



National
Qualifications
2026

X836/76/11

Health and Food Technology

MONDAY, 27 APRIL

9:00 AM – 11:00 AM

Total marks — 60

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

You must leave your answer booklet on your desk; if you do not, you could lose all the marks for this paper.



 **Qualifications
Scotland**
Teisteanasan Alba

Total marks — 60 marks

Attempt ALL questions

Question 1

- (a) Explain **four** factors which could influence a teenager's choice of food.
- (b) A school canteen aims to meet the nutritional needs of teenagers.

4

Table 1 shows the Dietary Reference Values for 16-year-old females.

Dietary Reference Values for 16 year-old females				
Estimated average requirements	Reference nutrient intakes			
Energy (kcal)	Protein (g)	Vitamin D (µg)	Iron (mg)	Fibre (g)
2414	45.4	10	14.8	25

The food intake of a 16-year-old female includes the following meal:

Baked potato with beans and cheese Fruit crumble and custard

Table 2 shows the dietary analysis of her food intake, including the meal.

Dietary analysis of the 16-year-old's food intake				
Energy (kcal)	Protein (g)	Vitamin D (µg)	Iron (mg)	Fibre (g)
2103	47	17	12	34

Analyse **three different** aspects of the 16-year-old's diet, in relation to the Dietary Reference Values (DRVs) for 16-year-old females in **Table 1**.

For **each** aspect you should include:

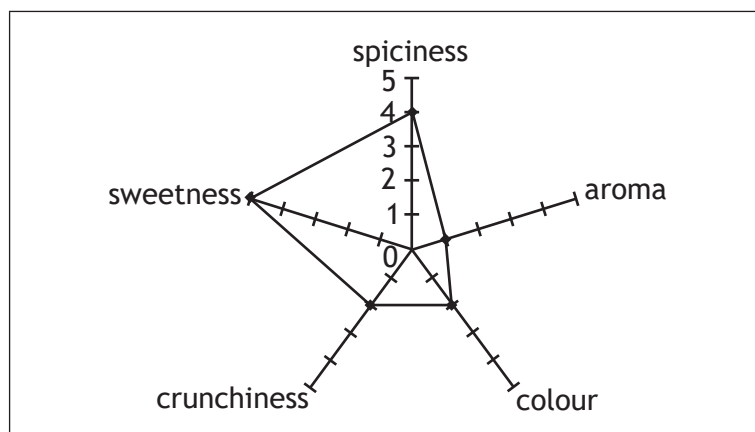
- a comment on the impact of her diet in relation to the Dietary Reference Values (DRVs)
- the potential consequence for her health
- a conclusion about the contribution made by her meal to her food intake.

9

Question 1 (continued)

- (c) A café is developing a savoury wrap for teenagers.

The star profile below shows the results of sensory testing of a prototype of the savoury wrap.



Key

- 5 = very high
 4 = high
 3 = slightly high
 2 = low
 1 = very low

Evaluate the suitability of this savoury wrap for teenagers.

4

- (d) Explain the functional properties of the following ingredients in a cupcake:

- eggs
- fat.

3

[Turn over

Question 2

MARKS

- (a) Explain how **each** of the following organisations can support consumers when purchasing food:
- Trading Standards
 - Consumers' Association.
- (b) Explain the effect on health of following the dietary goal of having no more than 6 g of salt per day.
- (c) Evaluate **each** of the following technological developments for the consumer:
- cook-chill products
 - functional foods.

3

3

4

Question 3

- (a) Explain factors that can contribute towards the following dietary diseases:
- osteoporosis
 - type 2 diabetes.
- (b) Explain **four** stages a food manufacturer would follow when developing a new range of chicken dishes.
- (c) Evaluate the following marketing techniques used to promote a new product:
- social media campaign
 - in-store magazines.

3

4

3

Question 4

- | | |
|---|---|
| (a) Evaluate how a cereal bar could help meet different pieces of current dietary advice. | 4 |
| (b) Evaluate how each of the following affects consumer food choice: <ul style="list-style-type: none">• food allergies• Fairtrade. | 4 |
| (c) Explain two factors that may hinder the absorption of calcium. | 2 |

Question 5

- | | |
|--|---|
| (a) Explain the benefits of food additives to the consumer. | 2 |
| (b) Explain the inter-relationship of vitamin C and iron. | 2 |
| (c) Evaluate the use of genetically modified foods. | 3 |
| (d) Evaluate the contribution of alternative proteins in the diet. | 3 |

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