

Commentary on candidate 1 evidence

This candidate was awarded **48/60** for the question paper as detailed below.

Question 1(a)

The candidate was awarded **2 marks** because they described two practical ways to encourage children to eat oily fish – mixed into a star shaped fish cake and broken up on top of a pizza.

Question 1(b)

The candidate was awarded **3 marks** because they named two nutrients found in oily fish and gave a function of one of these nutrients. Brain development was not accepted as a function of omega 3 because it promotes brain development in babies / young children, not everyone.

Question 1(c)

The candidate was awarded **1 mark** because they explained correctly one reason why a consumer might choose to buy locally produced fruit and vegetables. Explanation 1 – may be eaten faster – was not accepted as it is speculation and may not apply to all locally produced fruit and vegetables. Explanation 2 – environmentally concerned consumer would not want to increase food miles – was awarded a mark.

Question 1(d)

The candidate was awarded **2 marks** because they described correctly two duties of trading standards officers – to ensure accurate listing of ingredients on labels and to ensure that goods are accurately described.

Question 2(a)

The candidate was awarded **5 marks** because they made valid evaluative comments on four aspects of the day's meals and provided a developed response for one of them. They stated a fact and made a judgement about:

- ◆ the energy intake – the 16 year old girl is getting more energy than required which is good as she is an ice skater - with the consequence that she will need the extra energy to train.
- ◆ the protein intake – the 16 year old girl is getting more than required which is good as protein is for growth, repair and maintenance of cells – with the consequence that if she injures herself when ice skating she will heal quicker.

- ◆ the vitamin C intake – the 16 year old girl is getting more than required which is good as it helps the immune system – with the consequence that it will prevent her having to take days off training due to illness.
- ◆ the iron intake – the 16 year old girl is getting less than required which is bad as low intake can result in anaemia – with the consequence that this could result in tiredness. The candidate further stated this meant she could no longer skate, so was awarded an additional mark for a developed response.

The candidate provided responses linked to four aspects of the diet. The response linked to calcium was not awarded a mark because it did not state that it could lead to osteoporosis in later life, and so could not have improved the marks already awarded for the first four aspects.

Question 2(b)

The candidate was awarded **2 marks** because they have correctly explained how each factor listed could influence a teenager's food choice.

Question 2(c)

The candidate was awarded **2 marks** because they have correctly stated one function and one food source of vitamin B.

Question 3(a)

The candidate was awarded **1 mark** because they gave one holistic description for carrying out market research – to find out what people are looking for / what is on trend.

Question 3(b)

The candidate was awarded **2 marks** because they described reasons why two of the faults listed may have occurred. The responses for problem 1 and problem 3 were awarded marks. The response for problem 2 was incorrect so was not awarded a mark.

Question 3(c)

The candidate was awarded **1 mark** because they explained correctly one factor to prevent food poisoning when storing pastry:

- ◆ factor 1 was a statement, not an explanation, so no mark was awarded.
- ◆ factor 2 explained correctly that the pastry should be stored away from any raw meat to prevent cross contamination.
- ◆ factor 3 did not explain why the product should not go past its use by date, so was not awarded a mark.

Question 3(d)

The candidate was awarded **2 marks** because they explained correctly the importance of *best before* and *use by* date labels.

Question 4(a)

The candidate was awarded **3 marks** because they explained correctly three ways in which the diet-related diseases listed could be prevented. They were awarded:

- ◆ one mark for explaining that cutting down on saturated fat to prevent arteries being blocked could prevent coronary heart disease.
- ◆ one mark for explaining that exercising regularly to burn off extra weight which put a strain in the heart could prevent coronary heart disease.
- ◆ one mark for explaining that anaemia could be prevented by increasing daily iron intake to help with the formation of red blood cells.

Question 4(b)

The candidate was awarded **2 marks** because they explained correctly two reasons why a consumer may choose UHT products – to reduce waste because they have a long shelf life, and to reduce shopping trips as they last longer.

Question 4(c)

The candidate was awarded **1 mark** because they explained correctly how flavourings could benefit the consumer by making the product more appealing so the consumer would want to buy the product again. The response for sweeteners was incorrect and was not awarded a mark.

Question 4(d)

The candidate was awarded **2 marks** because they described correctly two ways Food Standards Scotland protects the consumer – by offering nutritional advice and educating about the correct ways to cook and prepare foods.

Question 5(a)

The candidate was awarded **3 marks** because they correctly identified two steps in the product development process, and explained how one of these steps contributes to the preparation of ready prepared salads.

- ◆ They correctly explained how prototype production allowed for any problems in the product to be altered for the final product.
- ◆ They correctly identified concept generation as a stage, but their explanation was linked to concept screening, so was not awarded the mark for explanation.

Question 5(b)

The candidate was awarded **2 marks** because they explained correctly two ways budget could affect a consumer's choice of food – low income consumers may choose foods they can afford which are often unhealthy options. They may also not buy fruit and vegetables because they are expensive and often wasted if not used quickly. This leaves the consumer with little to choose from in their budget range.

Question 5(c)

The candidate was awarded **3 marks** because they made three valid evaluative comments about the seasonal fruit and vegetable box. They stated a fact linked to:

- ◆ recipe cards – they related to what was inside the box – and made a judgement – this is good – with the consequence that this will tell the consumer what to do with the products.
- ◆ the variety of fruit and vegetables from the farm – the consumer may be concerned about the environment – and made a judgement – this is good – with the consequence that food miles can be kept low.
- ◆ delivery times – the consumer may work long hours – and made a judgement – this is bad – with the consequence that they may only be available at weekends.

Question 5(d)

The candidate was awarded **1 mark** because they correctly explained that MAP products have a longer shelf life which means that the consumer would not have to go shopping so often.

Question 6(a)

The candidate was awarded **2 marks** because they made two valid evaluative comments about the suitability of fair trade foods for a school canteen.

- ◆ They correctly stated a fact – the variety may be limited – and made a judgement – this may be bad – with the consequence that the canteen may not be able to make certain foods.
- ◆ They correctly stated a fact – they may be more expensive – and made a judgment – this is bad – with the consequence that the school may have a limited budget for food.
- ◆ The third comment was not linked to the school canteen and was not awarded a mark.
- ◆ The fourth comment was not awarded a mark as there is no evidence that fair trade products are more nutritious.

Question 6(b)

The candidate was awarded **6 marks** because they correctly described three changes that could be made to the ingredients in the panini, and explained how each change helped meet different pieces of current dietary advice.

Commentary on candidate 2 evidence

This candidate was awarded **43/60** for the question paper as detailed below.

Question 1(a)

The candidate was awarded **1 mark** because they described correctly one practical way of encouraging children to eat oily fish – to add sardines on top of a pizza. The second way was not awarded a mark because tuna is not acceptable as a source of oily fish

Question 1(b)

The candidate was awarded **3 marks** because they named two nutrients found in oily fish, and gave a function of one of these nutrients. The function given for omega 3 was incorrect.

Question 1(c)

The candidate was awarded **1 mark** because they explained one valid reason why a consumer may choose locally produced fruit and vegetables. The second reason – is organic – was not awarded a mark because not all locally produced fruit and vegetables will be organic.

Question 1(d)

The candidate was awarded **2 marks** because they described correctly two duties of trading standards officers – to check weights and measures, and to ensure that product labels meet statutory labelling requirements.

Question 2(a)

The candidate was awarded **4 marks** because they made valid evaluative comments on three aspects of the day's meals and provided a developed response for one of them. They stated a fact and made a judgement about:

- ◆ the protein intake –the 16 year old girl has a diet high in protein which is unsuitable as protein is a secondary source of energy - with the consequence that unused energy is turned into fat so she is at risk of obesity. Although the candidate attempted to develop this answer, they would have had to indicate that the risk of coronary heart disease was in later life to be awarded an additional mark.
- ◆ the iron intake –the 16 year old girl has a diet low in iron which is unsuitable as iron functions to prevent anaemia - with the consequence that she is at risk of developing anaemia. The candidate further stated this could result in tiredness meaning she could not perform to her highest ability, so was awarded an additional mark for a developed response.
- ◆ the calcium intake –the 16 year old has a diet low in calcium which is bad as calcium functions for formation of bones and teeth – however the

consequence is incomplete because the candidate did not state that osteoporosis could develop in later life, so no mark was awarded.

- ◆ the fibre intake –the 16 year old girl has a diet low in fibre which is unsuitable as fibre functions to prevent the risk of bowel disease – with the consequence that she is at risk of constipation.

Question 2(b)

The candidate was awarded **2 marks** because they have correctly explained how each factor listed could influence a teenager's food choice.

Question 2(c)

The candidate was awarded **2 marks** because they have correctly stated one function and one food source of vitamin B.

Question 3(a)

The candidate was awarded **2 marks** because they gave two reasons for carrying out market research – to find a gap in the market and to find out which products are not so popular.

Question 3(b)

The candidate was awarded **3 marks** because they correctly described a reason why each of the faults could have occurred in the pastry.

Question 3(c)

The candidate was awarded **1 mark** because they correctly explained one factor that should be considered to prevent food poisoning when storing pastry products:

- ◆ factor 1 was not awarded a mark because the candidate stated 'cool, dry place' when it should have been cold / refrigeration and temperature should have been stated.
- ◆ factor 2 was not awarded a mark because it is incorrect – there will still be oxygen present.
- ◆ factor 3 was awarded a mark because the candidate explained that bacteria is dormant when food is stored in a freezer.

Question 3(d)

The candidate was awarded **2 marks** because they correctly explained the importance of both the best before and the use by date labels.

Question 4(a)

The candidate was awarded **4 marks** because they correctly explained two ways in which each of the diet-related diseases listed could be prevented. They were awarded:

- ◆ one mark for explaining that reducing saturated fat would reduce risk of obesity, so reducing risk of coronary heart disease.
- ◆ one mark for explaining that reducing sugar content would reduce the risk of obesity, so reducing risk of coronary heart disease.
- ◆ one mark for explaining that anaemia could be prevented by increasing iron intake because a function of iron is to reduce risk of anaemia.
- ◆ one mark for explaining that the risk of anaemia could be reduced by increasing vitamin C content in the diet because it has a function of releasing iron from foods.

Question 4(b)

The candidate was awarded **1 mark** because they explained correctly that UHT prevents bacterial growth so reduces wastage for the consumer. They were not awarded a mark for the second response because it is incorrect

Question 4(c)

The candidate was awarded **1 mark** because they explained correctly how sweeteners will benefit the consumer by giving a product a sweeter flavour which will give it a more desirable/enjoyable taste. They were not awarded a mark for the response on flavourings because a completely different taste may not be enjoyable to eat.

Question 4(d)

The candidate was awarded **0 marks** because the responses referred to the role of environmental health officers, not Food Standards Scotland

Question 5(a)

The candidate was awarded **2 marks** because they correctly identified the first production run as a stage and explained that any problems can be found, and fixed, during this stage before final production. The stage identified and explanation in the first response were incorrect.

Question 5(b)

The candidate was awarded **2 marks** because they explained correctly two ways in which budget can affect consumer choice of foods: more likely to purchase fatty / sugary foods because they are usually cheaper than fruit and vegetables,

and more likely to get a takeaway because they are cheaper than a meal made from scratch.

Question 5(c)

The candidate was awarded **3 marks** because they made three valid evaluative comments about the seasonal fruit and vegetable box. They stated a fact linked to:

- ◆ delivery times – delivery times are 2.00pm – 8.00pm and working hours are usually 9.00am – 5.00pm – made a judgement – this is suitable – with the consequence that people will be home to collect the delivery.
- ◆ recipe cards – they related to what was inside the box and lots of people would not know what to do with the produce – made a judgement – this is suitable – with the consequence that this will encourage people to buy the box as they will know what to do with it.
- ◆ delivery charge - the £4 delivery charge is cheap – made a judgement – this is suitable – with the consequence that people will be encouraged to purchase the box as it is affordable.

Question 5(d)

The candidate was awarded **1 mark** because they explained correctly that MAP products have a longer shelf life which means that there would be less wastage

Question 6(a)

The candidate was awarded **3 marks** because they made three valid evaluative comments about the use of fair trade products in the school canteen.

- ◆ They correctly stated a fact – more expensive – made a judgement – this is unsuitable – with the consequence that school pupils may not be able to afford them.
- ◆ They correctly stated a fact – ethically sourced – made a judgement – this is suitable – with the consequence that it can be bought by those with ethical beliefs so school pupils will be encouraged to buy them.
- ◆ They correctly stated a fact – are of higher quality – made a judgement – this is suitable – with the consequence that they are of a higher standard so school pupils will be encouraged to purchase.

Question 6(b)

The candidate was awarded **3 marks** because they correctly described three changes that could be made to the ingredients. They were not awarded any marks for the explanations because they were all linked to benefits to health, rather than current dietary advice.