



National  
Qualifications  
2023

---

## 2023 Health and Food Technology

### National 5

### Finalised Marking Instructions

© Scottish Qualifications Authority 2023

These marking instructions have been prepared by examination teams for use by SQA appointed markers when marking external course assessments.

The information in this document may be reproduced in support of SQA qualifications only on a non-commercial basis. If it is reproduced, SQA must be clearly acknowledged as the source. If it is to be reproduced for any other purpose, written permission must be obtained from [permissions@sqa.org.uk](mailto:permissions@sqa.org.uk).



## General marking principles for National 5 Health and Food Technology

*Always apply these general principles. Use them in conjunction with the detailed marking instructions, which identify the key features required in candidates' responses.*

- (a) Always use positive marking. This means candidates accumulate marks for the demonstration of relevant skills, knowledge and understanding; marks are not deducted for errors or omissions.
- (b) If a candidate response does not seem to be covered by either the principles or detailed marking instructions, and you are uncertain how to assess it, you must seek guidance from your team leader.
- (c) For marks to be awarded, responses must relate to the question asked. Where candidates give points of knowledge without specifying the context these should be awarded marks unless it is clear that they do not relate to the context of the question.
- (d) There are four types of question used in this question paper.

A: state/give/name/identify

B: describe

C: explain

D: evaluate.

For each question type, the following generic marking instructions provide an overview of the marking principles and an example of their application for each type.

### A Questions that ask candidates to state/give/name/identify

Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order, up to the total mark allocation.

Up to the total mark allocation for this question:

- award 1 mark for each relevant point of knowledge.

#### For example

**Question** – State one function of sodium.

**Answer** – Maintenance of fluid balance. (1 mark for correct fact)

### B Questions that ask candidates to describe

Candidates should define or give an account of points relating to the question. They do not need to be in any particular order. Candidates may provide a number of straightforward points or a smaller number of developed points, or a combination of these.

Up to the total mark allocation for this question:

- award 1 mark for each accurate relevant point of knowledge linked to the context of the question.

#### For example

**Question:** Describe one way the cake could be stored to keep it in good condition.

**Answer:** Store in an airtight container/wrap in foil/cling film. (1 mark for correct description of method of storage)

### C Questions that ask candidates to explain

Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between these and the context of the question. Candidates may provide a number of straightforward explanations or a smaller number of developed explanations, or a combination of these.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate relevant point.

#### For example

**Question:** Explain two ways in which the man could use the information on food labels to help him make healthier food choices.

**Answer:** *He could check to see how much fat/sugar/salt/fruit/vegetables is in the product so he can choose/avoid these. (1 mark for accurate relevant point linked to the context of the question)*

### D Questions that ask the candidates to evaluate

Candidates should make a number of evaluative comments which make a judgment based on the information provided, related to the context of the question. Candidates may provide a number of straightforward observations or a smaller number of developed observations, or a combination of these.

Up to the mark allocation for this question:

- award **1 mark** for each relevant evaluative comment linked to the text of the question
- award a **second mark** for any evaluative comment that is developed, as in the following example:

#### For example

**Question:** Taking account of the Dietary Reference Values (DRVs) for males aged 50 comment on the suitability of his day's meals.

**Example:** *The 50+ year old man's intake of sodium is too high, which is not good as this will make his high blood pressure worse. (1 mark for comment) This will increase his risk of a stroke. (A further mark for development)*

Marking instructions for each question

Question		Expected response(s)	Max mark	Additional guidance
1.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• have a diet high in Calcium</li> <li>• have a diet high in Vitamin D</li> <li>• reduce the amount of sugary foods you eat</li> <li>• consume less fizzy drinks</li> <li>• don't snack between meals</li> <li>• brush teeth twice a day/with toothpaste.</li> <li>• visit the dentist regularly.</li> </ul> <p><b>Or any other valid response.</b></p>	<b>2</b>	<p>Candidates should list a number of relevant items or facts. These should relate to the context of the question and do not need to be in any particular order.</p> <p>Candidates should identify two ways to reduce the risk of dental caries.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for each correct response.</li> </ul> <p>Award a <b>maximum of 2 marks</b> for correctly identified ways to reduce the risk of dental caries.</p>

Question	Expected response(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p><b>Vitamin A function:</b></p> <ul style="list-style-type: none"> <li>• an antioxidant that can help prevent some cancers/CHD</li> <li>• for the maintenance of normal vision in dim light/to make visual purple</li> <li>• for the normal function of the immune system</li> <li>• helps keep lining of digestive tract and mucous membranes moist/free of infection</li> <li>• helps to maintain healthy skin</li> <li>• helps ensure normal growth in children.</li> </ul> <p><b>Vitamin A food sources:</b></p> <ul style="list-style-type: none"> <li>• milk</li> <li>• cheese</li> <li>• liver</li> <li>• oily fish</li> <li>• egg yolk</li> <li>• carrots</li> <li>• spinach</li> <li>• apricots</li> <li>• tomatoes.</li> </ul> <p><b>Sodium function:</b></p> <ul style="list-style-type: none"> <li>• maintain correct fluid balance in the body</li> <li>• prevent muscle cramps</li> <li>• needed for correct nerve function</li> <li>• needed for correct muscle function.</li> </ul>	<b>4</b>	<p>Candidates should state one function of the nutrient Vitamin A.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for a correct function of Vitamin A. (up to a <b>maximum of 1 mark</b>)</li> </ul> <p>Candidates should state one food source of Vitamin A.</p> <ul style="list-style-type: none"> <li>• award 1 mark for a correct source of Vitamin A. (up to a <b>maximum of 1 mark</b>)</li> </ul> <p>Candidates should state one function of the nutrient Sodium.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for a correct function of Sodium. (up to a <b>maximum of 1 mark</b>)</li> </ul> <p>Candidates should state one food source of Sodium.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for a correct source of Sodium. (up to a <b>maximum of 1 mark</b>)</li> </ul>

Question		Expected response(s)	Max mark	Additional guidance
		<p><b>Sodium food sources:</b></p> <ul style="list-style-type: none"> <li>• salt</li> <li>• bacon</li> <li>• cheese</li> <li>• savoury snacks/crisps/nuts</li> <li>• ready meals</li> <li>• processed meats.</li> </ul> <p><b>Or any other valid response.</b></p>		
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• (elderly) people don't need to shop daily for fresh foods</li> <li>• nutritional content is unaffected</li> <li>• UHT foods don't need to be stored in the fridge unless they are opened.</li> </ul> <p><b>Or any other valid response.</b></p>	<b>2</b>	<p>Candidates should give a number of straightforward points linked to the context of the question.</p> <p>Candidates should describe two benefits of UHT foods for elderly consumers.</p> <ul style="list-style-type: none"> <li>• award a <b>maximum of 1 mark</b> for each correct description.</li> </ul> <p style="text-align: right;">(up to a maximum of 2 marks)</p>
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• they may be inactive so shouldn't contain too much fat, which will help reduce the risk of obesity</li> <li>• they may be prone to high blood pressure, so a balanced diet shouldn't contain too much salt</li> <li>• a balanced diet will contain fruit and vegetables which contain ACE vitamins, so will help to prevent common infections such as the cold</li> <li>• a balanced diet would have the correct amount of energy preventing weight gain.</li> </ul> <p><b>Or any other valid response.</b></p>	<b>2</b>	<p>Candidates should make the relationship between things clear, for example by showing connections between the importance of a healthy balanced diet and the elderly.</p> <p>Candidates should provide two explanations of the importance to the elderly of following a healthy balanced diet.</p> <ul style="list-style-type: none"> <li>• award a <b>maximum of 1 mark</b> for each accurate explanation</li> <li>• award a <b>further</b> mark for any explanation that is developed.</li> </ul> <p style="text-align: right;">(up to a maximum of 2 marks)</p>

Question		Expected response(s)	Max mark	Additional guidance
2.	(a)	<p>Possible candidate responses could include:</p> <p><b>Energy (more than she needs)</b></p> <ul style="list-style-type: none"> <li>the 25-year-old female reality TV star is consuming more energy than required which is not good as any extra will be converted to fat (<b>1 mark</b>) and could lead to obesity as she is already overweight (<b>additional mark for developed answer</b>)</li> <li>the 25-year-old female reality TV star is consuming more energy than required which is not good as any extra will be converted to fat (<b>1 mark</b>), and so increase her risk of coronary heart disease in later life. (<b>additional mark for developed answer</b>)</li> </ul> <p><b>Protein (less than she needs)</b></p> <ul style="list-style-type: none"> <li>the 25-year-old female reality TV star is consuming less protein than she requires which could be bad, as it may mean any tissue damage she sustains may not repair (<b>1mark</b>) may limit her ability to take part in TV shows (<b>additional mark for developed answer</b>)</li> <li>the 25-year-old female reality TV star is consuming less protein than she requires which is good as she is overweight there is no risk of excess protein being stored as fat (<b>1 mark</b>) so will not contribute to an increased risk of obesity. (<b>additional mark for developed answer</b>)</li> </ul> <p><b>Vitamin B (more than she needs)</b></p> <ul style="list-style-type: none"> <li>the 25-year-old female reality TV star is consuming more Vitamin B than required, this is good because this can help prevent anaemia (<b>1 mark</b>) so will have energy to take part in TV filming (<b>additional mark for developed answer</b>)</li> <li>the 25-year-old female reality TV star is consuming more Vitamin B than required, this is good because this can help release energy from carbohydrates so will have energy to take part in TV filming. (<b>1 mark</b>)</li> </ul>	6	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided.</p> <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <p>Candidates should make comments on the suitability of aspects of the day's meals related to the individual in the case study.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> <li>shows a clear understanding of the intake of the specified nutrient</li> <li>includes an appropriate judgement on the suitability of this intake for the 25-year-old female reality TV star</li> <li>comments on the impact of this intake on the health of the 25-year-old female reality TV star.</li> </ul> <p style="text-align: right;">(up to a maximum of 6 marks)</p> <ul style="list-style-type: none"> <li>award <b>1 mark</b> for each relevant evaluation</li> <li>award a <b>further</b> mark for any evaluation that is developed</li> <li>award a <b>maximum of 4 marks</b> for accurate evaluative comments relating to four different aspects of the day's meals related to the individual in the case study</li> <li>award a <b>maximum of 2 marks</b> for developed evaluations linked to an identified aspect of the day's meals.</li> </ul>

Question	Expected response(s)	Max mark	Additional guidance
	<p><b>Vitamin D (less than she needs)</b></p> <ul style="list-style-type: none"> <li>the 25-year-old female reality TV star is consuming less Vitamin D than she requires this could be bad as it may cause weaker bones (as she is at the age when bone mass no longer increases) <b>(1mark)</b> this could increase her risk of osteoporosis in later life <b>(additional mark for developed answer)</b></li> <li><b>Iron (less than she needs)</b></li> <li>the 25-year-old female reality TV star is consuming less Iron than she requires this could be bad as it may increase her risk of anaemia due to monthly blood loss <b>(1mark)</b> this could make her feel too tired to post on social media impacting on her followings/take part in reality shows. <b>(additional mark for developed answer)</b></li> </ul> <p><b>Fibre (less than she needs)</b></p> <ul style="list-style-type: none"> <li>the 25-year-old female reality TV star is consuming less fibre than she requires this is bad as it could lead to constipation <b>(1 mark)</b> which may impact on her ability to take part in TV shows <b>(additional mark for developed answer)</b></li> <li>the 25-year-old female reality TV star is consuming less fibre than she requires this is bad as it could lead to constipation <b>(1 mark)</b> this could increase her risk of bowel cancer later in life. <b>(additional mark for developed answer)</b></li> </ul> <p><b>Or any other valid response.</b></p>		



Question		Expected response(s)	Max mark	Additional guidance
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>the reality TV star could grow her own vegetables/fruit increasing her food choice as she will be able to eat what she grows</li> <li>the reality TV star may decide to try growing organically, this may encourage her to buy other organic products</li> <li>the reality TV star will be growing food in season, so this may limit her choice at various times of the year.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between having an allotment and the impact this will have on the TV star's choice of food.</p> <p>Candidates should provide <b>two</b> explanations of the impact of an allotment on the reality TV Star's choice of food not a benefit to health of allotment gardening.</p> <ul style="list-style-type: none"> <li>award a <b>maximum of 1 mark</b> for each accurate explanation.</li> </ul> <p style="text-align: right;"><b>(up to a maximum of 2 marks)</b></p>
	(c)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>the 25-year-old female reality TV star should consume foods high in Vitamin D as this will help absorb calcium</li> <li>the 25-year-old female reality TV star should consume foods high in Vitamin D to help strengthen bones and teeth</li> <li>the 25-year-old female reality TV star should take regular exercise as this will increase bone strength</li> <li>the 25-year-old female reality TV star should consume foods high in calcium rich foods as this will increase bone strength</li> <li>the 25-year-old female reality TV star could reduce her alcohol/salt intake because this hinders the absorption of calcium</li> <li>the 25-year-old female reality TV star should eat [<b>insert calcium/Vit D rich food</b>] as this will help her consumer more calcium/Vit D.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the points given and reducing the risk of osteoporosis.</p> <p>Candidates should provide two explanations of how the reality TV star can help to reduce her risk of developing osteoporosis.</p> <ul style="list-style-type: none"> <li>award a <b>maximum of 1 mark</b> for each accurate explanation.</li> </ul> <p style="text-align: right;"><b>(up to a maximum of 2 marks)</b></p>

Question		Expected response(s)	Max mark	Additional guidance
3.	(a)	<p>Possible candidate responses could include:</p> <p><b>Prototype production:</b></p> <ul style="list-style-type: none"> <li>• a sample of the product is made so they can identify strengths and potential weaknesses</li> <li>• a sample of the product is measured against the specification so they can identify if changes need to be made</li> <li>• create a sample product to see what the outcome would look like before mass production of a finalised product.</li> </ul> <p><b>Marketing plan:</b></p> <ul style="list-style-type: none"> <li>• the marketing team meet to decide about the pricing/where the product will be sold, so maximising sales</li> <li>• an advertising/marketing plan is created to launch the product, so the target group will see the product</li> <li>• the marketing team meet to decide about the promotional offers for the new product, so increasing sales/attracting consumers.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidate should make the relationship clear in their explanations between the stages given and the development of the new ready meals.</p> <p>Candidates should explain the role of each of the given stages of product development in the development of a new ready meal.</p> <ul style="list-style-type: none"> <li>• award a <b>maximum of 1 mark</b> for the correct explanation of Prototype production. (up to a <b>maximum of 1 mark</b>)</li> <li>• award a <b>maximum of 1 mark</b> for the correct explanation of Marketing plan. (up to a <b>maximum of 1 mark</b>)</li> </ul>
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• concerns about cruelty/killing animals for food</li> <li>• religious beliefs (may prevent them eating animal flesh)</li> <li>• health concerns associated with eating meat</li> <li>• environmental concerns (of meat production)</li> <li>• may not like the taste/texture of meat</li> <li>• peer/family/celebrity influence.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should give a number of relevant facts. These should relate to the context of the question.</p> <p>Candidates should give two reasons why teenagers may choose a vegetarian diet.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for each relevant point relating to which teenagers may choose a vegetarian diet. (up to a <b>maximum of 2 marks</b>)</li> </ul>

Question		Expected response(s)	Max mark	Additional guidance
	(c)	<p>Possible candidate responses could include:</p> <p><b>Use-by date:</b></p> <ul style="list-style-type: none"> <li>so they know when the food is safe to eat so avoid the risk of food poisoning</li> <li>know when to use the product by so avoiding food waste.</li> </ul> <p><b>Vegetarian symbol:</b></p> <ul style="list-style-type: none"> <li>they can be assured the product does not contain meat/animal products so is suitable for a vegetarian</li> <li>they can choose this if they want to buy a vegetarian product/follow a vegetarian diet/choose a non-meat product as it does not contain meat.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should make the relationship between things clear, for example by showing connections between the information on the food label and the importance to the consumer.</p> <ul style="list-style-type: none"> <li>candidates should explain the importance of ‘<b>Use By Date</b>’ labelling to the consumer</li> <li>candidates should explain the importance of the <b>vegetarian symbol</b> to the consumer</li> <li>award a <b>maximum of 1 mark</b> for each accurate explanation of <b>each</b> point of information.</li> </ul> <p style="text-align: right;">(up to a maximum of 2 marks)</p>

Question	Expected response(s)	Max mark	Additional guidance
(d)	<p>Possible candidate responses could include:</p> <p><b>Current dietary advice:</b> (the brown rice) will help to meet the current dietary advice of eating more fibre.</p> <p><b>Importance:</b></p> <ul style="list-style-type: none"> <li>• this helps bulk up faeces and aids the removal of waste/can reduce the risk of constipation.</li> </ul> <p><b>Current dietary advice:</b> (the vegetables) will help to increase fruit and vegetable consumption.</p> <p><b>Importance:</b></p> <ul style="list-style-type: none"> <li>• contain ACE vitamins which can help reduce risk of some cancers/coronary heart disease later in later life</li> <li>• fruit and vegetable contain Vitamin C which will assist with the healing of wounds.</li> </ul> <p><b>Current dietary advice:</b> (The vegetarian mince) will help to reduce red meat consumption.</p> <p><b>Importance:</b></p> <ul style="list-style-type: none"> <li>• eating less red meat means they will eat less (saturated) fat so reducing risk of overweight/obesity/coronary heart disease</li> <li>• eating less red meat may help them reduce their risk of some cancers.</li> </ul> <p><b>Current dietary advice:</b> (The dried mixed herbs) will help to reduce salt consumption.</p> <ul style="list-style-type: none"> <li>• consuming less salt will help reduce the risk of high blood pressure/strokes in later life.</li> </ul> <p><b>Or any other valid response.</b></p>	4	<p>Candidates should give a number of relevant facts. These should relate to the context of the question.</p> <p>Candidates should make the relationship between current dietary advice and the impact on the health.</p> <p>Candidates should identify <b>two</b> relevant pieces of current dietary advice the ready meal could help to meet.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for each correctly identified piece of current dietary advice (up to a maximum of 2 marks)</li> <li>• award <b>1 mark</b> for each explanation of the importance of current dietary advice on the health. (up to a maximum of 2 marks)</li> </ul>

Question		Expected response(s)	Max mark	Additional guidance
4.	(a)	<p>Possible candidate responses could include:</p> <p><b>50+ recipes</b></p> <ul style="list-style-type: none"> <li>over 50 recipes to choose from each week is suitable for the <b>(young) couple</b> as it would give them a wide variety of options to suit their tastes <b>(1 mark)</b></li> <li>over 50 recipes to choose from each week is less suitable for the <b>(young) couple</b> as it would be too much choice/spend too much time going through the possible options. <b>(1 mark)</b></li> </ul> <p><b>Healthy eating range</b></p> <ul style="list-style-type: none"> <li>healthy eating range is suitable for the young couple as they may not have time to plan healthy meals therefore this will save them time <b>(1 mark)</b></li> <li>healthy eating range is suitable for the young couple as they may want to eat more healthy and the box encourages healthy eating. <b>(1 mark)</b></li> </ul> <p><b>Minimum £5 delivery</b></p> <ul style="list-style-type: none"> <li>minimum delivery cost £5 may not be suitable for the <b>(young) couple</b> as they may not be able to afford it/it may cost too much for their budget <b>(1 mark)</b></li> <li>delivery cost is affordable, which is suitable, as it may be cheaper than multiple trips via public transport/fuel costs <b>(1 mark)</b></li> <li>the delivery fee is suitable as the couple may live in a remote location therefore would rather pay the delivery fee to make it more convenient to get the food. <b>(1 mark)</b></li> </ul>	4	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the use of the food delivery box for the young couple.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> <li>shows a clear understanding of an aspect of the food delivery box</li> <li>includes an appropriate judgement on the suitability of this feature for the young couple</li> <li>comments on the impact of this feature for the young couple</li> <li>award <b>1 mark</b> for each accurate evaluative comment</li> <li>award <b>a further mark</b> for any evaluation that is developed.</li> </ul> <p style="text-align: right;">(up to a maximum of 3 marks)</p>

Question	Expected response(s)	Max mark	Additional guidance
	<p><b>Quantities 2 or 4 people</b></p> <ul style="list-style-type: none"> <li>ingredients supplied for 2 or 4 people so is suitable for the <b>(young) couple</b> as this will avoid food waste as they can order exactly what they need <b>(1 mark)</b> this will save them money as they don't need to buy more than they need <b>(1 mark for developed answer)</b></li> <li>ingredients supplied for 2 or 4 people so is not suitable for the <b>(young) couple</b> is if they have a visitor round there may not be enough food for them all <b>(1 mark)</b> or if they order for 4 people it may increase food waste. <b>(1 mark for developed answer)</b></li> </ul> <p><b>Ordered online between 9am-5pm</b></p> <ul style="list-style-type: none"> <li>can be ordered online between 9am and 5pm daily may not be good for the <b>(young) couple</b> as they may be working so they may not be free to place an order. <b>(1 mark)</b></li> </ul> <p><b>Or any other valid response.</b></p>		

Question		Expected response(s)	Max mark	Additional guidance
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>to identify if there is a gap in the market for the new food delivery box, to ensure it will sell</li> <li>to identify market trends for existing food delivery boxes, to help make theirs in line with trends/profitable/a success</li> <li>to help establish the price of the new food delivery box, to ensure it is affordable to their target market</li> <li>to identify suitable portion sizes so they supply the correct amount of ingredients in the meal box/to prevent food waste from the box.</li> </ul> <p><b>Or any other valid response</b></p>	<b>2</b>	<p>Candidates should make the relationship between things clear, for example by showing connections between market research and the success of the food delivery box.</p> <p>Candidates should explain the importance of market research to the success of the delivery box.</p> <ul style="list-style-type: none"> <li>award <b>1 mark</b> for each explanation of the importance of market research on the success of the food delivery box.</li> </ul> <p style="text-align: right;"><b>(up to a maximum of 2 marks)</b></p>
	(c)	<p>Possible candidate responses could include:</p> <p><b>Preservatives:</b></p> <ul style="list-style-type: none"> <li>preservatives help to slow down changes in colour/texture of foods, so maintaining the appearance/edibility of the food in the box</li> <li>preservatives help to reduce bacterial growth, so maintaining safety of food in the box/reducing likelihood of food poisoning</li> <li>preservative extend the shelf life of the foods in the box ensuring it stays fresher for longer/preventing food waste.</li> </ul> <p><b>Sweeteners:</b></p> <ul style="list-style-type: none"> <li>to add a sweet flavour so that the foods in the box are more appealing to consumers</li> <li>can be used instead of sugar which may will help consumers wishing to follow a low-calorie diet.</li> </ul> <p><b>Or any other valid response.</b></p>	<b>2</b>	<p>Candidates should make the relationship between things clear, for example by showing connections between the use of additives and their use in the food.</p> <ul style="list-style-type: none"> <li>candidates should explain <b>one</b> reason for using preservative in the food</li> <li>candidates should explain <b>one</b> reason for using sweeteners in the food</li> <li>award a <b>maximum of 1 mark</b> for each accurate explanation.</li> </ul> <p style="text-align: right;"><b>(up to a maximum of 2 marks)</b></p>

Question	Expected response(s)	Max mark	Additional guidance
(d)	<p>Possible candidate responses could include:</p> <p><b>Iron:</b></p> <ul style="list-style-type: none"> <li>• produces haemoglobin/enables the production of healthy red blood cells, which can help prevent the risk of anaemia for the pregnant woman</li> <li>• foetus will be taking iron, so iron intake will reduce the risk of developing anaemia</li> <li>• iron helps to make red blood cells so that the pregnant woman can produce enough red blood cells for the foetus</li> <li>• to ensure the baby has sufficient Iron stored for the first 4 months of life so rapid growth can take place.</li> </ul> <p><b>Protein:</b></p> <ul style="list-style-type: none"> <li>• required for growth of cells and tissues which will ensure the baby develops properly</li> <li>• protein is needed for growth and repair so will aid recovery of cells and tissues after the birth.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between the function of the nutrients and pregnancy.</p> <p>Candidates should provide <b>one</b> accurate explanation of the importance of <b>each</b> nutrient given in the diet of pregnant women for either the pregnant woman or the baby.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for each accurate explanation of the importance of Iron in the diet of pregnant women. <span style="padding-left: 150px;">(up to a maximum of 1 mark)</span></li> <li>• award <b>1 mark</b> for each accurate explanation of the importance of Protein in the diet of pregnant women. <span style="padding-left: 150px;">(up to a maximum of 1 mark)</span></li> </ul>



Question		Expected response(s)	Max mark	Additional guidance
5.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• Trading Standards Office could seize goods/confiscate counterfeit goods at the market to ensure consumers are not being misled</li> <li>• Trading Standards Office could check weighing and measuring equipment to ensure the market customers are receiving the correct quantity of goods</li> <li>• Trading Standards Office could check the descriptions of products to ensure consumers are not being mis-sold items</li> <li>• Trading Standards Office could check pricing to ensure goods at the market to ensure consumers are not being over-charged</li> <li>• Trading Standards Office could check the labelling of the products to ensure consumers are not being misled/sold incorrect products</li> <li>• Trading Standards Office could check labelling to ensure allergens are identified to prevent injury to consumers.</li> </ul> <p><b>Or any other valid response.</b></p>	3	<p>Candidates must define or give an account of points which relate to the role of Trading Standards Officers in protecting the consumer.</p> <ul style="list-style-type: none"> <li>• award a <b>maximum of 1 mark</b> for each correct description.</li> </ul> <p style="text-align: right;">(up to a <b>maximum of 3 marks</b>)</p>

Question	Expected response(s)	Max mark	Additional guidance
(b)	<p>Possible candidate responses could include:</p> <p><b>Caster sugar to soft brown sugar:</b></p> <ul style="list-style-type: none"> <li>• the colour of the biscuits may be more golden brown which makes it less/more appealing</li> <li>• brown sugar is darker which will make the biscuits more golden brown</li> <li>• the biscuits may have a more caramel taste/less ginger taste so making it more/less appealing</li> <li>• the texture of the biscuits may be crunchier/chewier which makes it more/less appealing.</li> </ul> <p><b>Butter to margarine:</b></p> <ul style="list-style-type: none"> <li>• the biscuits may have a bland flavour so making it unappealing</li> <li>• the biscuits may have a paler colour so making it less appealing</li> <li>• the biscuits may be less crumbly/more like a chewy cookie so making it unappealing</li> <li>• the biscuits may have a bland flavour as margarine has less saturated fat than butter</li> <li>• the colour of the biscuits may be paler as margarine is lighter in colour than butter</li> <li>• the biscuits may not be as crumbly as margarine has more water than butter/prevents shortening from happening.</li> </ul> <p><b>Or any other valid response.</b></p>	<b>3</b>	<p>Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between the changes made and the ginger biscuits.</p> <p>Candidates may provide a number of straightforward explanations up to the total of <b>3 marks</b>.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for each accurate explanation of the impact of changing caster sugar to brown sugar in the biscuits</li> <li>• award <b>1 mark</b> for each accurate explanation of the impact of changing butter to margarine in the biscuits</li> <li>• award a <b>maximum of two marks</b> for explanations linked to any one change.</li> </ul> <p style="text-align: right;">(up to the maximum of <b>3 marks</b>)</p>

Question	Expected response(s)	Max mark	Additional guidance
(c)	<p>Possible candidate responses could include:</p> <p><b>Cardboard box:</b></p> <ul style="list-style-type: none"> <li>cardboard may be recyclable, which is good as it appeals to environmentally conscious consumers (1 mark)</li> <li>cardboard can easily be damaged which is not good as the biscuits could be broken/damaged easily (1 mark)</li> <li>cardboard may not be airtight which is not suitable as the biscuits may not stay fresh for long. (1 mark)</li> </ul> <p><b>Plastic window:</b></p> <ul style="list-style-type: none"> <li>see-through plastic is good as this means consumer can see the biscuits prior to purchase so they can choose whether to buy them (1 mark) however the plastic may not be recyclable which may put off environmentally concerned consumers. (1 mark for developed answer)</li> </ul> <p><b>Variety of sizes:</b></p> <ul style="list-style-type: none"> <li>the box comes in a variety of sizes which is good as it allows the stall holder to sell them in a range of sizes to meet consumer demand (1 mark) which may mean more biscuits may be sold. (1 mark for a developed answer)</li> </ul> <p><b>Stackable:</b></p> <ul style="list-style-type: none"> <li>the boxes are stackable which is good for as the stall holder can fill a large number ready to sell the biscuits in advance (1 mark) which will help increase sales if the stall is busy. (further 1 mark for developed answer)</li> </ul>	4	<p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the suitability of the packaging for the biscuits.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> <li>shows a clear understanding of an aspect of the packaging</li> <li>includes an appropriate judgement on the suitability of this aspect for selling the biscuits</li> <li>comments on the impact of this aspect of the packaging on selling the biscuits</li> <li>award 1 mark for each accurate evaluative comment</li> <li>award a further mark for any evaluation that is developed.</li> </ul> <p style="text-align: right;">(up to a maximum of 4 marks)</p>

Question	Expected response(s)	Max mark	Additional guidance
	<p><b>Folds flat:</b></p> <ul style="list-style-type: none"> <li>the boxes can be stored flat for storage which is good for the stall holder selling the biscuits as they can store them easily (1 mark) until required, thus saving space behind the stall. (1 mark for developed answer)</li> </ul> <p><b>Greaseproof/absorbent layer:</b></p> <ul style="list-style-type: none"> <li>greaseproof layer is good as may not absorb grease from the biscuits, making the box retain its structure (1 mark)</li> <li>absorbent layer is good as it will absorb grease from the biscuits preventing them from going soggy. (1 mark)</li> </ul> <p><b>Resealable:</b></p> <ul style="list-style-type: none"> <li>the box can be resealed once opened which is suitable as this means the biscuits can stay free of contamination/fresh, if not all eaten straight away. (1 mark)</li> </ul> <p><b>Or any other valid response.</b></p>		

Question		Expected response(s)	Max mark	Additional guidance
6.	(a)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• staff should be trained in good personal hygiene to prevent contamination to food</li> <li>• perishable foods used in the sandwich fillings should be stored at 1-4°C to prevent the growth of bacteria</li> <li>• food hygiene training for staff should be up to date to ensure they prepare the sandwiches hygienically</li> <li>• staff should use separate chopping boards for preparing raw and cooked meat to prevent cross contamination</li> <li>• staff should ensure the prepared sandwiches are in sealed packaging to prevent contamination</li> <li>• reputable suppliers should be used for sandwich ingredients to help ensure food has been transported/processed hygienically</li> <li>• regular stock rotation should be observed to ensure no foods are being used beyond their use-by date to prevent food poisoning.</li> </ul> <p><b>Or any other valid response.</b></p>	3	<p>Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between food safety and the sandwich shop.</p> <p>Candidates may provide a number of straightforward explanations up to the total of <b>3 marks</b>.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for <b>each</b> accurate explanation of the steps that the sandwich shop could take to ensure food safety.</li> </ul>
	(b)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• protein</li> <li>• fat</li> <li>• calcium</li> <li>• vitamin A</li> <li>• vitamin D.</li> </ul> <p><b>Or any other valid response.</b></p>	2	<p>Candidates should name two correct nutrients found in the product.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for <b>each</b> correctly identified nutrient found in the cheese.</li> </ul> <p style="text-align: right;">(up to a maximum of <b>2 marks</b>)</p>

Question	Expected response(s)	Max mark	Additional guidance
(c)	<p>Possible candidate responses could include:</p> <p><b>Ratings test:</b></p> <ul style="list-style-type: none"> <li>the sandwich shop can gather testers opinions on different aspects of the product so that they can make changes to improve them</li> <li>the sandwich shop can ask testers about specific aspects of the product so they can make sure they are acceptable to the target market before going on sale.</li> </ul> <p><b>Paired comparison test:</b></p> <ul style="list-style-type: none"> <li>the sandwich shop can get testers opinion on their preferences of similar products so that they can identify which ones would be most successful</li> <li>the sandwich shop can gauge how well their product will stand up against competition so they will not lose money to a competitor.</li> </ul> <p><b>Ranking test:</b></p> <ul style="list-style-type: none"> <li>the sandwich shop can get testers to rank their products in order of preference so that they can identify which ones would be most successful</li> <li>the sandwich shop can get testers to rank the product against existing products so that they can make sure that the product will sell.</li> </ul> <p><b>Or any other valid response.</b></p>	3	<p>Candidates should list a relevant fact. This should relate to the context of the question.</p> <p>Candidates should make the relationship between things clear, for example by showing connections between the sensory test and why it is used.</p> <p>Candidates should identify <b>one</b> relevant sensory test that could be used.</p> <p>Candidates should explain the reasons for carrying out this type of test.</p> <ul style="list-style-type: none"> <li>award <b>1 mark</b> for a correctly identified sensory test. (up to a maximum of 1 mark)</li> <li>award <b>1 mark</b> for <b>each</b> explanation of the reasons for carrying out this test. (up to a maximum of 2 marks)</li> </ul>

Question		Expected response(s)	Max mark	Additional guidance
	(d)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> <li>• practice stock rotation to prevent food going out of date</li> <li>• ensure they avoid over-ordering stock</li> <li>• ensure all perishable foods are stored at the correct temperature to prevent spoilage</li> <li>• donate excess to food bank/animal farm</li> <li>• sell at reduced price towards end of the day</li> <li>• cut down portion sizes/filling quantities</li> <li>• find out which sandwiches are less popular and make less of them/take off the menu</li> <li>• avoid over ordering of fresh produce.</li> </ul> <p><b>Or any other valid response.</b></p>	<b>2</b>	<p>Candidates should define or give an account of points relating to reducing food waste in the sandwich shop.</p> <ul style="list-style-type: none"> <li>• award <b>1 mark</b> for <b>each</b> accurate relevant point of knowledge of ways to reduce food waste for the sandwich shop.</li> </ul> <p style="text-align: right;"><b>(up to a maximum of 2 marks)</b></p>

[END OF MARKING INSTRUCTIONS]