatoes and 1*15ml tomato puree. Add dried basil to taste.
5. Add chicken and tomato mixture to sweetcorn and pasta. Mix well

Labelling

The name of the food - Chicken pasta with sweet corn in a tomato sauce.

This is useful as the consumer will know what is in it and decide to buy it if they like the ingredients in it.

A description of the product - healthy meal wholemeal pasta with chicken and sweetcorn with a tomato sauce.

This is useful as the consumer will see that the product is healthy and they will know what the product is.

A list of ingredients in weight order. - 100g chicken

100g chopped tomatoes

75g onion

50g wholemeal pasta

25g sweetcorn

15g tomato puree

10g sunflower oil

This is useful as the consumer will see how much of each ingredient is in the food product. Some people may be allergic to some food so they will be able to see what ingredients are in it so they can check if there are any ingredients that are in it that they are allergic to. They can also see that the ingredients in the product are healthy.

Name and address of manufacturer -

This is useful as if the consumers want to contact me to find more information about the healthy meal (chicken pasta with sweetcorn in a tomato sauce) they can. The consumer can find out in letter form more detail about the food product and "healthy" can be clarified in more depth.

Source of information: Food for a PC (version 6)

Nutritional information also includes the label which would be on food packaging.

Source of information: Food for a PC (version 6)**Nutritional Information**

I used a spreadsheet called "Food for a PC (version 6)" to find out what nutrients are in my healthy product.

Nutritional analysis is important to people who use a sports café because they want to eat food which is low in fat, high in starch, low in sugar, low in sodium, high in protein and high in vitamins.

From using "Food for a PC (version 6)" I found that the amount of kcal in my product is 499.5 which is a bit low especially as the people eating it will be doing or will have done sport and will need lots of energy. So the recipe needs to be adapted so there is more energy in it.

The amount of vitamin A in my product is 512.0mg which is high as it should be around 200mg. Vitamin A is an anti-oxidant and protects surface tissues. However the recipe should be adapted so the vitamin A isn't as high as it is a fat-soluble vitamin and too much can cause liver problems.

The amount of vitamin C in my product is 20.5g which is high. This is good because vitamin C helps fight infections and heal wounds quicker. It is also a water-soluble vitamin and so any extra will not be stored in the body.

The amount of protein in my product is 35.4g which is very high but because the people who will be eating it will be doing sports it will help repair and maintain their body tissues for playing sports.



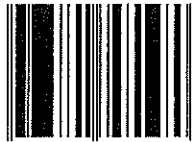
Best Before / Use by

Chicken Pasta in a tomato sauce

INGREDIENTS

376 g e

Canned Tomatoes
Grilled Chicken
Onions (fried)
Brown Pasta (boiled)
Sweetcorn (boiled)
Tomato Puree
Sunflower Oil
Basil



5 000123 000456 >

EAT WITHIN
24 HOURS OF
MAKING

STORE IN
FRIDGE

NUTRITION INFORMATION

Amount per portion	376 g	100 g
Protein	35.4 g	9.4 g
Fat	25.7 g	6.8 g
Carbohydrate	33.8 g	9.0 g
Sugar	15.2 g	4.1 g
Starch	15.4 g	4.1 g
Fibre	6.6 g	1.8 g
Kcal	499.5 kcal	132.8 kcal
KJ	2125.1 kJ	565.2 kJ
Sodium	229.1 mg	60.9 mg
Calcium	70.5 mg	18.7 mg
Iron	2.7 mg	0.7 mg
Vitamin A	512.0 µg	136.2 µg
Vitamin D	0.1 µg	0.0 µg
Vitamin C	20.5 mg	5.4 mg
Vitamin E	7.1 mg	1.9 mg
Vitamin B ₆	0.7 mg	0.2 mg
Vitamin B ₁₂	0.0 µg	0.0 µg

Manufactured by

Section 2: The product (12 marks)**2(a) Information about the product (12 marks)**

You should provide information about the food product you will make. Your information should be clearly presented and you may present your information in any suitable format.

You should provide information about two of the following:

- ♦ labelling
- ♦ advertising/marketing
- ♦ packaging
- ♦ cost
- ♦ nutritional analysis

Circle, underline or highlight the two aspects of information you are going to give about your food product.

For each of these you should:

- ♦ provide three pieces of information which are relevant to your brief and your product
- ♦ explain why each is important to the brief and your product

You must attach your information about your product to this page of the workbook.

Tick this box once you have attached your information.



Section 3: Product testing (10 marks)

You must now make your product so that you can use it as a basis for sensory testing and evaluation.

3(a) Sensory testing (10 marks)

Carry out sensory testing of the food product you have made.

You must:

- ◆ identify an appropriate sensory test (1 mark)
- ◆ identify at least three points of information you need to find out about the product from this test (3 marks)
- ◆ record the results of your testing clearly and appropriately (4 marks)
- ◆ provide at least two conclusions based on the results of testing (2 marks)

You may include a photograph of your food product, if you wish.

You must attach your sensory testing information to this page of the workbook.

Tick this box once you have attached your information.



Q5/18.

key

5 = very

1 = not at all

■ Person 1

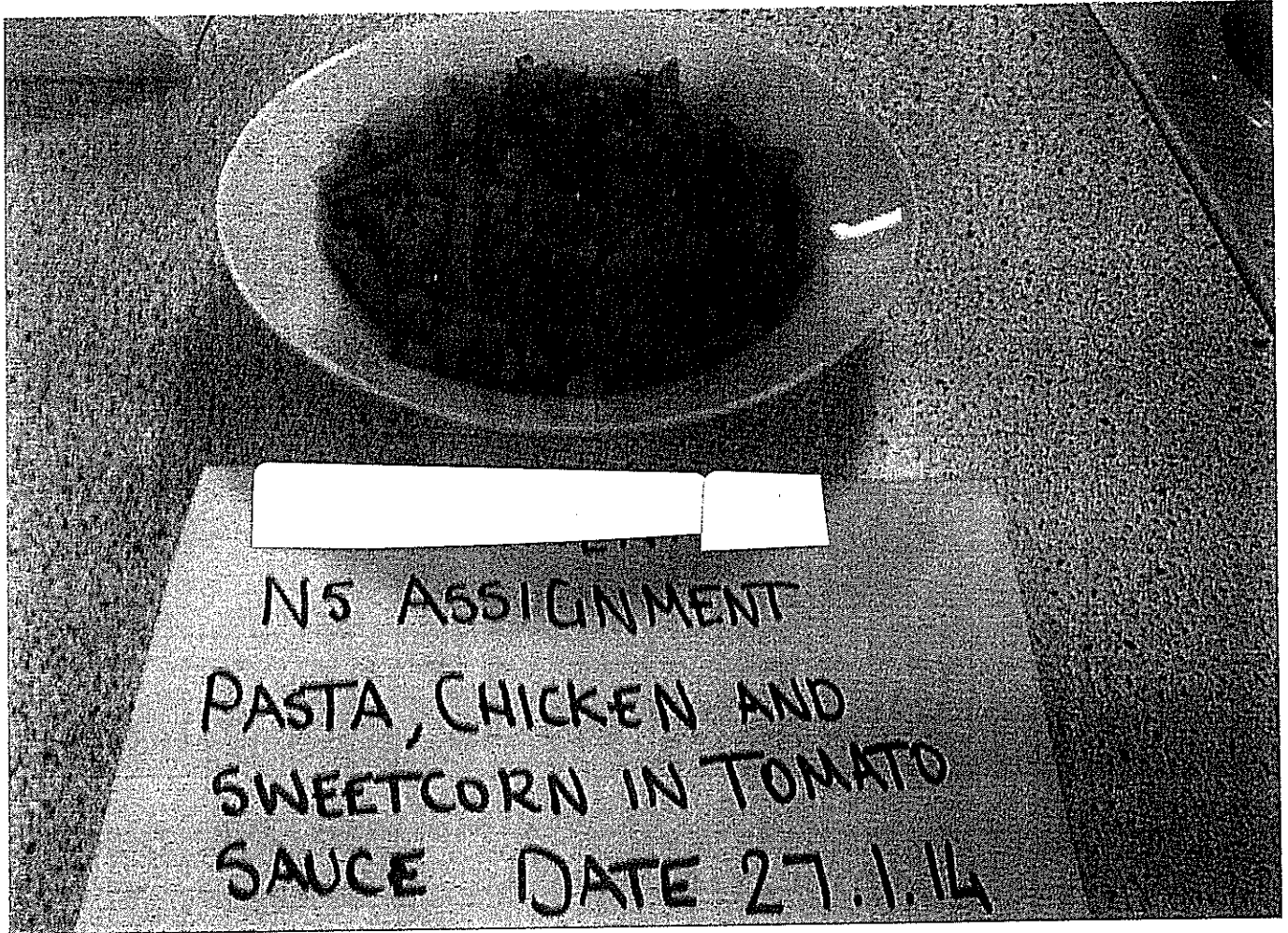
■ Person 2

■ Person 3

Person 4

I chose a star profile because it shows what people thought of the product clearly.

Q5119



Fattening - People didn't find it very fattening. This is good as it wasn't meant to be fatty as it is meant to be healthy.

Dry - Most people didn't find it dry but one person found it a little dry. This is quite good as it wasn't meant to be dry. To make it less dry I could add more sauce.

Bland - Everybody found it a little bit bland. This wasn't that good as it was meant to have a lot of flavour. To make it have ore flavour I could add more herbs or pepper to it.

Tomatoey - Everybody found it tomatoey. This is good as it was meant to be tomatoey.

Soft - Everybody found it soft. This is good as it was meant to be soft.

Chewy - Most people didn't find it too chewy. This is good as it wasn't meant to be too chewy.

Colourful - Everybody thought it was colourful. This is good because it was meant to be colourful to encourage people to try it. To make it even more colourful I could add green or peppers to it.

Smooth - Most people found it quite smooth. This is good because even though it had chunks of food in it it wasn't meant to be lumpy.

Section 4: Evaluation (8 marks)**4(a) Evaluation (8 marks)**

Thinking about how suitable the food product was for the brief, evaluate the food product you have made.

To complete your evaluation, you must complete the following:

Evaluate the suitability of your food product for the brief based on the *results of your research*. (2 marks)

It is suitable because from the questionnaire pasta was the food product that people would most likely buy.

It is suitable because it is bright and colourful and will encourage healthier eating.

Evaluate the suitability of your food product for the brief based on the *sensory testing you have undertaken*. (2 marks)

It is suitable based on the sensory testing I undertook because people didn't find it very fattening. This is suitable as it was meant to be healthy.

It is suitable because based on the sensory testing I undertook people thought it was colourful this is suitable as it will attract people to eat the healthy meal.

Q5/22

Describe any *adaptations or improvements* that might be required to improve your food product. If you think that no adaptations or improvements are required, you must give two reasons why this is the case. (2 marks)

To improve the taste and appearance of the food product I could add more herbs to make the pasta have more flavour. To make it even more colourful I could add green peppers.

To make the calorie intake higher I could increase the amount of pasta in the food product.

Make a *final conclusion* about how well your food product met the issues in the brief overall. (2 marks)

I think my food product met the issues of the brief overall fairly well. It was fairly healthy as it is high in vitamin C and protein. It is a bit low in kcal and a bit high in vitamin A so the recipe could be adapted to change this.

It encourages healthier eating because it is colourful and appetising. To make it more colourful I could add green peppers and more herbs to give it more flavour.

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Health and Food Technology National 5 Assignment

Skills, knowledge and understanding	Marks Available	Marks Awarded
1 (a) Exploring the brief	4	
1 (b) Research	10	
1 (c) The product idea	6	
2 (a) Information about the product	12	
3 (a) Sensory testing	10	
4 (a) Evaluation	8	
Total	50	