

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



## 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)

- (a) Taking account of the dietary reference values (DRVs) for males aged 15-18 years, evaluate the suitability of his typical day's meals.

6

Evaluation \_\_\_\_\_

Multiple horizontal lines for writing the evaluation.



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



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ADDITIONAL SPACE FOR ANSWERS



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