

Commentary on candidate evidence

The candidate evidence has achieved the following marks for each question of the question paper.

Question 1(a)

The candidate was awarded **1 out of 3 marks**.

Point 1 shows a link between the increase in sodium and the risk of coronary heart disease.

Fact – Sodium can cause the artery walls to thicken.

Judgement – A high intake of sodium is unsuitable in the diet.

Consequence – Therefore increasing the risk of coronary heart disease (CHD).

Point 2 shows a partial connection between sodium being unsuitable in the diet however the mark is not awarded as the consequence is a repeat of the fact.

Fact – A high intake of sodium increases blood pressure.

Judgement – A high intake of sodium is unsuitable.

Consequence – Increased risk of hypertension is not accurate as this is a repeat of the fact.

Question 1(b)

The candidate was awarded **1 out of 2 marks**.

Point 1: the candidate shows a connection between a high intake of sugar leading to weight gain which puts a strain on the pancreas and increases the risk of developing type 2 diabetes.

Point 2: the candidate has stated that a diet high in fat increases weight gain leading to type 2 diabetes but there is no connection shown as to how the added weight gain can cause type 2 diabetes.

Question 1(c)

The candidate was awarded **9 out of 9 marks**.

Point 1 was correctly linked to calcium.

The candidate successfully explains the impact of different aspects of the girl's diet in relation to the Dietary Reference Value (DRV).

Impact – understanding of the DRV (the girl is getting ample calcium and as she is growing, she needs a good supply of calcium to help develop strong bones).

Consequence – this will reduce the risk of osteoporosis in later life.

The candidate then reaches a conclusion about the contribution made by the lunch to the girl's diet – the strawberry milk in the meal is a source of calcium.

Point 2 correctly linked to protein.

The candidate successfully explains the impact of different aspects of the girl's diet in relation to the DRV.

Impact – the girl is getting too much protein. This is unsuitable for her as excessive protein is converted to body fat).

Consequence – if this continues she may develop childhood obesity (the link to the girl is coming from the childhood obesity).

The candidate then reaches a conclusion about the contribution made by the lunch to the girl's diet – the chicken in the chicken noodle soup in her meal is a source of protein.

Point 3 is partially correct as it is linked to energy.

The candidate successfully explained the impact of different aspects of the girl's diet in relation to the DRV.

Impact – the girl is not getting enough energy. This is unsuitable for her as she is growing and needs energy for development. If this continues, she may become extremely fatigued.

Consequence – the consequence is inaccurate as energy is not directly linked to normal growth in children.

The candidate then reaches a conclusion about the contribution made by the lunch to the girl's diet – the noodles in the chicken noodle soup are a source of carbohydrates which is a source of energy.

Point 4 was correctly linked to Vitamin A.

The candidate successfully explains the impact of different aspects of the girl's diet in relation to the DRVs.

Impact – the girl is not getting enough vitamin A. This is unsuitable for her as her body will not be making visual purple which is required to see efficiently in the dark.

The candidate then goes onto provide a relevant consequence – this may lead to night blindness and reaches a conclusion about the contribution made by the lunch to the girl's diet – the carrot sticks in her meal are a source of vitamin A.

Question 1(d)

The candidate was awarded **1 out of 4 marks**.

Point 1 is partially correct as it is linked to spiciness.

Fact – Shows no understanding as to why it is spicy.

Judgement– This is unsuitable.

Consequence – Therefore they will not like the soup and will not want it again.

Point 2 is correct as it is linked to crunchiness.

Fact – The soup is rated 4, high for crunchiness which suggests the soup contains a large amount of fruit or veg.

Judgement – This is suitable for the toddlers.

Consequence – This will help the toddlers to meet the dietary goal of five portions of fruit and veg (400g) per day.

Point 3 was incorrectly linked to thickness.

Fact – Incorrect fact as there is no evidence that the soup will not be filling.

Judgment – Not provided.

Consequence – Incorrect as no evidence thin soup will mean the toddlers are still hungry.

Point 4 is partially correct as it is linked to colour.

Fact – The soup ranks 1 (very low for colour). There is an understanding of the rating but there is no clear understanding of what the low colour indicates.

Judgement – This will be unattractive.

Consequence – They may not want the soup and may refuse to eat it.

Question 1(e)

The candidate was awarded **2 out of 2 marks**.

Point 1 is correct because the candidate has explained the role of Food Standards Scotland in protecting the consumer – they will ensure no major allergies have been left out of the label therefore protecting the consumers.

Point 2 is correct because the candidate has provided an understanding of the role of Food Standards Scotland in protecting the consumer – by giving out nutritional advice so that consumers can make informed food choices.

Question 2(a)

The candidate was awarded **3 out of 5 marks**.

Point 1 is only partially correct as it is linked to red meat.

The candidate has provided a clear understanding of the ingredients in relation to current dietary advice.

Fact – ‘The spicy mince wrap contains red meat’.

Judgement – ‘this is suitable’.

Consequence – Incorrect link to dietary advice as we should be trying to reduce/peg/decrease and not meet the goal. The candidate has interpreted this as a positive. Also, the goal is incorrect as it is per day and not per week.

Point 2 is correct as it has been linked to carbohydrates.

The candidate has shown a clear understanding of the ingredients in relation to current dietary advice.

Fact – ‘The Brown rice is a carbohydrate’.

Judgement – ‘this is suitable’.

Consequence – ‘it helps to meet the dietary goal of total carbohydrates being 50% of total food energy’.

Point 3 is correct as it is linked to fibre.

The candidate has shown a clear understanding of the ingredients in relation to current dietary advice.

Fact – ‘The Brown rice is a source of fibre’

Judgement – ‘this is suitable’

Consequence – ‘it helps to meet the dietary goal of 30g of fibre per person per day’.

Point 4 correctly linked to fruit and veg.

The candidate has shown a clear understanding of the ingredients in relation to current dietary advice.

Fact – The fruit smoothie is a source of fruit and veg.

Judgement – ‘therefore helping’.

Consequence – ‘meet the dietary goal of 5 portions (400g) of fruit and veg per person per day’.

Question 2(b)

The candidate was awarded **2 out of 3 marks**.

Point 1 is incorrect because the candidate has provided an understanding of the role of the Environmental Health Department in protecting the consumer – they ‘will carry out surprise investigations of food premises to ensure that the correct safety measures are being carried out to prevent food poisoning therefore protecting the consumer.’

Point 2 is correct because the candidate has provided an understanding of the role of the Environmental Health Department in protecting the consumer – ‘an environmental health officer has the power to shut down any food premises which are causing food poisoning to its customers therefore protecting the consumer’.

Point 3 is incorrect because the candidate states that ‘An Environmental Health officer will enforce the Health and Safety Act’ but not the Food Safety Act 1990.

Question 2(c)

The candidate was awarded **1 out of 2 marks**.

Point 1 is correct because the candidate has shown a connection between dietary fibre and water working together to bulk out faeces so that passing waste is easier, which therefore protects the body from bowel diseases.

Question 3(a)

The candidate was awarded **2 out of 4 marks**.

Point 1 is correctly linked to concept generation. The candidate has shown a connection between the chicken fried rice concept generation stage and the way in which it can be improved by the manufacturer spending more time searching for a gap in the market.

Point 2 is correctly linked to product testing. The candidate has shown a connection between the chicken fried rice product testing stage and the way in which it can be improved by the manufacturer – by sampling the chicken fried rice to more people to gather more opinions.

Point 3 response is linked to the first production run.

Point 4 is incorrectly linked to product launch. The candidate has not shown a connection between the chicken fried rice product launch stage and the way it can be improved by the manufacturer – there is no understanding of how monitoring the sales of the chicken fried rice will improve its success.

Question 3(b)

The candidate was awarded **1 out of 2 marks**.

Point 1 correctly linked to preparation. The candidate has shown a connection between the preparation stage, showing an understanding that hands must be washed after handling the raw chicken and before touching other pieces of equipment/other food reducing the risk of bacteria spreading, therefore preventing cross contamination.

Point 2 is not awarded a mark as the candidate shows no understanding that it is raw chicken that should be stored correctly to prevent cross contamination.

Question 3(c)

The candidate was awarded **4 out of 4 marks**.

Point 1 is correct as it has been linked to increased shelf life of ultra heat treated (UHT) products.

Fact – ‘UHT products can be bought in bulk... since they have a longer shelf life’.

Justification – ‘this is suitable’.

Consequence – ‘consumers with little time won’t have to return to the shops as much’.

The candidate provided a developed response – ‘saving time’.

Point 2 correctly linked to the cost of UHT.

The candidate has shown a clear understanding of the technological development

Fact – ‘UHT products are often found to be cheaper than fresh products’.

The candidate includes an appropriate judgement on the suitability for the consumer.

Judgement – ‘this is suitable’.

The candidate comments on the impact on the consumer.

Consequence – ‘consumers who are on a lower budget’ can save money.

Point 3 correctly linked to increased shelf life of MAP.

The candidate has shown a clear understanding of the technological development

Fact – ‘MAP products have a longer shelf life’.

Judgement – ‘this is suitable’.

Consequence – ‘as it stays in date longer and reduces food wastage’.

Point 4 has been incorrectly linked to storage of MAP products.

Fact – ‘MAP can be dangerous if stored correctly’.

Judgement – ‘this is unsuitable’.

Consequence – Not accurate as there is no evidence that the consumer ‘will not know how to store them.’

Question 5(a)

The candidate was awarded **2 out of 4 marks**.

Point 1 correctly linked to time. The candidate has shown a connection between how time could influence choice of food for students: ‘The student may spend a lot of time studying and not have enough time to think about food’, therefore choosing ‘the easier option of convenience foods such as takeaway’.

Point 2 is incorrectly linked to nutritional knowledge. Although the candidate has stated that high nutritional knowledge may positively impact their food choice, there is no indication of what these food choices may be.

Point 3 correctly linked to budget. The candidate has shown a connection between how budget could influence the choice of food by having ‘less money to

spend on foods and may just buy foods high in fat, salt or sugar as they are lower in cost.'

Point 4 is incorrect as it is linked to peer pressure. Although the candidate has stated that peer pressure may negatively impact their food choice, there is no indication of what these food choices may be.

Question 5(b)

The candidate was awarded **2 out of 3 marks**.

Point 1 correctly linked to functional property of eggs linked to aeration. The candidate has shown a connection between the functional property of eggs that when whisked, aeration occurs forming a light and fluffy sponge for the swiss roll.

Point 2 is incorrectly linked to emulsifiers. Emulsifying does not take place in a swiss roll due to the absence of fat.

Point 3 is correctly linked to the functional property of sugar and the process of caramelisation. The candidate has explained that baking sugar results in caramelisation giving the swiss roll a golden brown colour.

Question 5(c)

The candidate was awarded **1 out of 3 marks**.

Point 1 correctly linked to preservatives.

The candidate shows a clear understanding of the use of food additives
Fact – 'Food additives such as preservatives... makes the foods shelf life longer'.
Judgment – 'this is suitable'.
Consequence – 'reduces food wastage'.

Point 2 is partially correct as it is linked to colourings.

Fact – 'Food additives such as colourings to icings in baked products... make the product look more appealing'.
Judgement – The candidate provides a judgement on the suitability of using the food additives in baked products – 'this is suitable'.
Consequence – 'makes the product more popular' – this is an incorrect consequence as no evidence that using food additives makes the product more popular.