

FOR OFFICIAL USE



National  
Qualifications  
SPECIMEN ONLY

Mark

**SQ22/N5/01**

**Health and Food  
Technology**

Date — Not applicable

Duration — 1 hour and 30 minutes



\* S Q 2 2 N 5 0 1 \*

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 ALL questions.

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.



\* S Q 2 2 N 5 0 1 0 1 \*

Question 1

MARKS

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A school canteen supervisor wants to increase the amount of fruit and vegetables the pupils eat.

- (a) Name **two** nutrients which can be found in fruit and vegetables and explain at least **one** function of **each** in the diet.

4

Nutrient 1 \_\_\_\_\_

Explanation(s) \_\_\_\_\_

\_\_\_\_\_

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Nutrient 2 \_\_\_\_\_

Explanation(s) \_\_\_\_\_

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\* S Q 2 2 N 5 0 1 0 2 \*

Question 1 (continued)

MARKS

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Many school children do not like eating whole fruit and vegetables.

- (b) State **two** practical ways the canteen supervisor could include fruit or vegetables in the menu to encourage pupils to eat them.

2

Practical way 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Practical way 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- (c) Describe **one** step the canteen supervisor should take when preparing or cooking vegetables and explain why this would make sure they keep as much of their nutritional content as possible.

2

Step \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

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\* S Q 2 2 N 5 0 1 0 3 \*

Question 1 (continued)

MARKS

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(d) Describe **two** duties of the Environmental Health Department in relation to food premises.

2

1 \_\_\_\_\_

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2 \_\_\_\_\_

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Total marks 10



\* S Q 2 2 N 5 0 1 0 4 \*

Question 2

A food manufacturer wants to extend their range of baked products to include fruit cakes.

(a) State **two** reasons for carrying out market research for the new product. **2**

Reason 1 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Reason 2 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

The results of prototype production show the following problems with the cakes.

**Results of prototype production**

- i. Cakes are too crisp around the edges when baked.
- ii. The fruit has sunk to the bottom of the cakes.
- iii. Cakes have not risen enough.

(b) Explain why **each** of these problems may have happened. **3**

(i) \_\_\_\_\_

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\_\_\_\_\_

(ii) \_\_\_\_\_

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(iii) \_\_\_\_\_

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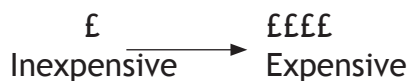
Question 2 (continued)

A consumer wants to buy a birthday cake for a child who will be three on 25th July and is having a birthday party on that date where there will be 10 guests.

(c) Identify the most suitable cake for the consumer to buy from the three shown below.

Features	Cake A	Cake B	Cake C
Sizes available	10-12 portions	18-20 portions	8-10 portions
Type of cake	Sponge	Sponge	Fruit and nut
Fillings	Buttercream and jam	Buttercream	No filling
Decoration	Large range of children's themes available	Range of cartoon characters available	Can be personalised by the consumer
Shelf life	Best before 27 July	Best before 25 July	Best before 26 July
Cost	££	£££	££

Key:



(i) State the most suitable cake for the consumer to buy for the birthday party.

1

\_\_\_\_\_

**MARKS**

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**Question 2 (c) (continued)**

- (ii) Considering all of the features described in the table above, give **three** reasons for your choice of cake.

**3**

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- (d) Describe **one** way the cake could be stored to keep it in good condition.

**1**

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**Total Marks 10**



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Question 3

A young business woman has little time to shop for food and eats too many takeaway meals. She would like to shop for food online and make healthier dishes at home.

(a) Evaluate the suitability of this method of shopping for her using the features listed below.

4

**Online shopping**

- Food items are arranged in virtual ‘aisles’
- Your last order is displayed automatically
- Special offers displayed on the website home page
- Delivery is available 8am - 6am, seven days a week
- You can choose a two hour delivery slot
- Substitute items will be sent automatically
- Free delivery if your order is over £100

Evaluation \_\_\_\_\_

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Question 3 (a) (continued)

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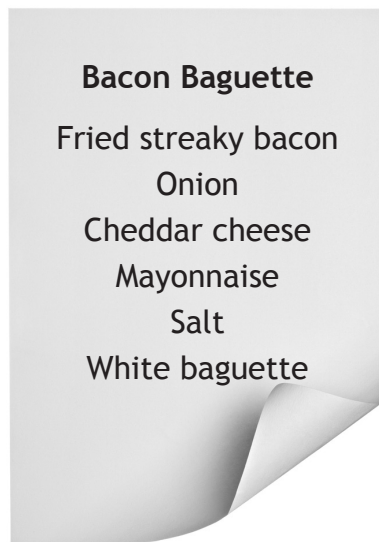
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She would like to make a healthier version of her favourite takeaway baguette at home.



(b) Describe **three** changes she could make and explain how **each** change helps to meet a different piece of current dietary advice. 6

Change 1 \_\_\_\_\_

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Explanation \_\_\_\_\_

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Question 3 (b) (continued)

MARKS

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Change 2 \_\_\_\_\_

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\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Change 3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Change 4 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Explanation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Total marks 10



\* S Q 2 2 N 5 0 1 1 0 \*

**Question 4**

A company which specialises in organic produce currently sells organic meat and vegetables. They plan to expand their business to include:

- organic meat boxes which are delivered direct to the consumer;
- a range of ready meals which use their produce.

As part of their market research the company have developed an organic meat box which they plan to trial with consumers.

(a) Make **four** evaluative comments about the suitability of the organic meat box.

4

	<p style="text-align: center;"><b>Organic Meat Box</b></p> <p>Contents:</p> <ul style="list-style-type: none"> <li>• minced beef</li> <li>• a whole chicken</li> <li>• a variable selection of ready meals which use our organic meat and vegetables</li> <li>• all produce is certified organic standard</li> <li>• all meat is produced within 20 miles</li> <li>• recipes are available on our website</li> <li>• delivered weekly</li> <li>• a seasonal organic vegetable box can be bought for half price if ordered with meat</li> </ul>
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Question 4 (continued)

MARKS

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Evaluation

Point 1 \_\_\_\_\_

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Point 2 \_\_\_\_\_

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Point 3 \_\_\_\_\_

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Point 4 \_\_\_\_\_

\_\_\_\_\_  
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\* S Q 2 2 N 5 0 1 1 2 \*

Question 4 (continued)

The company wants to develop a range of ready meals which include their organic meat and vegetables.

- (b) Identify **two** steps they might carry out in the product development process and explain how these could help the company make a successful food product.

4

Step \_\_\_\_\_

Explanation(s) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Step \_\_\_\_\_

Explanation(s) \_\_\_\_\_

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Question 4 (continued)

The company has put the following labels on two of the ready meals.

(c) Explain what the information on **each** of these labels tells the consumer.

(i) Food product - Frozen organic beef burgers

Best before:  
January 2015

(ii) Food product - Chilled organic vegetable lasagne

Use by:  
12 June

(i) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(ii) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2

Total marks 10



Question 5

MARKS

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A 51 year old office worker works long hours. He is overweight and has high blood pressure and wants to improve his diet.

Dietary Reference Values for Males aged 50+ years					
Estimated average requirements	Reference Nutrient intakes				Guideline daily amount
Energy (MJ)	Protein (g)	Vitamin B complex (mg)	Iron (mg)	Sodium (g)	Fibre (g)
10.60	53.3	1.4	8.7	1.6	18

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

Dietary analysis of his typical day's meals					
Energy (MJ)	Protein (g)	Vitamin B complex (mg)	Iron (mg)	Sodium (g)	Fibre (g)
13.20	55.0	1.6	4.8	2.1	12

- (a) Taking account of the Dietary Reference Values (DRVs) for males aged 50 plus, evaluate the suitability of his typical day's meals.

6

Evaluation \_\_\_\_\_

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**MARKS**

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**Question 5 (continued)**

- (c) Explain **two** ways in which the man could use the information on food labels to help him make healthier food choices.

**2**

1 \_\_\_\_\_

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2 \_\_\_\_\_

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**Total marks 10**

**[END OF SPECIMEN QUESTION PAPER]**



\* S Q 2 2 N 5 0 1 1 7 \*