

X118/301

NATIONAL
QUALIFICATIONS
2008

THURSDAY, 5 JUNE
1.00 PM – 3.00 PM

HOME ECONOMICS
HEALTH AND FOOD
TECHNOLOGY
HIGHER

80 marks are allocated to this paper.

This paper consists of **two** sections.

Candidates should attempt the following:

Section A—All questions

Section B—Question 1 and any other **two** questions.

The breakdown of Knowledge and Understanding (**KU**) and Evaluation (**EV**) marks are indicated beside each question.



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SECTION A

Attempt ALL questions.

You should spend approximately 30 minutes on this part of the paper.

	<i>Marks</i>
1. Name two sensory words which may be used to describe texture.	1
2. List two factors which influence consumer choice of food.	1
3. Name two fat soluble vitamins.	1
4. State two functions of water in the diet.	1
5. Identify two factors which may lead to obesity.	1
6. What does the abbreviation GM stand for?	1
7. Describe one effect of adding too much liquid to a baked product.	1
8. State one cause of diverticular disease.	1
9. Give two advantages of using sugar substitutes.	2
10. State two areas covered by the Sale and Supply of Goods Act 1994.	2
11. Identify two practical ways to reduce salt intake.	2
12. State one advantage and one disadvantage of extruded foods.	2
13. Explain two ways of incorporating air into a baked product.	2
14. State two advantages of using market research in the food industry.	2
	(20)

[Turn over

SECTION B

Attempt THREE questions from this section: Question 1 and any other TWO questions.

You should spend approximately 30 minutes on each question.

Marks

1. (a) Identify and explain **four** factors which may assist in the prevention of osteoporosis. **6 KU**
- (b) The table opposite shows a day's nutrient content of meals eaten by a pregnant woman.
- Using your knowledge of nutrition, and the information provided, evaluate the suitability of this day's nutritional intake. **6 EV**
- (c) Explain **four** ways vitamin C loss may be minimised from fruit and vegetables. **4 KU**
- (d) Evaluate the use of oily fish in the diet. **4 EV**
- (20)**

1. (continued)

<i>Nutrient and NSP content of a day's meals eaten by a pregnant woman</i>								
<i>Energy</i> (kJ) (kcal)		<i>Protein</i> (g)	<i>Sodium</i> (mg)	<i>Total fat</i> (g)	<i>Folate</i> (µg)	<i>Vitamin A</i> (µg)	<i>Iron</i> (mg)	<i>NSP</i> (g)
11516	2755	60	1800	105	220	775	10·6	14·6
% of total energy intake		9		34				

<i>Reference Nutrient Intake for Selected Nutrients in UK (per day) for pregnant women</i>				
<i>Protein</i> (g)	<i>Sodium</i> (mg)	<i>Folate</i> (µg)	<i>Vitamin A</i> (µg)	<i>Iron</i> (mg)
51·0	1600	300	700	14·8

<i>Estimated Average Requirement for Energy in the UK (per day) for pregnant women</i>		
kJ	kcal	NSP (g)
8900	2140	18·0

[Turn over

2. (a) Evaluate the Hungry for Success initiative in secondary schools. **4 EV**
- (b) Identify and explain **two** cooking methods which may improve the health of school children. **3 KU**
- (c) Evaluate **each** of the following technological developments.
- (i) Functional foods **2 EV**
- (ii) Cook-chill products **2 EV**
- (d) Identify and explain **four** different control measures which may help prevent cross contamination. **6 KU**
- (e) Explain **three** responsibilities of the Environmental Health Officer. **3 KU**
- (20)**

3. (a) Explain **each** of the following stages in the development of a novelty cake.

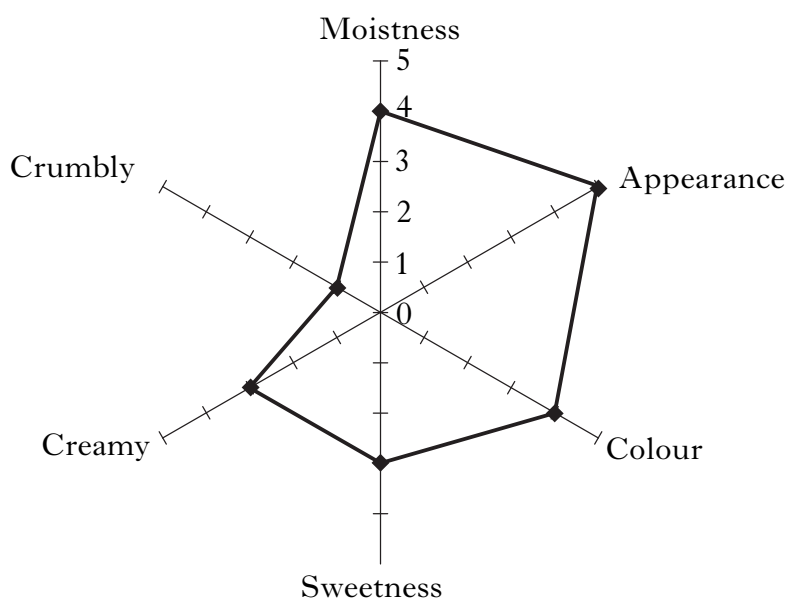
- (i) Concept screening
- (ii) Prototype production
- (iii) First production run
- (iv) Launch

4 KU

(b) The star profile below shows the results of testing the novelty cake.

Evaluate the suitability of this novelty cake for a toddler.

5 EV



(c) Identify and explain **four** categories of additives, **other than colour**, used in the food industry.

6 KU

(d) Evaluate the use of fast food in a child's diet.

3 EV

(e) Explain **two** ways in which European Directives have influenced consumer law in the UK.

2 KU

(20)

[Turn over for Question 4 on Page eight]

4. (a) Identify and explain **four** methods of food preservation. **6 KU**
- (b) Give **three** reasons for an increase in food poisoning cases linked to Escherichia Coli (E Coli). **3 KU**
- (c) Evaluate the nutritional suitability of the following meal for a patient recovering from heart surgery.
- Poached haddock in cheese sauce
 - Peas
 - Potato wedges
 - Glass of cola
- 4 EV**
- (d) Food manufacturers provide a range of information on packaging. Evaluate the usefulness to the consumer of **each** of the following.
- (i) Recycle Label
 - (ii) Vegetarian Society Approved
 - (iii) Soil Association Logo
 - (iv) Barcode
- 4 EV**
- (e) Explain **three** responsibilities of the Food Standards Agency. **3 KU**
- (20)**

[END OF QUESTION PAPER]