

FOR OFFICIAL USE



National
Qualifications
2022 MODIFIED

Mark

X836/75/01

**Health and Food
Technology**

MONDAY, 9 MAY
1:00 PM – 2:50 PM



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 — 50

Attempt questions 1 and 2 and any THREE from the following FOUR 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 booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



Total marks — 50

Attempt questions 1 and 2 and any THREE from the following FOUR questions.

Question 1

- (a) Identify **two** nutrients found in red meat.
Give **one** function of each nutrient.

4

Nutrient 1 _____

Function _____

Nutrient 2 _____

Function _____

- (b) Explain **two** benefits to health of reducing fat intake in our diet.

2

Benefit 1 _____

Benefit 2 _____

- (c) Give **two** reasons why a consumer might choose to buy seasonal foods.

2

Reason 1 _____

Reason 2 _____



Question 1 (continued)

- (d) State two reasons why a Trading Standards Officer would inspect food premises.

2

Reason 1 _____

Reason 2 _____

[Turn over



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

Question 2

A 16-year-old skier has broken his arm and will not be as active until he recovers.

Dietary reference values for males aged 15–18 years					
Estimated average requirements	Reference nutrient intakes				Guideline daily amount
Energy (kcal)	Protein (g)	Vitamin B (mg)	Calcium (mg)	Sodium (mg)	Fibre (g)
2964	45.4	1.1	1000	1600	25

The table below shows the dietary analysis of a typical day's meals for the 16-year-old skier.

Dietary analysis of his typical day's meals					
Estimated average requirements	Reference nutrient intakes				Guideline daily amount
Energy (kcal)	Protein (g)	Vitamin B (mg)	Calcium (mg)	Sodium (mg)	Fibre (g)
3123	48.4	1.5	850	1400	18



* X 8 3 6 7 5 0 1 0 4 *

Question 2 (continued)

- (b) Explain **two** ways in which the skier's friends could influence his choice of food.

2

Way 1 _____

Way 2 _____

- (c) Explain how to ensure food safety when preparing food.

2



[Turn over for next question

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

Attempt any THREE from the following FOUR questions.

Question 3

- (a) Identify **two** stages in the development of a cook chill product. Explain their role when developing the cook chill product.

4

Stage 1 _____

Explanation _____

Stage 2 _____

Explanation _____



Question 4

- (a) Describe **three** changes which could be made to the cottage pie ingredients to make it healthier.

Explain how **each** change helps to meet a different piece of current dietary advice.

Cottage Pie
mince
onion
potatoes
cream
plain flour
butter

Change 1 _____

Explanation _____

Change 2 _____

Explanation _____

Question 4 (a) (continued)

Change 3 _____

Explanation _____

(b) Identify **two** points of information which, by law, must be stated on a food label.

Explain the importance of each point to the consumer.

4

Point 1 _____

Explanation _____

Point 2 _____

Explanation _____

[Turn over



Question 5 (continued)

- (c) Explain **two** dietary factors which may contribute towards each of the following conditions.

4

Anaemia

Dietary factor 1 _____

Dietary factor 2 _____

Osteoporosis

Dietary factor 1 _____

Dietary factor 2 _____

[Turn over



Question 6

- (a) Explain **two** reasons why a food manufacturer would carry out sensory testing on a new product.

2

Reason 1 _____

Reason 2 _____

- (b) Give **two** responsibilities of Food Standards Scotland.

2

Responsibility 1 _____

Responsibility 2 _____

- (c) State **two** ways in which consumers can reduce salt intake.

2

Way 1 _____

Way 2 _____

- (d) Explain why water is important in the diet.

2



Question 6 (continued)

- (e) Give an advantage and a disadvantage of organic foods to the consumer.

2

Advantage _____

Disadvantage _____

[END OF QUESTION PAPER]



ADDITIONAL SPACE FOR ANSWERS



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

ADDITIONAL SPACE FOR ANSWERS



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