

X118/701

NATIONAL
QUALIFICATIONS
2008

THURSDAY, 5 JUNE
1.00 PM – 3.20 PM

HOME ECONOMICS
HEALTH AND FOOD
TECHNOLOGY
ADVANCED HIGHER

75 marks are allocated to this paper.

This paper consists of **two** sections.

Candidates should answer the following:

Section A — All questions

Section B — Question 1 and any **one** other question



SECTION A

You should spend approximately 1 hour in total on this section.

Read the report carefully.

Using the information in the report and your own knowledge, answer the questions below.

	<i>Marks</i>
(a) Outline the main issues of the report.	5
(b) Discuss the implications for children's health of a diet high in "junk food".	10
(c) Critically discuss the role of the media in influencing children's food choices.	10
	(25)

SECTION B

Answer TWO questions from this section: Question 1 and any ONE other question.

You should spend approximately 40 minutes on each question.

Marks

1. “The dietary targets set for 2005 are overwhelmingly not being achieved.”
Review of the Scottish Diet Action Plan (2006)
 - (a) Discuss the possible reasons for this. **10**
 - (b) Critically discuss the role of schools in the achievement of the current dietary targets. **15**

(25)
2. Discuss how the properties of eggs can be used in the manufacture of food products. **(25)**
3. Despite increasing sales, much debate surrounds the production and consumption of organic foods.
Discuss this statement. **(25)**
4. Discuss how the consumer may be protected by food safety legislation. **(25)**
5. Discuss the contribution of anti-oxidants to health and well being. **(25)**

[END OF QUESTION PAPER]

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Report

REPORT

For use with SECTION A

Read the following report carefully and then answer the questions in SECTION A of the accompanying question paper.

You should spend approximately 1 hour in total on Section A.



Junk Food

The government seems serious about tackling children's nutrition—free fruit in primary schools, healthier school meals, restrictions on advertising “junk food” to children, legislation to promote healthy eating and combat childhood obesity. Are these steps enough to curb children's appetite for junk food? While campaigners want to see unhealthy foods banned in schools, others argue there's no such thing as junk food, only a junk diet.

So called “junk foods” have been around for many years. The original hamburger was made from lean beef grilled and served on dry toast, much healthier than its modern day counterpart, fried and served with ketchup, mayonnaise and cheese. It is only in recent years that these occasional treats have turned into daily meals, which is where the problems start.

We all think we recognise junk food when we see it; a bag of crisps, a fizzy drink, chocolate, but what about a prepacked sandwich? A take-away pizza? A home baked cake? No one seems to know where the term “junk food” originated, but it is generally agreed that it defines any food with little or no nutrients and an excess of fat and calories. Often this means heavily processed food, but it doesn't necessarily exclude meals made at home. The Food Standards Agency is currently working on defining junk food, using a model that rates the nutrient, fat, sugar and salt content. Some campaigners would like to see the criteria broadened. “It should be more comprehensive, to include residues from agriculture and pesticides; additives and preservatives and production techniques such as genetic modification,” stated the project officer at Sustain, an alliance of campaigners for better food and farming. The problem with the current lack of definition is that without agreed terms of reference it is difficult to introduce guidelines on junk food promotion or to encourage manufacturers to introduce better labelling.

It is no accident that junk food is so appealing. Manufacturers have spent many years and millions of pounds developing their products to make them as attractive as possible. Some ingredients, hydrogenated fats for example, are used because they are cheap and can withstand cooking at very high temperatures, but most recipes include plenty of added extras for sensory appeal. Artificial colourings, flavour enhancers, emulsifiers and sweeteners are all added to make products more appealing for consumers.

Children are eating more junk food than ever, the equivalent of eight chocolate bars a day more than their grandparents. In 2000 it was found that seventy per cent of primary children drank on average 30 glasses of fizzy drinks a week and that ninety two per cent of four to eighteen year olds ate even more than the recommended adult levels of saturated fat. Despite healthy eating campaigns, research in 2005 found that only one in nine children was eating the recommended five portions of fruit and vegetables a day and many were still eating none.

One reason why habits are proving so hard to change may be the addictive nature of junk food. Research has shown that sugar can be addictive in some circumstances and that eating junk food releases the same chemicals into the brain which play a large part in drug or alcohol addiction. A survey of school children by the Consumers' Association in 2003 found that almost half were deficient in zinc; this reduces the ability to taste and smell and so prompts cravings for very sweet, salty or spicy food.

Reducing the amount of junk food in the diet is not easy. Advertising, marketing schemes and financial incentives to purchase “super size” portions all encourage consumption of this kind of food. Recent research showed that typical menus in fast food outlets contained 65 calories more per bite than an average British meal and more than twice that of a recommended healthy diet. It is not surprising that across Scotland as a whole a third of twelve year olds were clinically overweight in 2006, thereby greatly increasing their risk of heart disease, diabetes and cancer in later life. Less well publicised than the physical effects however, are the links between nutrition and mental health. The sugar content of fizzy drinks may raise blood sugar levels to the level where children’s concentration and moods are affected.

Encouraging children to eat healthily is not as easy as simply banning junk food. It may be that attitudes need to change—it may not be what we eat but the quantities we eat that is the problem. The occasional Saturday afternoon treat is unlikely to do much harm. Dr Peter Marsh, director of the Social Issues Research Centre in Oxford stated that “The best thing is to encourage children to eat lots of different things. That way they get a healthy diet by default. There is no such thing as bad food, only a bad diet.”

Adapted from
Junk Food, TES, June 10, 2005
Dinner clubs to tackle bad diet of poorer Scots pupils, Scotland on Sunday, April 2, 2006

[END OF REPORT]

ACKNOWLEDGEMENTS

Section A Report—Article is adapted from two sources, one of which is *Dinner clubs to tackle bad diet of poorer Scots pupils* taken from Scotland On Sunday, 2 April 2006 by Eddie Barnes on page 10. Published by The Scotsman Publications Ltd. Reproduced by permission of The Scotsman Publications Ltd.

Section A Report—Article is adapted from two sources, one of which is *Junk Food—The Issue—Your weekly guide to a whole-school issue* from Times Educational Supplement on 10 June 2005 written by Jacqueline Yallop. Published by Times Educational Supplement. Reproduced by kind permission of Times Educational Supplement.