

FOR OFFICIAL USE

--	--	--	--	--	--

Total Marks

--

X118/201

NATIONAL
QUALIFICATIONS
2010

TUESDAY, 8 JUNE
1.00 PM – 2.30 PM

HOME ECONOMICS
HEALTH AND FOOD
TECHNOLOGY
INTERMEDIATE 2

Fill in these boxes and read what is printed below.

Full name of centre

--

Town

--

Forename(s)

--

Surname

--

Date of birth

Day Month Year

--	--	--	--	--	--

Scottish candidate number

--	--	--	--	--	--	--	--	--	--

Number of seat

--

- 1 Try to answer every question in this paper.
- 2 Read the whole of each question carefully before you answer it.
Remember that some questions have an element of choice in them.
The breakdown of Knowledge and Understanding (**KU**), Drawing Conclusions (**DC**) and Evaluation (**EV**) marks are indicated beside each question.
- 3 Write your answers in the spaces provided.
- 4 Additional lines at the end of the booklet can be used if more space is required for answers or if you need to do any rough work.
- 5 Before leaving the examination room you must give this book to the Invigilator. If you do not, you may lose all the marks for this paper



Marks

1. (a) Explain the term “balanced diet”.

Explanation _____

1 KU

- (b) For each of the following nutrients state **one** function and **one** food source.

Fat

Function _____

1 KU

Food Source _____

1 KU

Calcium

Function _____

1 KU

Food Source _____

1 KU

Vitamin A

Function _____

1 KU

Food Source _____

1 KU

- (c) Explain the inter-relationship between Vitamin C and Iron.

Explanation _____

1 KU

Marks

1. (continued)

- (d) A 51 year old office worker who is overweight and has high blood pressure wishes to improve his diet.

Taking account of The Dietary Reference Values (DRVs) for males aged 50+, evaluate the suitability of his day's meals.

Dietary Reference Values for Males aged 50+ years					
<i>Estimated Average Requirements</i>	<i>Reference Nutrient Intakes</i>				
<i>Energy (MJ)</i>	<i>Protein (mg)</i>	<i>Vitamin B (mg)</i>	<i>Iron (mg)</i>	<i>Sodium (g)</i>	<i>Fibre (g)</i>
10·60	53·3	1·4	8·7	1·6	18

Dietary Analysis of Day's Meals					
<i>Energy (MJ)</i>	<i>Protein (mg)</i>	<i>Vitamin B (mg)</i>	<i>Iron (mg)</i>	<i>Sodium (mg)</i>	<i>Fibre (g)</i>
13·20	55·0	1·6	4·8	2·1	12

Evaluation 1 _____

1 EV

Evaluation 2 _____

1 EV

Evaluation 3 _____

1 EV

Evaluation 4 _____

1 EV

2. (a) A manufacturer wishes to extend his range of healthy eating products to include “ready to steam” meals.

The target market are consumers who:

- are health conscious
- enjoy food that is aesthetically pleasing
- have little time for food preparation
- want value for money.

Study the information about “ready to steam” meals below and choose the **most suitable** meal for the manufacturer to develop.

Information about “ready to steam” meals			
	Meal A	Meal B	Meal C
Main ingredients	• chicken • mushrooms • brown rice	• ham • cheddar cheese • pasta	• beef • chilli sauce • egg noodles
Aesthetic appeal	****	****	***
Storage	Keep refrigerated for up to 5 days. Suitable for freezing. May be cooked from frozen.	Keep refrigerated for up to 6 days. Not suitable for freezing.	Keep refrigerated for up to 3 days. Packaged in a protective atmosphere for freshness.
Preparation	Remove outer packaging. Pierce film. Place in steamer for 15 minutes (25 minutes if frozen). Stir contents. Serve.	Remove outer packaging. Transfer to a heatproof container. Place in steamer for 25 minutes. Finish under grill to brown. Serve.	Remove outer packaging. Remove packet of chilli sauce. Pierce film. Place in steamer for 15 minutes. Stir in chilli sauce. Steam for a further 5 minutes. Serve.
Cost	££	££	£££

Key:

* —————> ****
Poor —————> Excellent

£ —————> ££££
Inexpensive —————> Expensive

*Marks***2. (a) (continued)**

Tick (✓) **one** of the boxes below to indicate your choice.

Meal A ☐ Meal B ☐ Meal C ☐

1 DC

Give **three** reasons for your choice.

Reason 1 _____

1 DC

Reason 2 _____

1 DC

Reason 3 _____

1 DC**[Turn over**

2. (continued)

Marks

- (b) Explain the importance to the consumer of **four** of the pieces of information found on the following food label.

Place the numbers **1, 2, 3** and **4** in the boxes to indicate your choice.

☐	→	ROASTED SWEET POTATO CAKES		
☐	→	Ingredients potatoes, sweet potatoes, red chillies, onions, breadcrumbs, coriander, garlic puree, sea salt, vegetable oil. <i>Breadcrumbs contain wheatflour, yeast, salt.</i>	Cooking Instructions ← Preheat oven. Remove cakes from packaging. Place cakes on baking tray. 200 °C; Fan 170 °C; 400 °F; Gas 6 25 minutes Check that the product is piping hot before serving. Do not reheat	☐
☐	→	Storage Keep refrigerated. Not suitable for freezing.	400g e	Use by 12 Jun ←
			↑	☐

Explanation 1 _____

1 KU

Explanation 2 _____

1 KU

Explanation 3 _____

1 KU

Explanation 4 _____

1 KU

*Marks***2. (continued)**

- (c) Explain the importance of **each** of the following stages in product development.

Concept generation

Explanation _____

1 KU**First production run**

Explanation _____

1 KU

- (d) State **two** reasons why a manufacturer would carry out market research when developing a new product.

Reason 1 _____

1 KU

Reason 2 _____

1 KU**[Turn over**

Marks

3. (a) Give **one** advantage and **one** disadvantage to the consumer of buying organic produce.

Advantage _____

1 KU

Disadvantage _____

1 KU

- (b) A young couple who both work full time wish to buy a weekly organic fruit and vegetable box.

They like to entertain regularly.

Evaluate the suitability of **one** of the following boxes for the couple.

Organic Fruit and Vegetable Box A	Organic Fruit and Vegetable Box B
• Potatoes, onions, apples plus a mixture of seasonal fruits and vegetables • £5.00 delivery charge • Delivery Monday to Friday 9.00 am–5.00 pm • Recipe sheet included • Soil association organic standards • Small or large box available • £2.00 deposit on box, refundable against future order when returned to driver	• Random selection of fruits and vegetables which will vary weekly • Free delivery • Delivery Monday to Saturday 9.00 am–6.00 pm • All produce grown within a 20 mile radius • Can also order organic meat • Can order on-line • Two-person box • Cardboard box

Tick (✓) **one** of the boxes below to indicate your choice.

Organic Fruit and Vegetable Box A

☐

Organic Fruit and Vegetable Box B

☐

Marks

3. (b) (continued)

Evaluation 1 _____

1 EV

Evaluation 2 _____

1 EV

Evaluation 3 _____

1 EV

Evaluation 4 _____

1 EV

[Turn over

*Marks***3. (continued)**

(c) The couple wish to buy a dishwasher.

They:

- live in a flat
- wish to be environmentally friendly
- entertain often.

Study the information about dishwashers below and choose the **most suitable** dishwasher for the couple to buy.

Information about Dishwashers		
Dishwasher A	Dishwasher B	Dishwasher C
• 3 programmes • Energy rating B • 12 place settings • Hot and cold fill • 40 minute quick wash facility • Noise level – medium • Height adjustable top basket • Removable cutlery basket	• 7 programmes • Energy rating A • 8 place settings • Cold fill • 30 minute economy wash facility • Noise level – low • Delay start – up to 7 hours • “No dry” option*	• 4 programmes • Energy rating A • 4 place settings • Hot and cold fill • Rapid wash programme option • Noise level – medium • Salt and rinse aid level indicators • Worktop model

* “No dry” option – drying cycle can be switched off leaving dishes to dry naturally.

Tick (✓) **one** of the boxes below to indicate your choice.

Dishwasher A ☐ Dishwasher B ☐ Dishwasher C ☐ **1 DC**

Give **three** reasons for your choice.

Reason 1 _____

1 DC

Reason 2 _____

1 DC

Marks

3. (c) (continued)

Reason 3 _____

1 DC

(d) Name **one** Act that would protect the consumer when buying a dishwasher.

Act _____

1 KU

Explain **one** point of the Act.

Explanation _____

1 KU

[Turn over

Marks

4. (a) A mother who shops weekly wishes to buy a snack bar to put in her child's packed lunch box.

Study the information about snack bars below and choose the **most suitable** snack bar for the mother to buy.

Information about snack bars			
	Snack bar A	Snack bar B	Snack bar C
Range of flavours	***	***	**
Contains nuts	yes	no	no
Ease of opening	**	***	***
Pack size	4 bars	6 bars	2 bars
Aesthetic appeal	****	*****	**
Cost	£££	££	££

Key:

* —————> *****

Poor —————> Excellent

£ —————> £££££

Inexpensive —————> Expensive

Tick (✓) **one** of the boxes below to indicate your choice.

Snack bar A ☐ Snack bar B ☐ Snack bar C ☐ **1 DC**

Give **three** reasons for your choice.

Reason 1 _____

1 DC

Reason 2 _____

1 DC

Reason 3 _____

1 DC

*Marks***4. (continued)**

- (b) (i) Give
- three**
- advantages of packaging foods.

Advantage 1 _____

1 KU

Advantage 2 _____

1 KU

Advantage 3 _____

1 KU

- (ii) Give
- one**
- disadvantage of packaging foods.

Disadvantage _____

1 KU

- (c) Identify
- two**
- conditions necessary for the growth of bacteria.

Condition 1 _____

1 KU

Condition 2 _____

1 KU**[Turn over**

*Marks***4. (continued)***(d)* **Answer** Part (i) **or** Part (ii)**Part (i)**

State **two** reasons why an Environmental Health Officer would inspect food premises.

Reason 1 _____

1 KU

Reason 2 _____

1 KU**or****Part (ii)**

State **two** reasons why a Trading Standards Officer would inspect food premises.

Reason 1 _____

1 KU

Reason 2 _____

1 KU

Marks

5. (a) The manager of a sports centre café wishes to alter their most popular baguette to meet the Scottish Dietary Targets.

Identify **three different** Scottish Dietary Targets, and adapt the baguette recipe to help meet **each** target identified.

Bacon Baguette

Fried streaky bacon

Onion

Cheddar cheese

Mayonnaise

Salt

White baguette

Dietary Target 1 _____ **1 KU**

Adaptation _____

_____ **1 KU**

Dietary Target 2 _____ **1 KU**

Adaptation _____

_____ **1 KU**

Dietary Target 3 _____ **1 KU**

Adaptation _____

_____ **1 KU**

[Turn over

Marks

5. (continued)

- (b) The manager of the sports centre also wishes to increase the range of fruit juice drinks on sale in the vending machine.

Study the information about fruit juice drinks below and choose the **most suitable** drink to be included in the vending machine.

Information about fruit juice drinks			
	Fruit juice drink A	Fruit juice drink B	Fruit juice drink C
Main ingredients	• 50% fruit juice • Water • Sweeteners	• Water • 10% fruit juice • Sugar	• 55% fruit juice • Water • Sugar
Additives	yes	yes	no
Cost	£££	£	££
Container	Foil pouch with straw	Plastic bottle with re-sealable cap	Plastic bottle with sports cap
Variety of flavours	****	**	****
Carbonated	no	yes	no

Key:

* —————> ****
Poor —————> Excellent

£ —————> ££££
Inexpensive —————> Expensive

Tick (✓) **one** of the boxes below to indicate your choice.

Fruit juice drink A ☐ Fruit juice drink B ☐ Fruit juice drink C ☐ **1 DC**

Give **three** reasons for your choice.

Reason 1 _____

_____ **1 DC**

Reason 2 _____

_____ **1 DC**

*Marks***5. (b) (continued)**

Reason 3 _____

1 DC

- (c) Explain a **different** way in which a manufacturer may improve the **nutritional** quality of **each** of the following foods.

Bread

Improvement _____

1 KU**Tinned fish**

Improvement _____

1 KU

[END OF QUESTION PAPER]

[illegible]

[illegible]

[BLANK PAGE]