

FOR OFFICIAL USE

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Total Marks

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X118/201

NATIONAL
QUALIFICATIONS
2008

THURSDAY, 5 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

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Number of seat

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- 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.
- 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) State **three** Scottish dietary targets. Give a **different** practical way of meeting each target.

Dietary target 1 _____ **1**

Practical way _____

_____ **1**

Dietary target 2 _____ **1**

Practical way _____

_____ **1**

Dietary target 3 _____ **1**

Practical way _____

_____ **1**

- (b) **Other than diet**, explain **two different** factors which may contribute to obesity.

Explanation 1 _____

_____ **1**

Explanation 2 _____

_____ **1**

- (c) Name **two** dietary diseases linked to obesity.

Dietary disease 1 _____

Dietary disease 2 _____ **1**

Marks

1. (continued)

(d) Evaluate the suitability of the breakfast product below for a teenager.

No added sugar

Pack contains 6 individually wrapped bars

Eat straight from the packet

No refrigeration required

Varieties available: apple, cranberry, cherry

Contains artificial colours and flavours

Evaluation

Point 1 _____

1

Point 2 _____

1

Point 3 _____

1

[Turn over

Marks

2. (a) A young single man who has a full-time job and often works overtime at weekends wishes to do his weekly food shopping on-line.

Evaluate the suitability of **one** of the following methods of on-line shopping for the young man.

Methods of on-line shopping

Method A

Food items arranged in alphabetical order
Weekly special offers available
System remembers previous order
Substitute items sent automatically
Free delivery on orders over £100
Morning, afternoon or evening delivery slots
Delivery available Monday to Saturday

Method B

Stock arranged in “aisles”
Shopping chosen by specially trained staff
Choice of core items will be automatically displayed each time
Electrical goods, books and clothing also available
£5 delivery charge
Choose a two-hour delivery slot
Delivery available 8 am–6 pm 7 days a week

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

Method A ☐ Method B ☐

Marks

2. (a) (continued)

Evaluation

Point 1 _____

1

Point 2 _____

1

Point 3 _____

1

Point 4 _____

1

[Turn over

2. (continued)

Marks

- (b) The young man, who enjoys cooking for friends, wishes to buy a food processor. He has a small kitchen with limited storage and worktop space. He often makes soups, bread and fresh juices and also likes to try out new recipes.

Study the information about food processors below and choose the most suitable food processor for the man to buy.

Information about Food Processors		
Food Processor A	Food Processor B	Food Processor C
• 300 watts power • 0.8 litres bowl capacity • single speed • attachments: chopping blade shredding disc slicing disc whisk • stainless steel blade • simple to operate • recipe book • £79	• 800 watts power • 2.5 litres bowl capacity • 2 speed settings with pulse control • attachments: liquidiser grating and slicing disc dough hook citrus press • mini and midi bowls with blade • integrated storage for attachments • recipe book • £129	• 800 watts power • 2 litres bowl capacity • 3 speed settings • attachments: liquidiser grating and slicing discs citrus press whisk • wide range of additional attachments available at extra cost • spatula • cord storage • £139

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

Food Processor A ☐ Food Processor B ☐ Food Processor C ☐ **1**

Give **three** reasons for your choice.

Reason 1 _____

_____ **1**

Reason 2 _____

_____ **1**

Reason 3 _____

_____ **1**

Marks

2. (continued)

- (c) State **two** safety points he should observe when cleaning the food processor.

Safety point 1 _____

1

Safety point 2 _____

1

- (d) Explain **two** points of the Sale and Supply of Goods Act 1994.

Explanation 1 _____

1

Explanation 2 _____

1

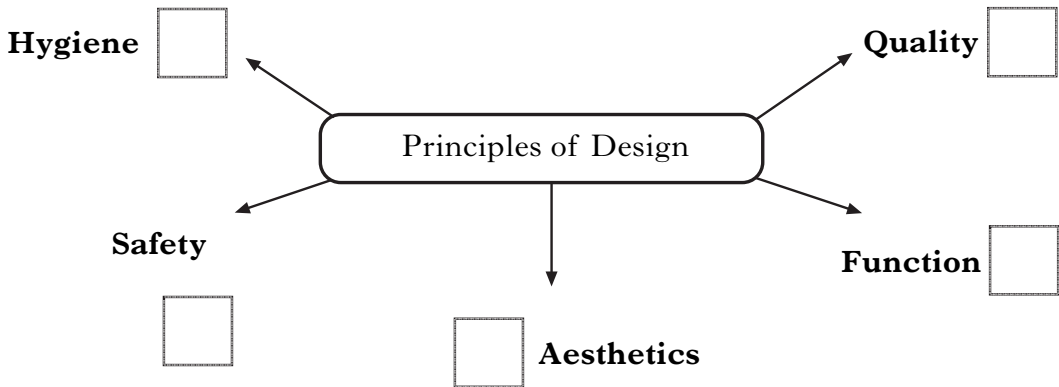
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Marks

3. (a) Choose **four** of the principles of design shown and explain the importance of each when developing food products.

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



Principle of design 1 _____

1

Principle of design 2 _____

1

Principle of design 3 _____

1

Principle of design 4 _____

1

[Turn over

Marks

3. (continued)

- (b) A manufacturer wishes to extend his range of fish products. The product specification is shown below.

Product Specification

- include oily fish
- cost effective
- single portion
- quick to cook
- aesthetically pleasing

Study the information about fish products below and choose the most suitable fish dish for the manufacturer.

Information about Fish Products				
	Product A	Product B	Product C	Product D
Main ingredients	• mackerel • breadcrumbs • peppercorns • lemon	• cod • tomatoes • peppers • cheese	• tuna • sweetcorn • pasta	• salmon • potatoes • parsley
Appearance	**	****	***	***
Flavour	****	***	***	****
Number of servings	1	1	2	1
Cooking time	20 minutes	40 minutes	30 minutes	20 minutes
Cost	£££	££	£££	££

Key:

* —————> *****

£ —————> ££££

Poor —————> Excellent

Poor —————> Excellent

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

Product A ☐ Product B ☐ Product C ☐ Product D ☐

1

Marks

3. (b) (continued)

Give **three** reasons for your choice.

Reason 1 _____

1

Reason 2 _____

1

Reason 3 _____

1

- (c) **Other than an ingredients list**, identify **four** points of information the manufacturer is legally required to include on a food label.

Explain the importance to the consumer of **points 1** and **2**.

Information point 1 _____

Explanation _____

Information point 2 _____

Explanation _____

Information point 3 _____

Information point 4 _____

4

[Turn over

Marks

4. (a) State **two** reasons why a manufacturer might wish to develop a new product.

Reason 1 _____

1

Reason 2 _____

1

- (b) A mobile catering company has been asked to provide take-away food at a family fun day. They wish to buy a range of burgers to sell at the event.

Study the information about burgers below and choose the most suitable range for the company to buy.

Information about Burgers				
	Burger A	Burger B	Burger C	Burger D
Varieties available	• beef	• beef • chicken • spicy bean	• beef • chicken • quorn	• beef • venison • bacon
Burger weights available	50 g	50 g 100 g	50 g 100 g	100 g 150 g
Value for money	**	***	***	**
Storage details	• refrigerate • use within 3 days	• frozen • defrost before use	• frozen • can be cooked from frozen	• refrigerate • can be frozen
Aesthetic appeal	**	***	****	***

Key:

* —————> *****

Poor —————> Excellent

Marks

4. (b) (continued)

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

Burger A ☐ Burger B ☐ Burger C ☐ Burger D ☐

1

Give **three** reasons for your choice.

Reason 1 _____

1

Reason 2 _____

1

Reason 3 _____

1

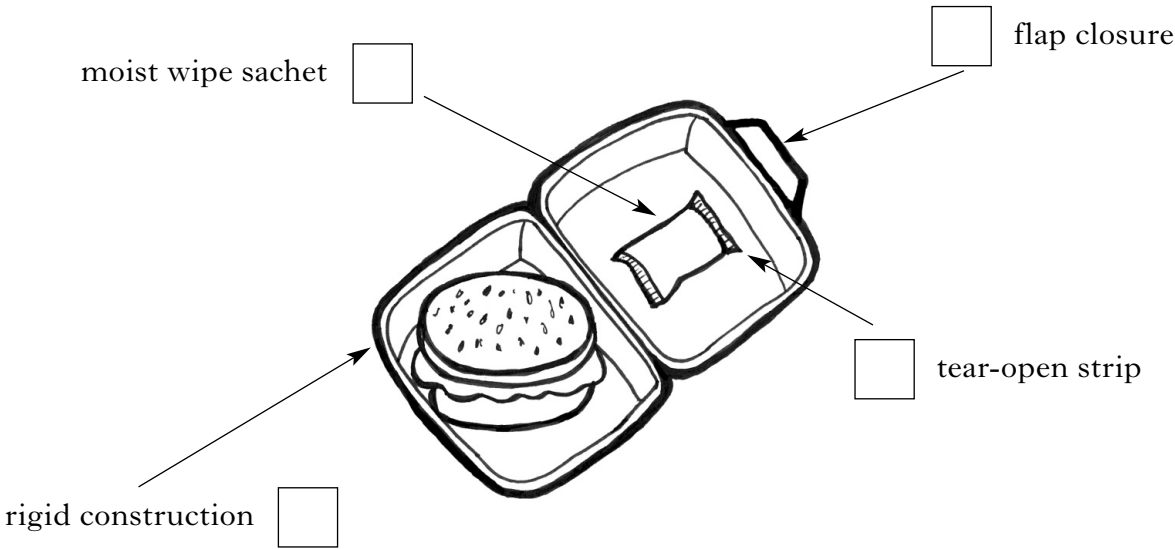
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Marks

4. (continued)

(c) Evaluate the suitability of the design features shown on the burger packaging below.

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



Evaluation

Point 1 _____

_____ **1**

Point 2 _____

_____ **1**

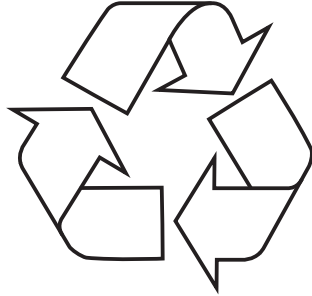
Point 3 _____

_____ **1**

Marks

4. (continued)

(d) Explain the information this label gives the consumer.



Explanation _____

1

(e) State **two** points to be considered when reheating food to prevent food poisoning.

Point 1 _____

1

Point 2 _____

1

[Turn over

Marks

5. (a) For **each** of the following nutrients, list:

- (i) **one** function;
- (ii) **two** different food sources.

Calcium

Function _____

1

Food source 1 _____

Food source 2 _____

1

Iron

Function _____

1

Food source 1 _____

Food source 2 _____

1

Vitamin C

Function _____

1

Food source 1 _____

Food source 2 _____

1

Marks

5. (continued)

- (b) A nursery wishes to widen the choice of healthy lunch dishes it provides for the children.

Study the information about lunch dishes below and choose the most suitable dish for the nursery to use.

Information about Lunch Dishes					
	<i>Energy</i> kJ	<i>Protein</i> (g)	<i>Fat</i> (g)	<i>Vit B</i> (mg)	<i>Sodium</i> (g)
Lunch Dish A	845	5.2	13.9	0.04	1.0
Lunch Dish B	1075	6.4	9.0	2.0	0.3
Lunch Dish C	1050	4.5	15.0	0.06	0.9
Lunch Dish D	816	3.3	13.7	0.16	0.2

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

Lunch Dish A ☐ Lunch Dish B ☐ Lunch Dish C ☐ Lunch Dish D ☐ **1**

Give **three** reasons for your choice.

Reason 1 _____

_____ **1**

Reason 2 _____

_____ **1**

Reason 3 _____

_____ **1**

[Turn over

Marks

5. (continued)

(c) **Other than nutrition**, explain **two** factors to consider when feeding young children.

Factor 1 _____

1

Factor 2 _____

1

[END OF QUESTION PAPER]

[illegible]

[illegible]