



National
Qualifications
2024

2024 Health and Food Technology

Higher

Question Paper Finalised Marking Instructions

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General marking principles for Higher 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) Award marks only where responses relate to the question asked. If 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.

For explain questions candidates should make a number of points that relate to the cause and effect and/or make the relationship between things clear in the context of the question. They 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 of reason
- award a **further mark** for any accurate relevant point that is developed from the same reason.

Example question: Explain factors that could influence a teenager's choice of food.

Example answer: Teenagers tend to have a lower income therefore they are more likely to choose foods that are cheaper in price. (**1 mark** for explanation linked to budget) However, cheaper food products are often higher in sugar, fat or salt, so can cause problems such as tooth decay. (**1 additional mark** for developed explanation linked to the choice of cheaper foods)

For evaluate questions candidates should make a number of comments that make a judgement and determine the value of something based on the criteria provided in the question. They may provide a number of straightforward comments or a smaller number of developed comments, or a combination of these.

Up to the total mark allocation for this question:

- award **1 mark** for each accurate, relevant evaluative comment linked to the context of the question
- award a **further mark** for any accurate, relevant evaluative comment that is developed from the same point of information.

Example question: Evaluate the impact of using organic ingredients in a café.

Example answer: Organic produce may have a shorter shelf life, which may be less beneficial as there may be more waste in the café (**1 mark** for evaluative comment) and if this happened regularly this could contribute to a loss of profits for the café. (**1 additional mark** for developed answer)

For analyse questions candidates should make a number of comments related to the context of the question. They should identify appropriate information from the given sources, the relationship between the identified information, and their significance when taken together.

Up to the total mark allocation for this question:

- award **1 mark** for each explanation of the impact of one piece of information linked to the context of the question
- award **a further mark** for an explanation that is developed, to include the impact of a piece of information from a second source linked to the same identified piece of information

OR

- award **2 further marks** for an explanation that is developed to include the impact of further information from two further sources linked to the same identified piece of information.

Example question: A 35-year-old man is training for a marathon. Analyse aspects of his diet in relation to the Dietary Reference Values for 19–50-year-old males.

Example answer: His energy intake is higher than he requires, this could help him when he is training. (1 mark for explanation of the impact of the nutrient intake linked to the DRV)
This will prevent him from getting tired. (1 mark for possible consequence of the nutrient intake on health) The wholemeal pasta will provide carbohydrates that will contribute to his energy intake. (1 mark for conclusion about the contribution made by his lunch)

Marking instructions for each question

Question		Expected response	Max mark	Additional guidance
1.	(a)	<p>Possible responses could include:</p> <p>Obesity:</p> <ul style="list-style-type: none"> • if a person consumes a diet which is too high in energy consistently over a period of time and will therefore mean that the excess energy will be stored as fat leading to obesity • if a person has a diet which is high in sugar and does not take part in much physical activity this will therefore mean that the excess energy will be stored as fat and this could lead to obesity. <p>Dental caries:</p> <ul style="list-style-type: none"> • if teeth are not brushed regularly/poor dental hygiene then plaque will form and can lead to a film of bacteria forms contributing to tooth decay • if a high proportion of sugar is consumed this can dissolve the enamel on teeth and as a result can lead to dental caries • calcium is required for strong teeth therefore a low intake can lead to weaker teeth resulting in dental caries • a low intake of Vitamin C can lead to gum disease leaving teeth more exposed therefore the risk of dental caries is higher. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between a factor and obesity/dental caries.</p> <ul style="list-style-type: none"> • award 1 mark for each accurate, relevant explanation linked to the either obesity or dental caries • award a further mark for an explanation that is developed • award a maximum of 3 marks for explanations linked to any one dietary disease <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <p>Aspect of the diet: Energy (low)</p> <ul style="list-style-type: none"> the energy intake is too low for the female athlete. This could result in her losing weight/feeling tired/fatigued (1 mark for explanation of the impact of his energy intake linked to the DRV) resulting in her lacking energy/muscle loss/impacting performance (1 mark for possible consequence of his energy intake on his health) the carbohydrate in the spaghetti, will contribute to her energy intake. (1 mark for conclusion about the contribution made by the meal) <p>Aspect of the diet: Protein (high)</p> <ul style="list-style-type: none"> the protein intake is high for the female athlete. This would help with the growth and repair of muscles/body cells (1 mark for explanation of the impact of the nutrient intake linked to the DRV) this would ensure a speedy recovery of tired muscles after training/ repaired muscle damage from training/competing (1 mark for possible consequence of the nutrient intake on health) the beef in the Bolognese will contribute to her high protein intake. (1 mark for conclusion about the contribution made by the meal) 	9	<p>Candidates should make a number of comments related to the 26-year-old female's diet. They should identify appropriate information from Table 1, Table 2 and the meal; the relationship between this information; and their significance when analysed together.</p> <p>For each of the three identified aspects of the female's diet/nutrients in relation to the DRVs:</p> <ul style="list-style-type: none"> award 1 mark for explaining the impact of different aspects of the female athlete's diet in relation to the DRVs award 1 mark for explaining the possible consequences for the female athlete's health award 1 mark for reaching a conclusion about the contribution made by the meal to the female athlete's diet. <p style="text-align: right;"><i>(up to a maximum of 9 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
	<p>Aspect of the diet: Vitamin B1 (low)</p> <ul style="list-style-type: none"> her vitamin B1 intake is lower than required, this will limit the energy being released from her food (1 mark for explanation of the impact of vitamin B1 intake in relation to the DRV) this means the female athlete may get tired easily whilst training (1 mark for possible consequence of vitamin B1 intake on health) the beef in the spaghetti Bolognese will contribute to her vitamin B1 intake. (1 mark for conclusion about the contribution made by the meal) <p>Aspect of the diet: Iron (low)</p> <ul style="list-style-type: none"> the iron intake is lower than required which means the female athlete will have a lack of red blood cells (1 mark for explanation of the impact of iron intake linked to the DRV) this lack of red blood cells means less oxygen will get to the muscles, meaning the female athlete will become tired during training/develop anaemia impacting training (1 mark for possible consequence of a low iron intake on health) the spinach and rocket salad/beef/mince in the Bolognese will contribute to the iron intake. (1 mark for conclusion about the contribution made by the meal) 		

Question	Expected response	Max mark	Additional guidance
	<p>Aspect of the diet: Fibre (high)</p> <ul style="list-style-type: none"> • the fibre intake is high for the female athlete. This could hinder her body's absorption of calcium/iron (1 mark for explanation of the impact of the nutrient intake linked to the DRV) • which could increase her chances of developing anaemia /osteoporosis in later life (1 mark for possible consequence of the nutrient intake on health) • the spinach and rocket salad/fresh fruit salad will contribute to her fibre intake. (1 mark for conclusion about the contribution made by the meal) <p>Or any other valid response.</p>		

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Spicy: 4 (high)</p> <ul style="list-style-type: none"> the pasta salad has been given a high rating for spicy. This would suggest it contains spice, which may not be suitable for an athlete because spicy food can cause thirst and it may not be possible to get additional fluids during competition/means the athlete may avoid eating this dish the pasta salad has been given a high rating for spice. This would suggest it contains spices were added, this is unsuitable as the athlete may suffer from indigestion/hypertension during training. <p>Colour: 4 (high)</p> <ul style="list-style-type: none"> the pasta salad has been given a high rating for colour. This would suggest that it may contain different colours of pasta/vegetables. This may make the pasta salad more attractive to the athlete which may entice them to eat it. <p>Creaminess: 5 (very high)</p> <ul style="list-style-type: none"> the pasta salad has been given a very high rating for creaminess. This may not be suitable for the athlete as it would suggest that it contains a high amount of cream/fat, which may be difficult for the athlete to digest and therefore they may not eat it the pasta salad has been given a very high rating for creaminess. This would suggest that a creamy dressing has been added. This may be suitable as the calcium from the cream may help to develop strong bones (1 mark for evaluative comment) helping to prevent osteoporosis in later life. (additional mark for developed response) 	4	<p>Candidates should make a number of evaluative comments on the suitability of the pasta salad for athletes.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of the rating relating to the pasta salad includes an appropriate judgement on the suitability of the pasta salad for athletes. comments on the impact of appeal to athletes. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <ul style="list-style-type: none"> award 1 mark for each relevant evaluation award a further mark for any evaluation that is developed award a maximum of 2 marks for developed evaluations linked to the same attribute <p><i>(up to a maximum of 4 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
	<p>Saltiness: 2 (low)</p> <ul style="list-style-type: none"> the pasta salad has been given a low rating for saltiness. This may not be suitable for an athlete as this suggests the pasta salad does not contain a lot of salt. Increasing the risk of cramps so they may choose not to eat it. <p>Crunchiness: 5 (very high)</p> <ul style="list-style-type: none"> the pasta salad has been given a very high rating for crunchiness. This suggests that the salad contains vegetables. This will be suitable for the athlete as the vegetables will contribute to the dietary goal of eating 5 portions of fruit and vegetables a day. <p>Or any other valid response.</p>		

Question	Expected response	Max mark	Additional guidance
(d)	<p>Possible responses could include:</p> <p>Concept generation:</p> <ul style="list-style-type: none"> concept generation is where the food manufacturer would come up with lots of ideas for the new pasta salad therefore allowing them to try and find a gap in the market. <p>Concept screening:</p> <ul style="list-style-type: none"> concept screening is where the food manufacturer would keep some ideas for the pasta salad and discard others that would not work so as the food product development process could move onto the next stage. <p>Prototype production:</p> <ul style="list-style-type: none"> prototype production is when the food manufacturer produces a prototype of the pasta salad this therefore allows them to see the finished product and see if it needs any further refinement prototype production allows a food manufacturer to measure the pasta salad against the specification because it allows them to see if it needs to be modified to meet the original brief. <p>Product Testing</p> <ul style="list-style-type: none"> in product testing the target market will sample the pasta salad therefore allowing the manufacturer to make changes to meet the target market preferences. <p>First Production Run</p> <ul style="list-style-type: none"> the pasta salad will be made in bulk and assessed after purchase. This will allow any final changes to be made before packaging at the next stage. 	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the stages of food product development and the development of a pasta salad.</p> <ul style="list-style-type: none"> award 1 mark for each accurate, relevant explanation linked to one of the identified stages in development of the pasta salad <p><i>(up to a maximum of 3 marks)</i></p>

Question			Expected response	Max mark	Additional guidance
			<p>Marketing Plan</p> <ul style="list-style-type: none"> in the marketing plan the packaging will be finalised/initial costs set therefore allowing the product to be promoted/sold. <p>Launch</p> <ul style="list-style-type: none"> the pasta salad is now on sale and the manufacturer will monitor sales carefully therefore allowing them to rethink/makes changes to the marketing approach. <p>Or any other valid response.</p>		

Question		Expected response	Max mark	Additional guidance
2.	(a)	<p>Possible responses could include:</p> <p>Food miles:</p> <ul style="list-style-type: none"> • if a food has travelled from another country to get to consumer, this may be unsuitable, as an environmental aware consumer may choose not to purchase the product • if a consumer only wants to purchase food with low food miles/local foods, this may not be good, as food choice would be limited to only those foods that are grown/produced locally. <p>Food packaging:</p> <ul style="list-style-type: none"> • food packaging often has a recycling symbol on it, this is good for the consumer because if they are concerned about the environment, they can easily see what packaging can be recycled, which would then entice them to buy the food product • food packaging protects food and extends the shelf life therefore allowing consumers to buy in bulk/buy what is needed reducing trips to the shops. (1 mark for additional comment) So reducing the impact on the environment/carbon footprint. (additional mark for developed response) <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments related to how food miles/food packaging may affect a consumer's choice of food.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of the factor • includes an appropriate judgement on the suitability of the factor • comments on how the factor influences the consumers choice of food. <p>Candidates should provide a number of straightforward evaluations.</p> <ul style="list-style-type: none"> • award 1 mark for each relevant evaluation • award a further mark for any evaluation that is developed • award a maximum of 3 marks linked to any one environmental factor <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <p>Money off vouchers:</p> <ul style="list-style-type: none"> • money off vouchers are used to raise awareness of a new food products, this is good as it encourages the consumer to try the product at a lower price (1 mark for evaluative comment) and they will hopefully like it and buy it again when it is at full price (additional mark for developed answer) • money off vouchers can help save the consumer money this is good as it means the new product will hopefully reach more consumers and encourage them to try it at a lower cost. <p>In-store demonstrations:</p> <ul style="list-style-type: none"> • a food manufacturer may carry out in-store demonstrations of their new food product this is good as it allows the consumer to try the product before they buy it increasing sales if it is enjoyed • a food manufacturer may carry out in-store demonstrations of their new food product this is bad as if the consumer did not like the product they would not be tempted to buy it (1 mark for evaluative comment) which could result in poor sales for the manufacturer. (additional mark for developed answer) <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the marketing techniques of money off vouchers/in store demonstrations.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of the marketing techniques • includes an appropriate judgement on the suitability of the marketing technique • comments on the impact of the marketing technique. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <ul style="list-style-type: none"> • award 1 mark for each relevant evaluation • award a further mark for any evaluation that is developed • award a maximum of 2 marks for evaluations linked to the same factor • award a maximum of 2 marks for developed evaluations <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Trading Standards Department:</p> <ul style="list-style-type: none"> • the Trading Standards Department promotes a fair market in consumer goods/services/foods therefore protecting the consumer from unfair traders/trading practices • the Trading Standards Department is responsible for ensuring that all foods are sold in metric weights so protecting the consumer as they are able to compare food products • the Trading Standards Department enforce The Consumer Protection from Unfair Trading Regulations 2008 therefore they make sure that consumers are not sold products/services aggressively. <p>Environmental Health:</p> <ul style="list-style-type: none"> • environmental Officers are responsible for regularly inspecting food manufacturers/retailers/catering outlets without warning so when consumers are purchasing food, they can be assured it is safe to eat/they will not get food poisoning • environmental Health supports the consumer by publishing hygiene ratings for food establishments, which provides the consumer with information before purchasing. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between Trading Standards Department/ Environmental Health Department and how it supports consumers when purchasing food.</p> <ul style="list-style-type: none"> • award 1 mark for each accurate, relevant explanation linked to the either organisation • award a maximum of 2 marks linked to any either organisation <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
3.	(a)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> breakfast cereals will contain fibre, this is good as it will help the adult to meet the current dietary advice of increasing fibre for adults (16+) to 30g per day breakfast cereals may contain fruit, this is good as it will help meet the current dietary advice of increasing fruit and vegetable intake to at least 400g per day/at least five portions per day breakfast cereals may be low in saturated fat, this is good as it will help the adult to meet the current dietary advice of reducing saturated fat intake to no more than 11% of food energy breakfast cereals may only contain a small amount of salt, this is good as it will help to meet the current dietary advice of average intake of salt to reduce to 6g per day. 	3	<p>Candidates should make a number of evaluative comments related to how the consumption of breakfast cereals can help meet three different pieces of current dietary advice.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of current dietary advice indicates a judgement on the suitability of how the breakfast cereals can help meet current dietary advice comments on the impact of the breakfast cereals meeting the different pieces of current dietary advice award 1 mark for each relevant evaluation linked to how the consumption of breakfast cereals can help meet three different pieces of current dietary advice. <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible responses could include:</p> <p>Eggs:</p> <ul style="list-style-type: none"> • aeration occurs when eggs are whisked with sugar, trapping air in a honeycomb mesh/ foam and trapping air giving structure to baked products • eggs when heated turn from a liquid to a solid and coagulate therefore helps set the baked product • when beaten egg is used as a glaze and is brushed onto baked product and heated it will give the baked product a golden brown colour. <p>Fat:</p> <ul style="list-style-type: none"> • fat is used as a shortening agent in the making of the baked product, it coats the flour and prevents water being absorbed, giving the item a short crumbly texture • fat when creamed with sugar creating a fat in foam mixture so leading to aeration giving the baked product a light texture. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the eggs / fat and baked products.</p> <ul style="list-style-type: none"> • award 1 mark for each accurate, relevant explanation linked to each ingredient • award a maximum of 3 marks linked to any one ingredient <p><i>(up to a maximum of 4 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <p>Vitamin A, C and E:</p> <ul style="list-style-type: none"> • vitamin A, C, and E are all antioxidant vitamins which help to fight off free radicals in the body and reduce the risk of heart disease/cancer • ACE vitamins lower LDL cholesterol so reducing the risk of heart disease. <p>Calcium, phosphorous and vitamin D:</p> <ul style="list-style-type: none"> • calcium combines with phosphorous to make calcium phosphate so ensures bones/teeth are hard, (1 mark for explanation) helping reduce the risk of osteoporosis (additional mark for developed response) • vitamin D aids the absorption of calcium into bones/teeth so strengthens them. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between:</p> <ul style="list-style-type: none"> • vitamin A, C and E • calcium, phosphorous and vitamin D <ul style="list-style-type: none"> • award 1 mark for each accurate, relevant explanation linked to the interrelationships of the identified nutrients • award a further mark for an explanation that is developed • award a maximum of 2 marks for explanations linked to any one interrelationship <p style="text-align: right;"><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
4.	(a)	<p>Possible responses could include:</p> <p>Sustainability:</p> <ul style="list-style-type: none"> the ethical conscious consumer will consider where they get their food products from for example buying local food produce this may not be good as depending on where they live it may limit their food choice consumers may choose to eat less meat/replace meat with plant-based foods, this can reduce methane emissions therefore protecting the environment consumers may purchase less processed foods therefore cooking from scratch which is good as this can reduce food packaging. <p>Genetically modified food:</p> <ul style="list-style-type: none"> genetically modified foods may have a longer shelf life which is good for the consumer, as this will help reduce food waste there are no known long-term health effects on the human body of consuming genetically modified foods which is not good, as the health-conscious consumer may not want to purchase them genetically modified foods are known to be more uniform in shape and size which is good as it makes them more aesthetically appealing to the consumer, so they may be more likely to buy them. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments related to the consumer.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of sustainability/genetically modified food a judgement of suitability for the consumer comments on the impact for the consumer. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <ul style="list-style-type: none"> award 1 mark for each relevant evaluation linked to the consumer award a further mark for any evaluation that is developed award a maximum of 2 marks for developed evaluations linked to the same ethical issues either sustainability / genetically modified foods <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible responses could include:</p> <p>Colourings:</p> <ul style="list-style-type: none"> • can be added during the manufacturing process to help replace colour lost during processing, making the food look more attractive so increasing sales/profits. <p>Preservatives:</p> <ul style="list-style-type: none"> • can be added to foods to extend the shelf life of the product which will help reduce food waste for the manufacturer • manufacturers can reduce the calorie content of some food products by using sweeteners which may appeal to those consumers trying to reduce calorie content • food manufacturers can add emulsifiers to help food mix together which will create a stable product which will be appealing to consumers. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the use of additives and the benefit to the food manufacturer.</p> <ul style="list-style-type: none"> • award 1 mark for each correct explanation related to a food additive • award a further mark for an explanation that is developed • award a maximum of 2 marks for explanations linked to any one additive <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • a diet which follows the dietary goal of increasing fruit and vegetable intake could be low in fat therefore helping to prevent obesity • a diet which follows the dietary goal of increasing fruit and vegetable intake could be low in salt so helps to prevent high blood pressure • a diet which follows the dietary goal of increasing fruit and vegetable intake could be high in ACE vitamins so could help to prevent cancers and heart disease. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between following the dietary goal of increasing fruit and vegetables to 400g per day and a different effect on health.</p> <ul style="list-style-type: none"> • award 1 mark for each correct explanation related to a different effect on health <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
5.	(a)	<p>Possible responses could include:</p> <p>Ultra-heat-treated products:</p> <ul style="list-style-type: none"> • these foods do not need to be stored in a fridge, therefore they may be more convenient for a consumer if refrigerated storage space is limited • these foods tend to be cheaper, which would be good for the consumer, as it would save them money • UHT foods can often have an unpleasant after taste, this is bad as this could put consumers off eating them, (1 mark for evaluative comment) therefore increasing waste. (additional mark for developed answer) <p>Functional foods:</p> <ul style="list-style-type: none"> • some functional foods are high in Omega 3 which is good for the consumer as an increased intake can reduce LDL (bad) cholesterol (1 mark for evaluative comment) which can reduce the risk of heart disease (additional mark for developed answer) • there is an increasing number of functional foods on the market. This is good for the consumer as it offers them more choice • functional foods can often be more expensive than similar products. This is bad for those consumers on a limited budget as they may not be able to afford them. <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments related to each technological development.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of the technological development • includes a judgement on the suitability technological development • comments on the impact for the consumer. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <ul style="list-style-type: none"> • award 1 mark for each relevant evaluation • award a further mark for any evaluation that is developed • award a maximum of 3 marks for developed evaluations linked to the same technological development. <p style="text-align: right;"><i>(up to a maximum of 4 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • sodium/salt content of some oily fish may be high which is bad, as may lead to high blood pressure (1 mark) which over time could lead to CHD/Stroke (additional mark for developed answer) • oily fish is a good source of protein, this is good as it will contribute to the growth/repair/maintenance of body cells • oily fish is a good source of omega 3, which is good as it can help reduce LDL/bad cholesterol (1 mark) which can help reduce chances of heart disease (additional mark for developed answer) • many consumers do not like oily fish, this is bad as they will struggle to reach the dietary goal of consuming one portion of oily fish per week. Leaving them more at risk of heart disease. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the contribution of oily fish in the diet.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of the contribution of oily fish in the diet • includes a judgement on the contribution of oily fish • comments on the impact on health. <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these.</p> <ul style="list-style-type: none"> • award 1 mark for each relevant evaluation • award a further mark for any evaluation that is developed • award a maximum of 2 marks for developed evaluations linked to the same fact <p><i>(up to a maximum of 3 marks)</i></p>

Question		Expected response	Max mark	Additional guidance
	(c)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • elderly people are often cooking for one, so may choose to eat ready meals which are portioned for one, to avoid the expense of buying individual ingredients • an elderly person may have mobility issues and therefore may buy takeaway foods which are high in fat/sugar/salt (1 mark) therefore increasing their risk of CHD/obesity/strokes (1 mark for developed response) • elderly people have very fixed ideas about what they like and don't like to eat. This can limit their food choices as they will rarely deviate from this • elderly people's budget may be limited, and they will choose foods which they can afford, which will also limit their food choice. <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the factors and how they could influence an elderly person's choice of food.</p> <ul style="list-style-type: none"> • award 1 mark for each correct explanation related to a different factor, linking to an elderly person • award a further mark for an explanation that is developed • award a maximum of 2 marks for responses linked to any one factor <p><i>(up to a maximum of 3 marks)</i></p>

[END OF MARKING INSTRUCTIONS]