



National
Qualifications
2017

X736/75/01

**Health and Food
Technology**

WEDNESDAY, 24 MAY

INSTRUCTIONS TO CANDIDATES

Candidates should enter their surname, forename(s), date of birth, Scottish candidate number and the name and Level of the subject at the top of their first answer sheet.

Total marks — 50

Attempt ALL questions.

Write your answers clearly on your answer sheet.

Marks are shown in square brackets at the end of each question or part question.

An OW in the margin indicates a new question.

Question 1

- (a) Identify **two** nutrients found in fruit and vegetables. Give **one** function of each nutrient. [4 marks]
- (b) Give **two** practical ways to increase consumption of fruit and vegetables. [2 marks]
- (c)
 - (i) Identify **one** method of cooking which helps to meet current dietary advice. [1 mark]
 - (ii) Explain how this method of cooking helps to meet current dietary advice. [1 mark]
- (d) Explain why consumers may choose to buy fruits and vegetables when in season. [2 marks]

Question 2

An 81 year old man has been advised by his doctor to improve his diet.

The table below shows the daily Dietary Reference Values for males aged 75+.

Dietary Reference Values for males aged 75+					
Estimated average requirements	Reference Nutrient Intakes				Guideline daily amount
Energy (MJ)	Protein (g)	Calcium (mg)	Vitamin D (ug)	Sodium (mg)	Fibre (g)
8.77	53.3	700	10	1600	30

The table below shows the dietary analysis of a typical day's meals for the 81 year old man.

Dietary analysis of 81 year old man's meals					
Energy (MJ)	Protein (g)	Calcium (mg)	Vitamin D (ug)	Sodium (mg)	Fibre (g)
9.75	46.7	580	20	1800	12

- (a) Taking account of the Dietary Reference Values (DRVs) for males aged 75+, evaluate the suitability of his typical day's meals. [6 marks]
- (b) Explain how the following factors might affect the 81 year old man's choice of food.
- available income
 - preparation and cooking equipment available
 - geographic location [4 marks]

Question 3

- (a) A school cafe has created the following dish to add to their “Healthy Choices” menu.

Pasta with a tomato, leek and nut sauce

Explain how this dish would be a suitable addition to the cafe menu. [2 marks]

- (b) A group of school pupils have produced a range of fruit juices to sell at a pop up shop in the cafe.

They have selected a glass bottle with a screw top to package the juices.

Evaluate this choice of packaging. [2 marks]

- (c) A family, in which both parents work full time, want to buy their weekly food shopping online.

Evaluate the suitability of online food shopping for this family. [4 marks]

- (d) Identify **two** ways to change the diet to help prevent coronary heart disease. [2 marks]

Question 4

- (a) A coffee shop carried out sensory testing with their customers and received the following comments about a new cake.

A “Fruit has sunk to the bottom”

B “Cake has not risen and is dense”

C “Cake is crisp on the outside”

Explain why these faults could have happened when making the cake. [4 marks]

- (b) Describe each of the following sensory tests.

(i) Preference test [1 mark]

(ii) Rating test [1 mark]

- (c) Identify **two** points of statutory information that can be found on a cake label. Explain the benefit of each point of information to the consumer. [4 marks]

Question 5

- (a) A food manufacturer has extended its range of low fat breakfast cereals. Identify and explain **two** ways the manufacturer could promote this range. [4 marks]
- (b) Evaluate the use of colourings in breakfast cereals. [2 marks]
- (c) Explain how the following factors can lead to spoilage during the production of the breakfast cereal.
 - (i) Moisture [1 mark]
 - (ii) Time [1 mark]
- (d) State **two** ways of reducing sugar intake at breakfast. [2 marks]

[END OF QUESTION PAPER]