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National
Qualifications
2025

Mark

X836/75/01

**Health and Food
Technology**

MONDAY, 26 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

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 booklet 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

MARKS DO NOT
WRITE IN
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Question 1

- (a) State **one** food source for each of the following nutrients.

2

Protein _____

Vitamin B group _____

- (b) Explain the importance of each of the following nutrients in the diet of young children.

2

Protein _____

Vitamin B group _____

- (c) Explain **two** benefits of using organic produce in prepared fresh fruit bags.

2

Benefit 1 _____

Benefit 2 _____



Question 1 (continued)

- (d) Modified Atmosphere Packaging is used for the prepared fresh fruit bags. Identify **one** advantage and **one** disadvantage of this type of packaging.

2

Advantage _____

Disadvantage _____

- (e) Explain **two** ways in which using online shopping can help to reduce food waste.

2

Way 1 _____

Way 2 _____

[Turn over



Question 2

A 19-year-old male professional cyclist is a vegetarian.

The table below shows the dietary reference values for males aged 19–49 years old.

| Dietary Reference Values for males aged 19–49 years old | | | | | |
|---|----------------------------|--------------|----------------|----------------|------------------------|
| Estimated average requirements | Reference Nutrient Intakes | | | | Guideline daily amount |
| Energy (kcal) | Protein (g) | Calcium (mg) | Vitamin A (mg) | Vitamin D (mg) | Fibre (g) |
| 2550 | 55.5 | 700 | 700 | 10 | 30 |

The table below shows the dietary analysis of a typical days meals for the 19-year-old male.

| Dietary analysis of the cyclists meals | | | | | |
|--|-------------|--------------|----------------|----------------|-----------|
| Energy (kcal) | Protein (g) | Calcium (mg) | Vitamin A (mg) | Vitamin D (mg) | Fibre (g) |
| 2102 | 60.2 | 705 | 710 | 12 | 21 |



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Question 2 (continued)

(b) The cyclist has been suffering from anaemia.

Identify **two** nutrients that may help reduce his risk of this dietary disease.

2

Nutrient 1 _____

Nutrient 2 _____

(c) Explain how **each** of the following factors may impact the cyclist's choice of food.

2

Nutritional knowledge _____

Budget _____



Question 3

A local café is developing takeaway picnic hampers.

- (a) Evaluate the suitability of the following picnic items in relation to current dietary advice.

3

Smoked Salmon Pate

Chorizo Sausage Bites

Oatcakes

Reduced Fat Cream Cheese

Fresh Fruit Salad Pots

Evaluation _____

[Turn over



Question 3 (continued)

(b) The café provides freshly squeezed orange juice in the picnic hampers. Evaluate the suitability of the following bottle for the juice.

- available in 2 different sizes
- made of glass
- screw-top lid
- deposit paid on return
- peel-off paper label.



3

Evaluation _____

Question 3 (continued)

- (c) An Environmental Health Officer inspects the café and finds the following faults.

Explain why each of these faults could cause food poisoning.

2

Fault 1: Freezers are operating at -13°C _____

Fault 2: Open windows with no fly screens _____

- (d) Apart from the Environmental Health Department, name **two** other organisations that protect the consumer.

2

Organisation 1 _____

Organisation 2 _____

[Turn over



Question 4

- (a) Explain the importance of **each** of the following stages in the development of a new plant-based ready meal.

2

Prototype Production _____

First Production Run _____

- (b) Identify **two** different types of sensory tests a food manufacturer could carry out on their new plant-based ready meal.

Explain a different reason why they would carry out **each** of the sensory tests identified.

4

Test 1 _____

Reason 1 _____

Test 2 _____

Reason 2 _____



Question 4 (continued)

- (c) Describe the importance of the following pieces of information found on the label of the plant-based ready meal.

2

Use-by Date _____

Cooking Instructions _____

- (d) The ingredients in the plant-based ready meal include beans. Identify **two** nutrients found in beans.

2

Nutrient 1 _____

Nutrient 2 _____

[Turn over



Question 5

- (a) A care home chef uses Ultra-Heat-Treated products (UHT). Describe the benefits to the care home of using UHT products.

2

- (b) The care home chef baked a quiche. Explain why each of the following faults occurred when he came to serve the quiche.

3

The pastry was greasy _____

The filling was runny _____



Question 5 (continued)

- (c) The care home has been advised to increase the amount of dietary fibre in the meals it provides to the elderly residents.

Explain **two** ways increasing the consumption of dietary fibre would benefit the elderly residents.

2

Way 1 _____

Way 2 _____

- (d) Identify **three** foods the elderly residents of the care home should eat less of to help reduce the risk of **each** of the following dietary diseases.

3

High Blood Pressure _____

Dental Caries _____

Coronary Heart Disease _____

[Turn over



Question 6

- (a) Explain why food manufacturers use the following additives in food production.

3

Preservatives _____

Colourings _____

Flavourings _____

- (b) Explain **one** advantage and **one** disadvantage of using Fair Trade ingredients.

2

Advantage _____

Disadvantage _____



Question 6 (continued)

(c) Name **one** food source of **each** of the following types of fat.

2

Saturated fat _____

Unsaturated fat _____

(d) Explain why a diet high in fat can increase the risk of obesity.

1

(e) Describe the benefits of following a vegetarian diet.

2

[END OF QUESTION PAPER]



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