

## Candidate 2

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
1.a)	F: A diet high in sugars can contribute to
	childhood obesity
	C: As sugars will provide the body with excess as children often eat a lot of sweets
	calories which if consumed a lot will lead
	to weight gain <sup>as the excess energy from calories will be stored as fat</sup> increasing childhood obesity
	F: A lack of exercise <sup>and activities</sup> in childhood could
	lead to childhood obesity.
	C: As due to the calories children get from food, if they do not exercise <sup>or do any activities</sup> these
	excess calories off it can lead to weight
	gain and lead to obesity, as it will be continued to be stored as fat.
	F: A diet high in <sup>saturated</sup> fat can contribute to
	childhood obesity
	C: As if children consume a lot of <del>ready</del> <sup>ready</sup> and convenience foods
	meals that are high in fat this can
	provide the body with excess calories and
	contribute to childhood obesity as <del>the</del> <sup>a result of</sup> the

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	<p>weight gain <sup>from</sup> <del>from</del> the saturated fat buildup up</p>
	<p>F: A diet low in dietary fibre can</p>
	<p>contribute to childhood obesity</p>
	<p>C: As dietary fibre provides a feeling of</p>
	<p>fullness, so a lack of this <sup>lead children</sup> can <del>lead</del> to</p>
	<p>snacking on foods high in fat and sugar</p>
	<p>which can lead to childhood obesity.</p>
	<p>1-b)(i) F: Staff training can help prevent</p>
	<p>food poisoning when preparing snacks</p>
	<p>as staff can be trained on personal and</p>
	<p>kitchen <del>hygiene</del> hygiene to be followed</p>
	<p>C: This ensures that high standards of</p>
	<p>kitchen and personal hygiene is followed</p>
	<p>by the staff as they will be aware to</p>
	<p>wash their hands before and after</p>
	<p>handling <sup>the snacks that may contain</sup> <del>foods such as</del> raw meat and</p>
	<p>vegetables to prevent the transfer of bacteria <sup>from their hands</sup></p>

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	and therefore prevent food poisoning. <i>and ensuring kitchen surfaces are clean using antiseptic to kill bacteria</i>
	F: Purchasing ingredients from a reputable supplier could help prevent food poisoning when preparing a snack as this will ensure <del>the</del> good systems are in place to prevent cross contamination
	e.g. As they will ensure storage areas are temperature controlled (e.g. fridges temp between $-4^{\circ}\text{C}$ ) to avoid rapid multiplication of bacteria therefore prevent food poisoning.
	F: Staff training can help prevent food poisoning as the staff could be trained to ensure <del>that</del> that cooking times when preparing the snacks are stipulated and <del>followed</del> followed.
	e: As this will ensure that if reheating <del>the</del> snacks, they reheat it to

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	<p>a minimum <sup>reheating</sup> temp of 82°C  <sup>to</sup> kill all the bacteria <del>that</del> <sup>that</sup> may  <sup>multiplied once</sup> have been cooled down to prevent  bacteria multiplication and food poisoning.</p>
1-c)	<p>L: The fibre intake is lower than required  for the female</p> <p>I: This suggests that there is less fibre  available which would not provide a feeling  of fullness <del>of</del> for the <del>the</del> female</p> <p>C: As a result of this, the female will be  snackier on more foods that are high in  fat and sugar which increases her risks of  developing obesity <del>and</del> dental caries later in  life if it is consumed a lot. <sup>and also Type 2</sup> diabetes as a result <sup>in later life</sup></p> <p>S: The pasta from the macaroni cheese  may be wholemeal and contribute to her  fibre intake.</p>



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C: This will result in the female

developing night blindness, and so will

not be ~~able~~<sup>able</sup> to do activities at night due

to her poor vision.

S: The salad may contain vegetables

such as tomatoes which contribute to

her vitamin A intake

1-d) F: The aroma of the milkshake has been

rated a 4, high, which indicates that

it may have ~~a~~<sup>a</sup> distinctive smell

D: This may not be suitable for children

C: As if there is a strong smell this ~~can~~<sup>can</sup>

put children off trying the milkshake and

so will be unappealing to them and

not encourage them to drink it.

F: The colour of the milkshake has been

rated a 1, very low which indicates that

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	<p>the milkshake lacked colour and looked dull.</p> <p>O: This may not be suitable for children</p> <p>C: As they may find the milkshake unattractive and unappealing to the eye as it could not be aesthetically pleasing so will not encourage them to drink it; due to the lack of colour in it.</p>	
	<p>F: The Sweetness of the milkshake has been rated a 4, high which indicates that a lot of sugar have been added to it</p> <p>O: This could not be suitable for children</p> <p>C: As this <del>too</del> much sugar can lead to children developing dental caries and Type 2 diabetes later in life and not follow the current dietary advice of <del>reducing the sugar intake</del> <sup>the intake of free sugars exceed</sup> to not <del>exceed</del> 5% of total energy</p>	

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	<p>Fruitiness F: The <del>smoothness</del> of the milkshake has been rated a 5, very high indicating that a variety of fruits have been added to it</p> <p>O: This would be suitable for children</p> <p>C: As this will help them increase their fruit and vegetable intake to 400g per day, it contains a lot of vegetables and provide the A, C, E vitamins which can help prevent cancer and heart disease later in life.</p>
2.03)	<p>F: Cook-chill products are cheaper than purchasing individual ingredients</p> <p>O: This would be suitable for students</p> <p>C: As students are more likely to be on a low budget and have a limited income so this will help them save money and save time on preparing meals from scratch.</p>



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2b)	<p>F : A diet high in fruit and vegetables can provide the body with dietary fibre.</p>
	<p>O : This would be good in the diet.</p>
	<p>C : As <del>the</del> <sup>the dietary fibre</sup> can help faeces become soft and bulky by <del>combining</del> combining with water and so will reduce the risk of developing bowel diseases, as it can be easily pushed out the gut.</p>
	<p>F : A diet high in fruit and vegetables can help provide <del>the</del> dietary fibre which can give a feeling of fullness.</p>
	<p>O : This would be good in the diet.</p>
	<p>C : As the dietary fibre will prevent us from snacking on foods that are high in fat and sugars which can therefore <sup>become obese and so</sup> reduce the risk of developing Type 2 diabetes. <del>is reduced.</del></p>

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	F: A diet high in fruit and vegetables
	can provide the body with water
	O: This would be good in the diet
	C: As <del>water</del> water is needed to <sup>be</sup> <del>absorbed</del>
	absorbed by the fibre so faeces
	don't become hard and not put
	pressure on the muscle walls so therefore
	can reduce the risk of developing bowel
	diseases such as diverticulitis
	n
	2.c) F: A diet high in <sup>diety</sup> fibre can hinder
	calcium absorption
	C: As the diety fibre binds with
	calcium in a way in which prevents
	calcium being absorbed into the body
	increasing risk of developing osteoporosis.
	F: A diet <del>high in fat</del> <del>can hinder</del> <del>calcium</del> <del>absorption</del>
	Calcium absorption

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2.d)	

C: As fats form insoluble soaps with calcium when it combines preventing calcium ~~the~~ from being absorbed

F: Food miles can increase the CO<sub>2</sub> emissions and can therefore increase carbon footprint

D: This would not be good for a consumer's choice of food.

C: As consumers who are concerned about food miles and the environment will not buy foods with increased food miles as it can lead to global warming.

F: Foods with increased food miles will taste less fresh and the nutritional value will be reduced as a result of vitamins being lost due to the longer travels.



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	forward: <sup>so</sup> <del>to</del> it meets the needs of the target market.	
	F: The manufacturer could improve the prototype production stage by developing <del>the</del> a prototype of the fish product and measuring it against the specification.	
	C: <sup>As</sup> This will allow the manufacturer to <del>reassess</del> further refine and modify the product <sup>by spending more time</sup> to make important changes so it meets the needs of the sales targets.	
	F: The manufacturer could improve the first production stage by assessing the quality and uniformity of standards of fish product.	
	C: As this will allow the manufacturer to	



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3.b)	F : oily fish in the diet can provide a source of essential fatty acids such as Omega 3/6.	
	O : This would be good in the diet	
	C : As <del>essentially</del> essential fatty acids are high in HDL cholesterol so can help reduce cholesterol and therefore reduce the risk of developing CHD	
	F : Oily fish in the diet will provide a source of protein	
	O : This would be good in the diet	
	C : As the protein can help for the growth, repair and maintenance of body cells and tissues so can help cuts and wounds heal quickly	
	F : Oily fish in the diet can provide a source of vitamin D	

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	<p>O: This would be good in the diet</p>
	<p>C: As vitamin D can help with the absorption of calcium in the body and therefore reduces the risk of developing osteoporosis</p>
3.c	<p>(environmental health officer)</p> <p>F: EHO <del>can</del> can help protect the consumer when purchasing food as they can provide information on hygiene ratings in restaurants</p> <p>C: This will help the consumer make their choices on which restaurants they would like to visit</p>
	<p>F: The EHO can help protect the consumers when purchasing food as they can provide information on food choices</p>
	<p>C: This will help consumers make healthy</p>

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	informed choices when purchasing food.
	F: The EHO can protect the consumer when purchasing food by offering advice to food handlers when storing foods.
	C: This will ensure that the food handlers store foods such as raw meat at the bottom and vegetables at the top to prevent cross-contamination from drip so can prevent bacterial growth and multiplication and prevents food poisoning so will <del>help</del> protect the consumer when purchasing foods.
	F: The EHO can take away food samples from food businesses for testing.
	C: This can help ensure that food is safe and protect the consumer's to ensure

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	Food safety when purchasing the foods
4(a)	<p>F: Peer pressure often occurs in teenagers as <del>can be</del> they are mostly likely to choose the same foods as their friends.</p> <p>O: This would not be good for their choice of food.</p> <p>C: As this can limit their food choice as they will choose the same foods to fit in with the likes and dislikes of their peers.</p> <p>A lack of</p> <p>F: Nutritional knowledge will lead consumers to buy food products that they already know and like.</p> <p>O: This would not be good for a consumer's choice of food.</p> <p>C: As they will only buy foods that they only know of so can limit <del>there</del> their</p>

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	food choice and lead them to not to have a varied diet and miss out <del>of</del> on essential nutrients in the diet.	
	F: A lack of available income can impact the consumer's choice of food as they are less likely to buy food products that are expensive.	
	O: This will not be good on a consumer's choice of food	
	C: As they will not be able to buy healthy alternative like fruit and veg as these are expensive and if not eaten will go to waste.	
	F: A lack of nutritional knowledge can lead some consumers to buy unhealthy food products	
	O: This would not be good on a consumer's	

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	Sweet flavour of food products without <del>the</del> additional calories	
	C: This will help consumers who are on a low-calorie diet <del>and</del> <sup>so</sup> they can increase their food choice without the food product having if <del>it</del> has any additional calories.	
	F: Colourings can benefit the consumer as they can be used to enhance the colour of food products such as baked sweets and replace colours that may have been lost due to processing	
	C: This can <del>also</del> improve the appearance of food products and make them more attractive so can encourage consumers to purchase the product as it would be aesthetically pleasing.	
	F: Flavonings can help benefit the	

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Choice of food	
C: As they will make poorer choices as	
they are unaware of what the	
nutritional information stands for so	
will be more likely to buy foods that	
are unhealthy increasing their risk of	
dietary diseases such as obesity.	
4-b)	
F: Food additives such as preservatives	
can benefit the consumer as it can	
help extend the shelf life of foods	
C: <sup>As</sup> This will reduce visit to the shops	
for consumers and so they will be	
able to buy the food products in bulk	
<del>the</del> and therefore can also prevent waste	
as the foods would not go off easily.	
F: Sweeteners can benefit the	
consumer as they can enhance the	

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	<p>the consumer as manufacturers can provide a variety of flavours in food products and replace flavours that may be lost during processing</p>	
	<p>C: This will allow the consumer to have a more varied diet and increase their food choice which they will find appealing.</p>	
4c)	<p>F: The role of the Advertising Standards Authority (ASA) would be to take action against harmful, misleading or offensive adverts.</p> <p>C: This can help protect the consumer as they will be able to remove adverts that are offensive so can help prevent children from seeing these offensive <del>who may see that</del> adverts so they are not able to learn from them and take appropriate actions against food business by taking them to court.</p>	

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	<p>F: The ASA can also protect the consumer by investigating complaints <sup>about</sup> <sub>adverts</sub> made by consumers</p>
	<p>C: This will allow the ASA <del>to</del> <sup>investigate</sup> issues that consumers are concerned about and take action if required to remove them and <sup>therefore</sup> <del>also</del> <sub>they have</sub> protect consumers from <del>their</del> <sub>concerns</sub> of adverts.</p>
5.a)	<p>F: <del>When</del> Aeration is a functional property of eggs which is when is eggs are whisked it traps air and forms a foam.</p> <p>C: This can help baked products be light and give a fluffy appealing texture to them.</p>
	<p>F: Glazing is another functional property as beaten egg is brushed on top</p>



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D: This would not be suitable for some consumers

C: As some consumers may have a low income so they will be ~~be~~ unable to purchase the product as it will be unavailable to them so can limit their food choice.

5b (ii) P: Genetically modified foods can help preserve foods and therefore extend the shelf-life of foods

D: This would be good for consumers

C: As these foods can be bought in bulk ~~so~~ therefore can reduce the visit to shops and also help reduce waste so will ~~help~~ <sup>appeal</sup> to consumers concerned about the environment.

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5b) (i)	<p>F : Fair trade products are often travelled from far-off countries.</p> <p>O : This would not be suitable for some consumers</p> <p>C : As this can increase food miles so will result in more CO<sub>2</sub> emissions being produced so can lead to global warming so this would not encourage consumers who are concerned about the environment and food miles to purchase fair trade food products</p>	
5.c)	<p>F : The vegetable chilli will contain a variety of vegetables</p> <p>O : This would help <del>consumers</del><sup>the vegetarian</sup> follow current dietary advice</p> <p>C : As this will help them increase the intake of fruit and vegetable to 400g per day which will provide them</p>	

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a source of A, C, E vitamins and reduce the risk of developing cancers and heart disease

F: The potato wedges are a source of starchy carbohydrates and so can provide dietary fibre

O: This will help the vegetarian follow current dietary advice

C: As this will help them increase their average intake of fibre to 30g per day and can help prevent constipation as the faeces will be soft and bulky

F: The mixed bean and vegetable chilli contain may ~~have~~ added sugar to give more flavours

O: This would not help the vegetarian follow current dietary advice

C: As this will not help them to

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	<p>have an <del>average</del> <sup>intake</sup> of free sugars which does not exceed 5% of total energy. <sup>can lead to Type 2 diabetes</sup></p>
	<p>F: The potato wedges may be seasoned with salt</p>
	<p>O: This would not help the vegetarian meet current dietary advice</p>
	<p>e: As <del>they</del> <sup>this</sup> will not be able to reduce their salt intake to 6g per day. <sup>can lead to hypertension and HBP</sup></p>
	<p>F: The mixed bean and vegetable chilli may <del>not</del> <sup>contain</sup> fat from butter used to create the dish.</p>
	<p>O: This would not help the vegetarian meet current dietary advice</p>
	<p>e: As this will not help them reduce the average intake of total fat to no more than 35% of food energy, <sup>which can lead to</sup> CHD from the build up of LDL cholesterol</p>

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	<i>in the arteries.</i>	