



FOR OFFICIAL USE

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National
Qualifications
2018

Mark

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X836/75/01

**Health and Food
Technology**

FRIDAY, 25 MAY

1:00 PM – 2:50 PM



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Fill in these boxes and read what is printed below.

Full name of centre

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Town

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Forename(s)

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Surname

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Number of seat

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Date of birth

Day

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Month

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Year

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Scottish candidate number

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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 _____



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 _____



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 _____

Nutritional knowledge _____

Budget _____

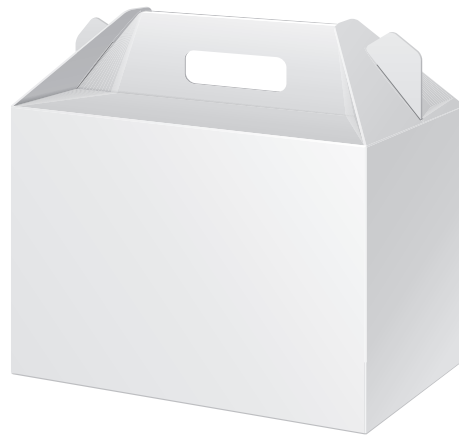
- (c) Explain why preservatives are beneficial in food production.

3



Question 5 (continued)

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



Evaluate cardboard as a packaging material.

3

Evaluation _____

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



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

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 _____



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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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