

FOR OFFICIAL USE



National  
Qualifications  
2018

Mark

**X836/75/01**

**Health and Food  
Technology**

FRIDAY, 25 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 book to the Invigilator; if you do not, you may lose all the marks for this paper.



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

Total marks — 60  
Attempt ALL questions

Question 1

- (a) Give **two** sources of high biological value protein and **two** sources of low biological value protein.

4

High biological value protein 1 \_\_\_\_\_

\_\_\_\_\_

High biological value protein 2 \_\_\_\_\_

\_\_\_\_\_

Low biological value protein 1 \_\_\_\_\_

\_\_\_\_\_

Low biological value protein 2 \_\_\_\_\_

\_\_\_\_\_

- (b) State **two** functions of protein.

2

Function 1 \_\_\_\_\_

\_\_\_\_\_

Function 2 \_\_\_\_\_

\_\_\_\_\_

- (c) Give **two** reasons for choosing a vegetarian diet.

2

Reason 1 \_\_\_\_\_

\_\_\_\_\_

Reason 2 \_\_\_\_\_

\_\_\_\_\_



\* X 8 3 6 7 5 0 1 0 2 \*

## Question 1 (continued)

- (d) Explain **two** ways in which supermarkets can encourage consumers to eat more fruit and vegetables.

2

Way 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Way 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[Turn over



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

**Question 2**

A 19 year old male is studying at university and enjoys playing football.

The table below shows the daily reference values for males aged 19-50 years.

Dietary Reference Values for males aged 19-50 years					
Estimated average requirements	Reference Nutrient Intakes				
Energy (MJ)	Protein (g)	Vitamin B (mg)	Iron (mg)	Sodium (g)	Vitamin C (mg)
10.6	55.5	1.0	14.8	1.6	40

The table below shows the dietary analysis of the 19 year old male.

Dietary analysis of his typical day's meals					
Energy (MJ)	Protein (g)	Vitamin B (mg)	Iron (mg)	Sodium (g)	Vitamin C (mg)
9.5	57	0.8	13.7	2.5	45





## Question 2 (continued)

- (b) Give **two** dietary factors that may contribute to the development of coronary heart disease.

2

Dietary factor 1 \_\_\_\_\_

\_\_\_\_\_

Dietary factor 2 \_\_\_\_\_

\_\_\_\_\_

- (c) Describe **two** functions of water in the diet.

2

Function 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Function 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Question 3

- (a) Identify and explain **two** stages in the food product development process.

4

Stage 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Stage 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (b) Explain functional properties of the following ingredients when making a baked item.

3

Sugar \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Egg \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

Question 3 (continued)

- (c) Explain **one** advantage and **one** disadvantage to the consumer of using Fairtrade food products.

2

Advantage: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Disadvantage: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (d) Explain why a food manufacturer would carry out sensory testing.

1

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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





Question 4 (continued)

- (b) Explain how **each** of the following factors could affect consumers' choice of food.

3

Food miles \_\_\_\_\_

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Nutritional knowledge \_\_\_\_\_

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Budget \_\_\_\_\_

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- (c) Explain why preservatives are beneficial in food production.

3

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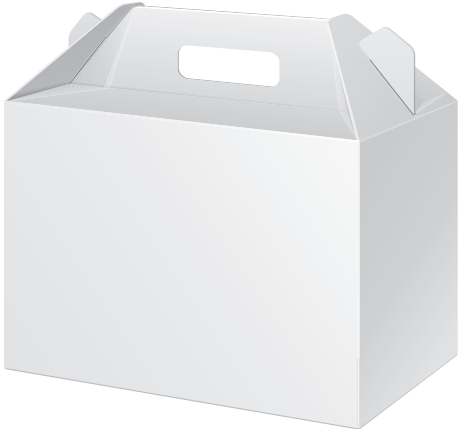
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Question 5 (continued)

(b) Take-away food is packed in a cardboard carry box.



Evaluate cardboard as a packaging material.

3

Evaluation \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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Question 5 (continued)

- (c) Identify **two** consumer organisations and describe how they protect the consumer when buying food.

4

Organisation 1 \_\_\_\_\_

Protection \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Organisation 2 \_\_\_\_\_

Protection \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[Turn over



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Question 6

- (a) Explain **two** nutritional benefits of eating breakfast cereal.

2

Benefit 1 \_\_\_\_\_

\_\_\_\_\_

Benefit 2 \_\_\_\_\_

\_\_\_\_\_

- (b) State **two** points of information which must be included by law on a label for breakfast cereal.

Explain how **each** of these points of information can help consumers make informed choices.

4

Point of information 1 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Point of information 2 \_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (c) Explain **two** ways of preventing tooth decay.

2

Way 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Way 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



MARKS

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WRITE IN  
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Question 6 (continued)

(d) Describe **two** ways of reducing salt in the diet

2

Way 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Way 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

[END OF QUESTION PAPER]



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