

# Commentary on candidate evidence

The evidence for the candidates in this pack has achieved the following marks for each question of this course assessment component.

## Candidate 1

### Question 1a

The candidate was awarded **3 marks** because they correctly explained three factors which may contribute to childhood obesity however the fact in point 2 was a repeat of point 1 so was not awarded a mark.

Point 1 showed a connection between a low intake of fruit and vegetables leading to snacking on foods that are high in fat/sugar leading to weight gain contributing to childhood obesity.

Point 2 showed a connection between a diet high in sugar leading to weight gain which was a repeat of the fact above however in addition there was no specific reference to childhood obesity, so no mark was awarded.

Point 3 showed a connection between how a family's low income can lead to cheap low-quality foods being purchased which are high in fat/sugar which can lead to weight gain contributing to childhood obesity.

Point 4 showed a connection between no exercise in children leading to excess calories not being burned off leading to weight gain and obesity.

### Question 1b

The candidate was awarded **2 marks** because they correctly explained two steps that could be taken by the after-school club to prevent food poisoning linked to staff training however no marks were awarded for points related to purchasing food from reputable suppliers as there was no clear understanding shown.

Point 1 showed a connection between storing food at the right temperature preventing bacterial growth, which can prevent food poisoning.

Point 2 showed a connection between the importance of hand washing routines in preventing cross contamination which can prevent food poisoning. Point 3 no understanding was shown of how the environmental health officer would reduce the risk of food poisoning from bacterial growth so no mark was awarded.

Point 4 no understanding shown of how purchasing from reputable suppliers can prevent food poisoning so no mark was awarded.

### Question 1c

The candidate was awarded **8 marks** because they analysed three different aspects of the diet but were not awarded full marks for the analysis of energy.

Point 1 linked to iron showed an understanding that less iron is not suitable as it is needed to provide haemoglobin to transport oxygen around the body which may lead to anaemia due to her menstrual cycle. They correctly identified spinach as a source of iron.

Point 2 linked to energy showed an understanding that energy being low is not suitable as it is needed to complete daily tasks which will leave her feeling tired however no consequence of this was given linking to the 11 year old girl so no mark was awarded for the consequence related to energy. They correctly identified macaroni pasta as a source of carbohydrates providing energy. Point 3 linked to fibre showed an understanding that fibre is needed to combine with water to bulk out faeces and may lead to constipation. They correctly identify the salad as a source of fibre.

### Question 1d

The candidate was awarded **3 marks** because they made three valid evaluative points about the suitability of the milkshake for children.

Point 1 was not awarded as there was no link to children.

Point 1 correctly stated a fact – The sweetness has been rated 4 out of 5 indicating that it is high in sugar - made a judgement that it is not suitable – and as a consequence the sugar being used for energy may convert to fat if not burned off which can lead to weight gain with a developed response – even obesity. No marks were awarded as there was no link to children.

Point 2 correctly stated a fact – The colour has been rated 1 out of 5 indicating no/low additives have been added to the shake - made a judgement that it is suitable – and as a consequence prevents hyperactivity and bad behaviour in children.

Point 3 correctly stated a fact –The fruitiness has been rated 5 out of 5 for fruitiness indicating a high fruit level which provides fibre - made a judgement that it is suitable – and as a consequence the children will feel more full and are less likely to snack on other high sugar foods with a developed response – reducing the risk of dental caries.

Point 4 provided an incomplete fact–the aroma has been rated at a 4 however there is no understanding of what this means - made a judgement this is suitable – and as a consequence having a good smell the children are more likely to consume and like the product. No mark was awarded due to the incomplete fact.

### Question 2a

The candidate was awarded **3 marks** because they made three valid evaluative points about the use of cook-chill foods for students.

Point 1 correctly stated a fact –many cook chill products are available on the market – made a judgement that this is suitable – with the consequence that It provides a varied diet for the students.

Point 2 correctly stated a fact –Cook chill meals are often cheaper than buying individual ingredients – made a judgement that this is suitable – with the consequence that many students are on a low income therefore more affordable to buy.

Point 3 correctly stated a fact –Many cook chill foods are high in salt – made a judgement that this is not suitable – with the consequence that this can increase students blood pressure with a developed response – which can cause strokes.

**Although this candidate has a possible 4 marks the maximum mark allocation for this question is 3.**

**Question 2b**

The candidate was awarded **2 marks** because they made two valid evaluative points about the impact of a diet high in fruit and vegetable on the identified dietary diseases. No attempt was made at a third response to access all three marks.

Point 1 correctly stated a fact – that fruit and vegetables are high in dietary fibre which combines with water to make faeces bulky to allow for easy passage– made a judgement that this is suitable– with the consequence as constipation is much less likely.

Point 2 correctly stated a fact – that fruit and vegetables make you fuller for longer due to fibre so there is less ambition to eat sugary snacks which allows for a lower intake of sugar– made a judgement that this is suitable – with the consequence that this steadies the blood sugar levels and helps to deal with Type 2 diabetes.

**Question 2c**

The candidate was awarded **2 marks** because they correctly explained two factors that may inhibit the absorption of calcium.

Point 1 wrongly identifies vitamin C as a factor that will hinder the absorption of calcium.

Point 2 showed a connection between a diet being high in dietary fibre binding with the calcium hindering the absorption of calcium.

Point 3 showed a connection between an illness such as cystic fibrosis leading to the body's digestive system being unable to absorb calcium.

**Question 2d**

The candidate was awarded **2 marks** because they made two valid evaluative points about the impact of food miles on a consumer's choice of food.

Point 1 correctly stated a fact –High food miles are known for polluting the environment due to transport– made a judgement that this is not suitable– with the consequence that many consumers will refuse to buy products that will harm the environment.

Point 2 correctly stated a fact –The more food miles on a product the more expensive it is due to transport costs, tax and processing – made a judgement that this is not suitable– with the consequence that consumers on a low income will not be able to afford them.

**Question 3a**

The candidate was awarded **0 marks** because they did not explain how any of the stages in the development of the new fish product listed could have been improved.

Point 1 There is no understanding shown of the concept screening stage and how the stage could be improved to increase the sales of the new fish product.

Point 2 There is no understanding shown of the prototype production stage and how the stage could be improved to increase the sales of the new fish product.

Point 3 There is no understanding shown of the first production run stage and how the stage could be improved to increase the sales of the new fish product.

Point 4 There is no connection shown between the launch and how this stage could be improved to increase the sales of the new fish product.

**Question 3b**

The candidate was awarded **3 marks** because they have made valid evaluative points about the contribution of oily fish in the diet including a developed response in point one.

Point 1 correctly stated a fact – that oily fish is rich in omega 3 – made a judgement that this is suitable – with the consequence that it breaks down LDL cholesterol in the arteries. The candidate has further stated that as a result there is less chance of a heart attack so was awarded a further mark for a developed response.

Point 2 correctly stated a fact – that oily fish is rich in protein– made a judgement that this is suitable – with the consequence that it is essential for growth and maintenance of muscles. The candidate attempts a developed response by stating – it also allows for cuts and wounds to be healed effectively - however as the consequence does not mention repair of muscles this is not valid as it is not a development of their consequence.

**Question 3c**

The candidate was awarded **1 mark** because they provided one correct explanation linked to the role of environmental health officers in protecting the consumer, the remaining responses did not show an understanding the role of the environmental health officers.

Point 1 showed no understanding of how an environmental health officer can offer protection when purchasing food and was not awarded a mark.

Point 2 showed a connection between staff being well trained in food hygiene so preventing cross-contamination, and so protect consumers.

Point 3 showed no understanding of how an environmental health officer can offer protection when purchasing food and was not awarded a mark.

**Question 4a**

The candidate was awarded **4 marks** because they provided four valid evaluative points linked to the impact of the factors listed on consumer food choice one of which is developed. Although there is the possibility of five marks the maximum mark allocation for this question is four.

Point 1 correctly stated a fact linked to peer pressure – many people eat out/have takeaways with friends – made a judgement that this is not suitable– with the consequence as it can lead to a high consumption of foods high in fat as a result cholesterol levels will rise. The candidate has further stated that as a result it may cause coronary heart disease so was awarded a further mark for a developed response.

Point 2 correctly stated a fact linked to nutritional knowledge – many people are educated on the importance of fresh fruit and vegetables in the diet to allow for sufficient amounts of dietary fibre – made a judgement that this is suitable – with the consequence as fibre works with water to prevent constipation and therefore bowel disease.

Point 3 correctly stated a fact linked to nutritional knowledge – many people are educated on the importance of fresh fruit and vegetables in the diet to allow for sufficient amounts of dietary fibre – made a judgement that this is suitable – with the consequence as fibre prevents snacking on high sugar foods reducing the risk of weight gain. (In this response the fact and judgement of point 2 were used again to award this mark as there was a second accurate consequence)

Point 4 correctly stated a fact linked to available income – many people cannot afford fresh ingredients for healthy and nutritious meals, leading to more processed foods being consumed which are high in salt – made a judgement that this is not suitable – with the consequence as it can cause high blood pressure.

**The candidate has provided an additional response, which would have gained marks had the maximum mark allocation for this question not been awarded.**

#### **Question 4b**

The candidate was awarded **3 marks** because they correctly explained three ways how food additives can benefit the consumer.

Point 1 no understanding shown of antioxidants so no mark was awarded.

Point 2 showed a connection between preservatives extending the shelf life of food benefiting the consumer by reducing waste.

Point 3 showed a connection between colourings being used to improve the look of a product benefiting the consumer as they are more likely to eat food which looks good.

Point 4 showed a connection between flavourings being used to improve or add flavour to food benefiting the consumer by giving a richer taste and smell that is more appealing.

#### **Question 4c**

The candidate was awarded **1 mark** because they correctly explained one role of the Advertising Standards Authority in protecting the consumer.

Point 1 does not show a clear understanding of the protection offered by the ASA in relation to adverts on children's channels so was not awarded a mark.

Point 2 showed a connection between ASA dealing with public complaints about adverts protecting the consumer by ensuring that adverts are not false or offensive.

**Question 5a**

The candidate was awarded **0 marks** because they have not correctly explained the functions of eggs in baked products.

Point 1 shows an understanding of eggs trapping air however there is no clear understanding of the functional property, so no mark is awarded.

Point 2 shows an understanding of eggs holding ingredients together however there is no clear understanding of the functional property, so no mark is awarded.

**Question 5b**

The candidate was awarded **2 marks** because they have provided valid evaluative comments on both Fair Trade and genetically modified foods for the consumer. Although four marks are available the candidate only provided two responses neither of which have been developed.

Point 1 correctly stated a fact linked to Fair Trade foods – that they are often more expensive than non-Fair Trade products – made a judgement – that this is not suitable – with the consequence that consumers on low budgets will be unable to afford them.

Point 2 correctly stated a fact linked to genetically modified foods – that they are made for a specific purpose, such as last longer without rotting – made a judgement – that this is suitable – with the consequence that more fruit can be bought in bulk due to its longer shelf life.

**Question 5c**

The candidate was awarded **2 marks** because they have provided two valid evaluative comments on ways the meal could help a vegetarian follow different pieces of current dietary advice. Although points three and four are also evaluative there is no evidence to back up the fact that the dish is low in sugar/salt therefore no marks are awarded for these two points.

Point 1 correctly stated a fact linked to vegetables – Mixed bean and vegetable chilli contains vegetables – made a judgement – this is suitable – with the consequence that this will help the vegetarian to follow the advice for at least five portions of fruit and vegetables a day.

Point 2 correctly stated a fact linked to carbohydrate – that the potato wedges will contain carbohydrates – made a judgement – this is suitable – with consequence that 50% of overall energy intake contains carbohydrates.

Point 3 incorrectly stated a fact linked to sugar – that the mixed bean and vegetable chilli contains very low sugar levels – made a judgement – that this is suitable – with the consequence this allows the vegetarian to not exceed the advice of overall energy intake being from free sugars.

Point 4 incorrectly stated a fact linked to salt – the lunch is low in salt – made a judgement – that this is suitable – with the consequence that this allows the vegetarian not to exceed the dietary advice of 6g of salt per day.

**Total marks awarded: 41/ 60**

## Candidate 2

### Question 1a

The candidate was awarded **4 marks** because they correctly explained four factors which may contribute to childhood obesity.

Point 1 showed a connection between a high intake of sugar and excess calories from children eating sweets being stored as fat leading to childhood obesity.

Point 2 showed a connection between lack of exercise leading to excess calories being stored as fat leading to weight gain and childhood obesity.

Point 3 showed a connection between a high intake of fat from convenience meals providing excess calories which can contribute to childhood obesity.

Point 4 showed a connection between a low fibre intake which would not provide a feeling of fullness, so children would snack on high fat / sugar foods which could lead to childhood obesity.

### Question 1b

The candidate was awarded **3 marks** because they correctly explained three steps that could be taken by the after-school club to prevent food poisoning.

Point 1 showed a connection between staff training on personal and kitchen hygiene, and how that would prevent food poisoning by preventing the transfer of bacteria.

Point 2 showed a connection between purchasing ingredients from a reputable supplier who would have good systems in place to prevent cross contamination and how this would prevent food poisoning by ensuring that storage areas are temperature controlled.

Point 3 showed a connection between staff training and how staff knowledge of correct cooking times and temperatures would prevent food poisoning by ensuring that correct reheating temperatures were reached.

### Question 1c

The candidate was awarded **8 marks** because they analysed three different aspects of the diet, but were not awarded full marks for the analysis of vitamin A.

Point 1 linked to fibre showed an understanding that a low fibre intake would not lead to a feeling of fullness, and that this could lead to obesity. They correctly identified pasta as a source of fibre in the meal.

Point 2 linked to iron showed an understanding that a low intake would make the female feel tired, and could lead to anaemia as she is menstruating. Spinach was correctly identified as a source of iron in the meal.

Point 3 linked to vitamin A showed an understanding that a low intake could lead to a lack of visual purple, which could lead to poor vision in dim light. However the candidate did not identify a source of vitamin A in the meal as tomatoes were not listed, so was not awarded the final mark for this point.

**Question 1d**

The candidate was awarded **4 marks** because they made valid evaluative points about the suitability of the milkshake for children.

Point 1 correctly stated a fact – the high rating for aroma indicated that the milkshake may have a distinctive smell - made a judgement that it may not be suitable for children – and as a consequence the strong smell may put children off trying the milkshake.

Point 2 correctly stated a fact - the very low rating for colour indicated that the milkshake lacked colour and looked dull – made a judgement that this would not be suitable for the children – with the consequence that the children would find the milkshake unattractive and unappealing to the eye.

Point 3 correctly stated a fact – the high rating for sweetness indicated that a lot of sugar had been added – made a judgement that this would not be suitable for children – and as a consequence could lead to children developing dental caries. The candidate further stated that this meant that they were not following current dietary advice of free sugars not exceeding 5% of total energy, and so was awarded an additional mark for a developed response

**The candidate has provided an additional response, which would have gained marks had the maximum mark allocation for this question not been awarded.**

Point 4 correctly stated a fact – that the high rating for fruitiness indicated that a variety of fruits had been added to the milkshake – made a judgement that this is suitable for the children – with the consequence that this would help them increase their fruit and vegetable intake to 400g per day. They further stated that this would provide ACE vitamins which could help prevent cancers and heart disease in later life, and so would have been awarded an additional mark for a developed response

**Question 2a**

The candidate was awarded **3 marks** because they made three valid evaluative points about the use of cook-chill foods for students.

Point 1 correctly stated a fact – that they are cheaper than purchasing individual ingredients – made a judgement that this is suitable for students – with the consequence that students are more likely to be on a limited budget.

Point 2 correctly stated a fact that cook-chill foods are high in fat / sugar – made a judgement that this would not be suitable for students – with the consequence that it can increase their risk of obesity if consumed for long periods of time.

Point 3 correctly stated a fact – that there are a wide variety of cook-chill foods available – made a judgement that this was suitable for students – with the consequence that it increased their food choice and allowed them to have a varied diet.

**Question 2b**

The candidate was awarded **3 marks** because they made three valid evaluative points about the impact of a diet high in fruit and vegetable on the identified dietary diseases.

Point 1 correctly stated a fact – that a diet high in fruit and vegetables can provide the body with dietary fibre – made a judgement that this is good in the

diet – with the consequence that the faeces will be soft and bulky and so reduce the risk of developing bowel disease.

Point 2 correctly stated a fact – that a diet high in fruit and vegetables will provide fibre which will give a feeling of fullness – made a judgement that this is good in the diet – with the consequence that this will prevent snacking on foods high in fat / sugar which could lead to obesity and so reduce the risk of developing type 2 diabetes.

Point 3 correctly stated a fact – that a diet high in fruit and vegetables will provide the body with water – made a judgement this this is good in the diet – with the consequence that the water is absorbed by the fibre, making the faeces soft and bulky, so reducing the risk of developing bowel diseases such as diverticulitis.

### Question 2c

The candidate was awarded **2 marks** because they correctly explained two factors that may inhibit the absorption of calcium.

Point 1 showed a connection between a diet being high in dietary fibre and the fact that it would bind with the calcium in a way that prevented its absorption.

Point 2 showed a connection between a diet high in fat and the fact that they would form insoluble soaps so preventing calcium absorption

### Question 2d

The candidate was awarded **2 marks** because they made two valid evaluative points about the impact of food miles on a consumer's choice of food.

Point 1 correctly stated a fact – that food miles can increase CO<sup>2</sup> emissions which will increase the carbon footprint – made a judgement that this would not be good for a consumer's choice of food – with the consequence that consumers who are concerned about food miles and the environment will not buy foods with increased food miles.

Point 2 correctly stated a fact – that food with increased food miles will taste less fresh due to the longer travels – made a judgement that this is not good for consumer's choice of food – with the consequence that consumers will not be encouraged to buy the product as it will not taste fresh and will be unappealing.

### Question 3a

The candidate was awarded **4 marks** because they correctly explained how each of the stages in the development of the new fish product listed could have been improved.

Point 1 showed a connection between how spending more time developing a specification for the new fish product would improve the concept screening stage, as it would ensure that the fish product better matched the specification and the best ideas would be taken forward.

Point 2 showed a connection between taking time to match the prototype against the specification to refine and modify the fish product so that important changes could be made to the product, and it would meet the sales targets.

Point 3 showed a connection between assessing uniformity and quality of the fish product during the first production run, which would allow the manufacturer to further modify the product and reduce the risk of wasting money on other stages.

Point 4 showed a connection between monitoring sales in smaller areas first during the launch which would allow the manufacturer to adjust the marketing approach when launching on to the national market

### Question 3b

The candidate was awarded **3 marks** because they have made valid evaluative points about the contribution of oily fish in the diet.

Point 1 correctly stated a fact – that oily fish provides essential fatty acids eg omega 3 / 6 – made a judgement that this is good in the diet – with the consequence that essential fatty acids are high in HDL cholesterol which will help reduce cholesterol. The candidate has further stated that this will reduce the risk of developing coronary heart disease and so was awarded a further mark for a developed response.

Point 2 correctly stated a fact – that oily fish is a source of protein – made a judgement that this is good in the diet – with the consequence that helps with growth, repair and maintenance of body cells and tissues.

**The candidate has provided an additional response, which would have gained marks had the maximum mark allocation for this question not been awarded.**

Point 2 would have been awarded an additional mark for a developed response as the candidate further stated that the protein would help cuts and wounds heal quickly.

Point 3 correctly stated a fact – that oily fish is a source of vitamin D – made a judgement that this is good in the diet – with the consequence that this will help with calcium absorption. The candidate further stated that this would reduce the risk of developing osteoporosis, and so would have been awarded an additional mark for a developed response.

### Question 3c

The candidate was awarded **3 marks** because they provided three correct explanations linked to the role of environmental health officers in protecting the consumer.

Point 1 showed a connection between the fact that they provide information on hygiene ratings in restaurants and how it protects consumers by helping them make decisions on choice of restaurants.

Point 2 showed no understanding of how an environmental health officer can offer protection when purchasing food, and was not awarded a mark.

Point 3 showed a connection between the advice offered to food handlers when storing foods so ensuring that foods such as raw foods are store correctly to prevent cross-contamination, and so protect consumers.

Point 4 showed a connection between the EHO testing food samples to ensure that food is safe, so protecting the consumer when purchasing food.

### Question 4a

The candidate was awarded **3 marks** because they provided three valid evaluative points linked to the impact of the factors listed on consumer food choice.

Point 1 correctly stated a fact linked to peer pressure – peer pressure results in teenagers being likely to choose the same foods as their friends – made a judgement that this is not good for their food choice – with the consequence that it will limit their food choice as they are choosing the same foods as their peers. Point 2 is incorrect as the fact stated is not linked to nutritional knowledge, and so no mark was awarded.

Point 3 correctly stated a fact linked to available income – lack of income means that consumers are less likely to buy expensive food products – made a judgement that this is not good for consumer food choice – with the consequence that they will not be able to buy healthy alternatives like fruit and vegetables as they are expensive.

Point 4 correctly stated a fact linked to nutritional knowledge – a lack of nutritional knowledge can lead to some consumers to buy unhealthy food products – made a judgement that this is not good for consumer food choice – with the consequence that it can lead to an increased risk of dietary diseases such as obesity

#### **Question 4b**

The candidate was awarded **4 marks** because they correctly explained how food additives can benefit the consumer.

Point 1 showed a connection between preservatives extending the shelf life of products and how it benefits consumers by enabling them to buy in bulk. The candidate has further explained that this would reduce trips to the shops for the consumer, and so was awarded an additional mark for a developed response. (NB: marks are not always awarded in the order written by the candidate – it is important to read the entire response before awarding marks)

Point 2 showed a connection between sweeteners enhancing flavour without additional calories and how it benefits consumers on a low calorie diet by increasing their food choice.

Point 3 showed a connection between colourings being used to enhance or replace colour lost during processing and how it benefits the consumer by improving the appearance of food and making it more attractive.

**The candidate has provided an additional response, this would have not have gained marks.**

Point 4 is incorrectly linked to flavourings, and so was not awarded a mark

#### **Question 4c**

The candidate was awarded **2 marks** because they correctly explained the role of the Advertising Standards Authority (ASA) in protecting the consumer.

Point 1 showed a connection between ASA taking action against offensive or misleading advert and how the ASA protects the consumer by preventing children seeing these offensive adverts.

Point 2 showed a connection between ASA dealing with complaints about adverts and protecting the consumer by taking action and removing adverts if required

**Question 5a**

The candidate was awarded **2 marks** because they have correctly explained functions of eggs in baked products.

Point 1 showed a connection between whisking eggs leading to aeration in the baked product and making it light.

Point 2 showed a connection between glazing with egg which would lead to a golden brown top on the baked product.

**Question 5b**

The candidate was awarded **4 marks** because they have provided valid evaluative comments on both Fair Trade and genetically modified foods for the consumer.

Point 1 correctly stated a fact linked to Fair Trade foods – that there is a large variety of Fair Trade foods available – made a judgement – that this is good for the consumer – with the consequence that this helps consumers have an increased food choice.

Point 2 correctly stated a fact linked to Fair Trade foods – that they are often more expensive – made a judgement – that this is not suitable for some consumers – with the consequence that consumers with a low income would be unable to purchase the product.

Point 3 correctly stated a fact linked to genetically modified foods – that they help preserve foods and extend the shelf life – made a judgement – that this is good for consumers – with the consequence that foods can be bought in bulk. The candidate has further stated that this will reduce trips to the shops, and so has been awarded a further mark for a developed response.

**The candidate has provided an additional response, which would have gained marks had the maximum mark allocation for this question not been awarded.**

Within point 3 the candidate provided an additional consequence – reduces waste, which would could also have gained a mark for consequence had they not already stated that they could be bought in bulk.

Point 4 correctly stated a fact linked to Fair Trade – Fair Trade products travel from far-off countries – made a judgement – not suitable for consumers – with the consequence that the increased food miles would result in more CO<sup>2</sup> emissions and so not encourage environmentally concerned consumers to purchase.

**Question 5c**

The candidate was awarded **4 marks** because they have provided four valid evaluative comments on ways the meal could help a vegetarian follow different pieces of current dietary advice.

Point 1 correctly stated a fact linked to vegetables – the chilli will contain a variety of vegetables – made a judgement – will help the vegetarian – with the consequence that this will help them increase their intake of fruit and vegetables to 400g per day.

Point 2 correctly stated a fact linked to fibre – that the potato wedges will provide fibre – made a judgement – this will help the vegetarian – with consequence that it will help them to increase their fibre intake to 30g per day.

Point 3 correctly stated a fact linked to sugar – that the chilli may contain added sugar to give it more flavour – made a judgement – that this would not help the vegetarian – with the consequence that it would not help them have an intake of free sugars, which did not exceed 5% of total energy.

Point 4 correctly stated a fact linked to salt – the potato wedges may be seasoned with salt – made a judgement – that this would not help the vegetarian – with the consequence that they will not be able to reduce their salt intake to 6g per day.

**The candidate has provided an additional response, which would have gained marks had the maximum mark allocation for this question not been awarded.**

Point 5 would not have been awarded a mark as there is no indication why butter would have been used in the vegetable chilli.

**Total mark awarded: 58 / 60**