

Candidate 1 evidence

Total marks — 60
Attempt ALL questions

Question 1

- (a) Give two sources of high biological value protein and two sources of low biological value protein. 4

High biological value protein 1 Red Meat

High biological value protein 2 Eggs

Low biological value protein 1 NUTS

Low biological value protein 2 PULSES

- (b) State two functions of protein. 2

Function 1 Help with Growth Maintenance

and repair of body cells and tissues

Function 2 To provide a second source of

energy when carbohydrates are low

- (c) Give two reasons for choosing a vegetarian diet. 2

Reason 1 Religion / beliefs

Reason 2 lifestyle

Question 1 (continued)

- (d) Explain two ways in which supermarkets can encourage consumers to eat more fruit and vegetables. 2

Way 1 By Advertising Fruit and veg
throughout the store and so attracting
people to the veg and fruit aisle

Way 2 By lowering the price of fruit and
veg and so encouraging those with
low incomes to eat more fruit and veg.

Question 2

A 19 year old male is studying at university and enjoys playing football.

The table below shows the daily reference values for males aged 19-50 years.

Dietary Reference Values for males aged 19-50 years					
Estimated average requirements	Reference Nutrient Intakes				
Energy (MJ)	Protein (g)	Vitamin B (mg)	Iron (mg)	Sodium (g)	Vitamin C (mg)
10.6	55.5	1.0	14.8	1.6	40

The table below shows the dietary analysis of the 19 year old male.

Dietary analysis of his typical day's meals					
Energy (MJ)	Protein (g)	Vitamin B (mg)	Iron (mg)	Sodium (g)	Vitamin C (mg)
9.5 ↓	57 ↑	0.8 ↓	13.7 ↓	2.5 ↑	45 ↑

Question 2 (continued)

- (a) Taking account of the Dietary Reference Values (DRVs) for males aged 19-50 years, evaluate the suitability of his typical day's meals.

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Evaluation The 19 year olds energy is lower than recommended this is bad as he is an active person who requires energy to partake in his football because of his lack of energy he may feel tired and may lose focus at university or football.

- The 19 year olds protein is higher than required this is good as he may hurt himself whilst playing football and as proteins function is growth maintenance and repair ^{of body cells and tissues} this will mean ^{that} any wounds won't take as long to heal.
- The 19 year olds vitamin B is lower than required this is bad as vitamin B helps the absorption of carbohydrates and so this means that he may feel tired due to the lack of help in absorbing ^{carbohydrates} ~~energy~~ because of this he may lose concentration at university or not be able to play football.
- The 19 year olds iron is lower than required this is bad as iron helps to create red blood cells as he may be ^{at} risk of injury in football he needs to increase his ^{back of} ~~his~~ ^{book} ~~book~~

Question 2 (continued)

- (b) Give two dietary factors that may contribute to the development of coronary heart disease. 2

Dietary factor 1 Too High Salt Intake

Dietary factor 2 Too High Alcohol Intake

- (c) Describe two functions of water in the diet. 2

Function 1 To help flush out all toxins in the body and so prevent bladder diseases.

Function 2 to help excrement to become soft and so help to prevent bowel diseases such as constipation or diverticular disease.

Question 3

- (a) Identify and explain two stages in the food product development process. 4

Stage 1 concept generation - At this stage a team will brainstorm ideas for a new product and will also identify gaps in the market ^{and so} ~~therefore~~ ensuring their product is new

Stage 2 Product Launch - At this stage the product is launched and will either be available in ~~every~~ all stores or selected trial stores and therefore will provide a company with profits to ^{back up} ~~book~~

- (b) Explain functional properties of the following ingredients when making a baked item. 3

Sugar A functional property of sugar is caramelisation, this ^{makes} ~~adds~~ the ^{baked} ~~base~~ item a golden colour ^{and so} ~~and so~~ makes it ^{have a} ~~more~~ appealing ^{look} ~~to~~ customers. Another functional property of sugar is sweetening, this makes the baked good ^{has a} ~~so~~ more appealing taste for the customer.

Egg A functional property of egg is aeration, this makes the baked item much more light and ~~fluffy~~ and so ensures a more pleasant texture for the customer.

Question 3 (continued)

- (c) Explain one advantage and one disadvantage to the consumer of using Fairtrade food products. 2

Advantage: An Advantage of using Fairtrade products is that you know the farmers who have cultivated the product are being fairly paid and therefore are able to provide for their families

Disadvantage: A disadvantage of using Fairtrade is it has often come from countries far away therefore consumers concerned about food miles may not use Fairtrade due to the distance the food has travelled

- (d) Explain why a food manufacturer would carry out sensory testing. 1

A food manufacturer may carry out a sensory test to receive opinions on certain attributes of their product therefore allowing

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Question 4

- (a) An elderly woman who lives alone is considering ordering frozen ready meals from a food delivery company.

Read the information provided about the ready meals service.

Food Delivery Company
<ul style="list-style-type: none"> • 300 ready meals and desserts to choose from ✓ • Order online from website ✓ • Selection of meals enriched with calcium and vitamin D ✓ • Small portion range for smaller appetites • Introductory offer - 5 main meals and 2 desserts for £9.99 • All meals can be microwaved or oven cooked ✓

Evaluate the suitability of the frozen ready meals for the elderly woman. 4

Evaluation The Food delivery company provide 300 ready meals and desserts this is good as it means that the elderly lady has a good variety to choose from and doesn't have to feel tied down by limited options.

The Food delivery company's meals can all be microwaved or oven cooked this is good as the elderly lady may not ~~be able to~~ have the correct skills or equipment to be able to prep a meal from scratch.

The Food delivery company's meals are enriched with calcium and vitamin D this is good as the lady may not be getting a high source of these nutrients and so will help to prevent against osteoporosis.

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Question 4 (continued)

- (b) Explain how each of the following factors could affect consumers' choice of food. 3

Food miles Food miles could affect consumers food choice as many consumers may be concerned about the environmental risk food miles cause and so choose to shop local produce.

Nutritional knowledge if a consumer has a lack of nutritional knowledge they may buy the ^{option} unhealthier and so put themselves at risk of obesity High blood pressure or coronary heart disease

Budget if a consumer has a low budget they may not be able to purchase the healthier products and so may have to buy cheaper unhealthier products and put themselves at risk of dietary diseases.

- (c) Explain why preservatives are beneficial in food production. 3

Preservatives are beneficial in food production as they allow a product to have a longer shelf life and so prevent food wastage

Preservatives are also beneficial in food production as they can prevent oxidation and so prolong the likelihood of ripidity.

Question 5

(a) During an inspection of the kitchen of a take away food outlet, the following issues were found:

1. raw chicken stored beside salad
2. fresh cream with an expired use-by date
3. the fridge temperature is 11°C

Explain how these issues could cause food poisoning.

3

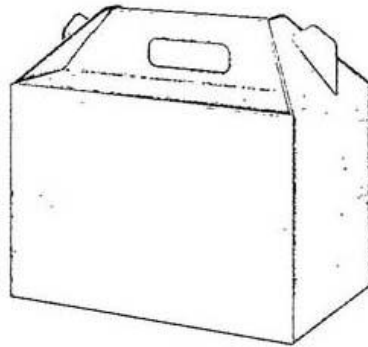
1. The raw chicken being stored beside salad can cause food poisoning as the bacteria from the chicken can spread to the salad and therefore cause food poisoning as the bacteria on the salad won't be removed as the salad won't be cooked.
2. The fresh cream can cause food poisoning as after the use by date all the preservatives the product have worn off and so allow for bacteria to grow.
3. The fridge temperature can cause food poisoning as it is operating in the danger zone and

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Question 5 (continued)

(b) Take-away food is packed in a cardboard carry box.



Evaluate cardboard as a packaging material.

3

Evaluation cardboard is recyclable this is good as it means that the packaging can easily be disposed of and so will help to prevent landfill

- cardboard is light this is good as it means it is easy to carry and won't cause strain.
- cardboard can easily rip, ~~be~~ ^{dent or} break this is bad as it could damage the product inside or may no longer be able to carry the ~~food~~ ^{product} inside

Question 5 (continued)

- (c) Identify two consumer organisations and describe how they protect the consumer when buying food. 4

Organisation 1 which?

Protection they help consumers establish which products are best to purchase through their best buy scheme thus preventing consumers from purchasing products that are bad.

Organisation 2 Food standards Scotland

Protection they help consumers by making them aware of dangers they could be susceptible to they also enforce rules on dietary requirements.

Question 6

- (a) Explain two nutritional benefits of eating breakfast cereal. 2

Benefit 1 An increase in carbohydrates and so
preventing tiredness

Benefit 2 An increase in Vitamin B and so
helping the absorption of carbohydrates.

- (b) State two points of information which must be included by law on a label for breakfast cereal.

Explain how each of these points of information can help consumers make informed choices. 4

Point of information 1 use by / best before date

Explanation These ^{help to} ensure that the customer knows
when a product is safe to use and so
prevents food poisoning.

Point of information 2 Ingredients list

Explanation These help ^{consumers} ~~customers~~ to ensure they
are not allergic to any of the products
contents and so prevent an allergic reaction.

- (c) Explain two ways of preventing tooth decay. 2

Way 1 A way of preventing tooth decay is
lowering your sugar intake as ~~the~~ sugar sticks
to your teeth and begins to eat away at them.

Way 2 Another way of preventing tooth decay is
regularly brushing your teeth as this can
help to remove any sugar that is stuck to your
teeth.

Question 6 (continued)

(d) Describe two ways of reducing salt in the diet

2

Way 1 A way to reduce salt in the diet
is to exchange salt for herbs and spices.

Way 2 Another way to reduce salt in the diet
is to ~~use less salt~~ taste everything first to avoid
oversalting

ADDITIONAL SPACE FOR ANSWERS

2. cont. Iron intake to prevent loss of blood due to the blood not being able to clot ^{also help to} and prevent anaemia.

* The 19 year olds sodium is higher than required this is bad as ^{too much} sodium can lead to obesity and coronary heart disease in later life.

* The 19 year olds vitamin C is higher than required this is good as vitamin C helps with the absorption of iron and so will help blood to clot and prevent anaemia.

3 a) develop their next new product.

3 d) them to identify areas that need improvement.

4 a) The food delivery company operate online from their website this is bad as the elderly lady may not have access to a computer or may not know how to operate one.

5 a) so means that the bacteria can multiply within the fridge.