



FOR OFFICIAL USE

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National
Qualifications
2026

Mark

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X836/75/01

**Health and Food
Technology**

MONDAY, 27 APRIL

9:00 AM – 10:50 AM



* X 8 3 6 7 5 0 1 *

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)

--

Surname

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Number of seat

--

Date of birth

Day

--	--

Month

--	--

Year

--	--

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.

Do not remove any exam materials. You must leave this booklet on your desk; if you do not, you could 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) State **one** function and name **one** food source of each of the following nutrients.

4

Iron

Function _____

Food Source _____

Vitamin A

Function _____

Food Source _____

- (b) Describe **two** practical ways to reduce salt consumption in the diet.

2

Way 1 _____

Way 2 _____



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

Question 1 (continued)

- (c) Explain **two** benefits to health of reducing salt in the diet.

2

Benefit 1 _____

Benefit 2 _____

- (d) Explain **two** pieces of advice Food Standards Scotland can give to consumers.

2

Advice 1 _____

Advice 2 _____

[Turn over



Question 2

A 70-year-old man who has broken his hip in a fall will be inactive.

The table below shows the daily reference values (DRVs) for males aged 65–74 years old.

Dietary Reference Values for males aged 65–74 years old					
Estimated average requirements	Reference Nutrient Intakes				Guideline daily amount
Energy (kcal)	Protein (g)	Vitamin D (µg)	Calcium (mg)	Sodium (mg)	Fibre (g)
2330	53.3	10	700	1600	30

The table below shows the dietary analysis of a typical day's meals for the 70-year-old man.

Dietary analysis of his typical day's meals					
Energy (kcal)	Protein (g)	Vitamin D (µg)	Calcium (mg)	Sodium (mg)	Fibre (g)
2564	51.3	8	790	1798	16



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

Question 2 (continued)

- (a) Taking account of the DRVs for males aged 65–74 years old, evaluate the suitability of the 70-year-old man's meals on a typical day.

6

Evaluation

[illegible]

Question 2 (continued)

- (b) Explain **two** ways in which online shopping could affect the 70-year-old man's choice of food.

2

Way 1 _____

Way 2 _____

- (c) Describe **two** functional properties of eggs in a baked product.

2

Property 1 _____

Property 2 _____



Question 3

A burger van wants to make its popular cheeseburger healthier.

- (a) Describe **three** changes which could be made to the ingredients in the cheeseburger recipe below.

Explain how **each** change helps to meet a **different** piece of Current Dietary Advice.

6

Cheeseburger Recipe

20% fat minced beef

Chopped onion

Cheddar cheese slice

White burger bun

Salt and pepper

Tomato ketchup

Change 1 _____

Explanation _____

Change 2 _____

Explanation _____

Change 3 _____

Explanation _____



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

Question 3 (continued)

- (b) Evaluate the use of cardboard as a packaging material for the cheeseburgers. 2

- (c) An Environmental Health Officer inspects the burger van and finds the following problems. 2
Explain **one way each** of these problems could cause food poisoning.

The fridge is operating at 8 °C

Explanation _____

Burgers are cooked to a core temperature of 56 °C

Explanation _____



Question 4

A ready meal company are developing a new product for their range.

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

Do not include product testing in your answer.

4

Stage _____

Explanation _____

Stage _____

Explanation _____

- (b) Evaluate the use of organic ingredients in the new ready meal.

3



Question 4 (continued)

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

2

Introductory low prices _____

Free sampling _____

- (d) State **one** function of vitamin E in the diet.

1



Question 5

- (a) For **each** of the following diet-related diseases, explain **one** way it could be prevented.

3

Dental Caries _____

Anaemia _____

Coronary Heart Disease (CHD) _____

- (b) Identify **two** rules a food manufacturer should follow when carrying out sensory testing on a product.

Explain why **each** rule is important.

4

Rule 1 _____

Explanation _____

Rule 2 _____

Explanation _____

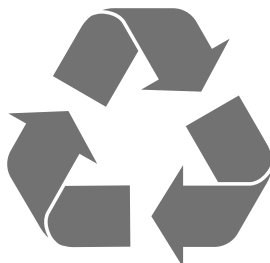


* X 8 3 6 7 5 0 1 1 1 *

Question 5 (continued)

- (c) (i) Identify this symbol.

1



- (ii) Explain how this symbol may influence consumer choice.

1

- (d) Give **one** way Trading Standards officers protect the consumer.

1

Question 6

- (a) Identify **two** pieces of statutory information found on a food label.
Explain the benefit of **each** point of information to the consumer.

4

Point of information 1 _____

Benefit to the consumer _____

Point of information 2 _____

Benefit to the consumer _____

- (b) Explain **two** ways factory farming could influence a consumer's food choice.

2

Way 1 _____

Way 2 _____



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

Question 6 (continued)

- (c) Describe **two** advantages and **one** disadvantage of Ultra Heat Treated (UHT) products for the consumer.

3

Advantage 1 _____

Advantage 2 _____

Disadvantage _____

- (d) Give **one** reason why water is important in the diet.

1

[END OF QUESTION PAPER]



ADDITIONAL SPACE FOR ANSWERS

DO NOT
WRITE IN
THIS
MARGIN



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

ADDITIONAL SPACE FOR ANSWERS

DO NOT
WRITE IN
THIS
MARGIN



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