

Candidate evidence

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1) a)	<p>a high intake of sodium is unsuitable a high intake of sodium is unsuitable in the diet, this is because sodium can cause the artery walls to thicken therefore increasing the risk of CHD.</p>
	<p>a high intake of sodium in the diet is unsuitable, this is because a high intake of sodium increases blood pressure therefore increasing the risk of hypertension.</p>
b)	<p>a high intake of sugar can lead can lead to type-2 diabetes as too much sugar encourages weight gain and puts strain on the pancreas therefore increasing the risk of developing type-2 diabetes.</p>
	<p>a high intake of fat in the diet can lead to type-2 diabetes as a high fat intake increases weight</p>

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	<p>The 3 year old girl is getting too little energy, this is unsuitable for her as she is growing she needs energy for development, if this continues she may become extremely fatigued and lose the ability to grow efficiently, the noodles in the chicken noodle soup are a source of carbohydrates which are a source of energy.</p>
	<p>The 3 year old girl is getting too little vitamin A, this is unsuitable for her as as her body will not be making visual purple, which is required to see efficiently in the dark, if this continues it may or lead to night blindness, the carrot sticks in her meal are a source of vitamin A.</p>

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1d)	<p>The soup is rated 4, high, for spiciness. This is unsuitable for the toddlers as it may be too spicy for them and since their taste buds aren't fully developed, therefore they will not like the soup and will not want it again.</p>
	<ul style="list-style-type: none">• The soup is rated 4, high, for crunchiness, this is suitable for the toddlers as it may suggest the soup contains a large amount of fruit or veg, therefore this will help the toddlers to meet the dietary goal of 5 portions of fruit and veg or 400g of per day.
	<ul style="list-style-type: none">• The soup is rated 2, low, for thickness, this suggests that the soup will not be very filling, therefore the toddlers will still be hungry and be given an unhealthy high sugar or fat snack which increases the

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	causing food poisoning to it's customers therefore protecting the consumer.
	<ul style="list-style-type: none">• An environmental health officer will enforce the health and safety act to ensure all food premises are carrying out the correct procedures to prevent food poisoning therefore protecting the consumer.
	2c) dietary fibre and water will work together to bulk out faeces so that passing waste is easier which therefore protects the body from bowel diseases such as diverticulosis, constipation or bowel cancers.
	3a) <ul style="list-style-type: none">• concept generation “The thinking stage” where the ideas for the chicken fried rice are thought of, this stage can be improved by spending a longer time searching for the gap in the

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3b)	When handling the raw chicken, the manufacturer should ensure that hands are washed thoroughly before touching any equipment or other food, this reduces the risk of spreading bacteria and therefore prevents cross contamination *
	The chicken should be stored separately from the rest of the other ingredients to ensure no juices from the chicken leak and spill onto other ingredients, this reduces therefore storing the chicken separately reduces the risk of spreading bacteria and therefore prevents cross contamination when producing the chicken fried rice dish
*	When producing the chicken fried rice dish.

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3c)	<ul style="list-style-type: none">• UHT products can be bought in bulk, this is suitable as since they have a longer shelf life consumers with little time won't have to return to the shops as much since they will last a longer time therefore saving time for the consumer.
	<ul style="list-style-type: none">• UHT products are often found to be cheaper than fresh products, this is suitable ^{for} consumers who are on a lower budget therefore saving money for the consumer.
	<ul style="list-style-type: none">• MAP products have a longer shelf life as there is no oxygen available to allow micro-organisms to grow, therefore this is suitable for the consumer as it stays in date longer and reduces food wastage.
	<ul style="list-style-type: none">• MAP products can be dangerous if stored incorrectly, this is unsuitable.

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5a)	
<p>for the consumer as they may not know how to keep it therefore causing it to spoil and no longer remain fresh and cause food poisoning.</p>	
<p>A factor which may affect a student's food choice is time. The student may spend a lot of time studying and not have enot enough time to think about food therefore negatively impacting their food choice and as they will choose the easier option of convenience foods such as takeaway and high fat and salt ready meals.</p>	
<p>A factor which may affect a student's food choice is nutritional knowledge, a student with high nutritional knowledge may choose to spend more time planning and preparing food with high nutritional value therefore positively impacting their food choice.</p>	

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3	
5b)	

A factor which may affect a ~~re~~ student's food choice is budget, a student with a lower budget will choose to spend less money on food and ~~be~~ may just buy foods high in fat, salt or sugar as they are lower in cost therefore negatively impacting the student's food choice.

A factor which may influence a student's food choice is peer pressure, a student may choose to eat and buy what the rest of their friends do just to fit in with them, therefore negatively impacting food choice.

5b) • eggs are whisked and beaten ~~to~~ form air which stretches the protein and forms air bubbles as aeration occurs, this traps the air in the sponge mixture and once cooked forms a light and fluffy sponge for

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The Swiss roll

- eggs and fat are mixed together to create an emulsifier as the protein in the egg allows this to happen to prevent the Swiss roll mixture from curdling.

- Sugar is used in baked goods such as a Swiss roll as when the mixture is being cooked the heat causes caramelisation to occur and therefore leaves the Swiss roll a golden brown colour.

5c) • food additives such as preservatives will be added to some products, this is suitable as it makes the foods shelf life longer and therefore reduces food wastage.

- food additives such as colourings to icings in baked products are suitable as it makes the product look more appealing and therefore

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	makes the product more popular.	