



National
Qualifications
2025

2025 Health and Food Technology

National 5

Question Paper Finalised Marking Instructions

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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)*

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|--|
| 1. | (a) | <p>Possible candidate responses could include:</p> <p>Protein:</p> <ul style="list-style-type: none"> • meat • chicken • lentils • nuts • fish <p>Vitamin B group:</p> <ul style="list-style-type: none"> • red meat • fortified breakfast cereals • beans • lentils • eggs • milk • nuts • green leafy vegetables <p>Or any other valid response.</p> | 2 | <p>Candidates should identify one correct source of protein for 1 mark. (up to a maximum of 1 mark)</p> <p>Candidates should identify one correct source of vitamin B group for 1 mark. (up to a maximum of 1 mark)</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each accurate source for each nutrient. (up to a maximum of 2 marks) |
| | (b) | <p>Possible candidate responses could include:</p> <p>Protein:</p> <ul style="list-style-type: none"> • children are still growing so (protein) is essential to ensure they grow. • children may be active/injure themselves, so (protein) is essential to ensure they repair damage/cells/tissue. <p>Vitamin B group:</p> <ul style="list-style-type: none"> • children may be active so (Vitamin B) will help to release energy from food/carbohydrates to keep them active. • children are still growing so (Vitamin B) will help to ensure normal growth. <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between things clear, for example by showing connections between the importance of a protein and Vitamin B group and young children.</p> <p>Candidates should provide two explanations of the importance to the young children of each of the nutrients.</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each accurate explanation for each nutrient. (up to a maximum of 2 marks) |

| Question | Expected response(s) | Max mark | Additional guidance |
|----------|---|----------|--|
| (c) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • (organic produce) contains no artificial pesticides this benefits (the consumer) as it reduces the risk of health issues (Any relevant health issue candidate gives) • (organic produce) contains no artificial pesticide this will benefit consumers who are more concerned about the environment • fruit bags are often eaten by children so will help reduce the risk of health issues (Any relevant health issue candidate gives) <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between things clear, for example by showing connections between the benefits of Organic foods and the food bags.</p> <p>Candidates should provide two explanations of the impact of using Organic produce.</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each accurate explanation of the benefits of using Organic produce <p style="text-align: right;">(up to a maximum of 2 marks)</p> |
| (d) | <p>Possible candidate responses could include:</p> <p>Advantages:</p> <ul style="list-style-type: none"> • MAP have an extended shelf life • MAP tend to be better quality • MAP contain no additives • MAP are sealed/prevent contamination <p>Disadvantages:</p> <ul style="list-style-type: none"> • MAP can be more expensive • MAP deteriorate quickly once opened • MAP use excess packaging <p>Or any other valid response.</p> | 2 | <p>Candidates should identify one advantage and one disadvantage of Modified Atmosphere Packaging.</p> <p>Candidates should identify one correct advantage of MAP.</p> <p style="text-align: right;">(up to a maximum of 1 mark)</p> <p>Candidates should identify one correct disadvantage of MAP.</p> <p style="text-align: right;">(up to a maximum of 1 mark)</p> <p style="text-align: right;">(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|--|
| | (e) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> shopping for food using online can help to reduce food waste as consumers may be less likely to impulse buy food that they do not need so would waste less buying food using online shopping can be done 24 hours a day so consumers may be less likely to bulk buy (as they can shop whenever they need items) using online shopping for food means that food can be delivered whenever consumers want/need it, thus they are less likely to over order and throw away unwanted foods using online food delivery boxes supply only the required amounts of ingredients so consumers do not have to buy large packs of perishable foods that they may not use/may waste buying discounted food using online (apps) help to reduce food waste as these foods would otherwise be thrown out by retailers <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between things clear, for example by showing connections between using online shopping and reducing food waste.</p> <p>Candidates should provide explanations of the ways in which using online shopping apps can help to reduce food waste.</p> <ul style="list-style-type: none"> award 1 mark for each accurate explanation <p>(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
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| 2. | (a) | <p>Possible candidate responses could include:</p> <p>Energy (less than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male/cyclist is consuming less energy than required which is not good as he may not have enough energy/too tired to cycle (1 mark) and he could lose unnecessary weight if this continues (additional mark for developed answer) <p>Protein (more than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male/cyclist is consuming more protein than he requires this is good as he will be able to repair any damaged cells/muscles that may occur when cycling (1 mark) and he could use the extra protein as a secondary source of energy to help with his cycling (additional mark for developed answer) <p>Calcium (more than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male/cyclist is consuming more calcium than he requires this is good as if he breaks a bone when cycling it is more likely to repair quicker/properly (1 mark) this will help to reduce his risk of osteoporosis/brittle bones in later life. (additional mark for developed answer). the 19-year-old male/cyclist is consuming more calcium than he requires this is good as calcium helps develop strong bones and teeth (1 mark) this will help to reduce his risk of osteoporosis/brittle bones in later life (additional mark for developed answer) | 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"> shows a clear understanding of the intake of the specified nutrient includes an appropriate judgement on the suitability of this intake for the 19-year-old male cyclist comments on the impact of this intake on the health of the 19-year-old male cyclist <p>(up to a maximum of 6 marks)</p> |

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| | | <p>Vitamin A (more than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male/cyclist is consuming more Vitamin A than he requires this is good as he will be less likely to have poor eyesight in dim light (1 mark) this is good as his vision will be good if he is cycling in the dark he will be less likely to crash (additional mark for developed answer) the 19-year-old male/cyclist is consuming more Vitamin A than he requires this is good as it will help ensure he will have a healthy throat/mucous membrane (1 mark) this will help to ensure he is able to perform well in his cycling <p>Vitamin D (more than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male/cyclist is consuming more Vitamin D than he requires this is good as it will ensure calcium is absorbed/help maintain strong bones (1 mark) this will help to reduce his risk of osteoporosis in later life (additional mark for developed answer) <p>Fibre (less than he needs)</p> <ul style="list-style-type: none"> the 19-year-old male/cyclist is consuming less fibre than he requires this is bad as it could lead to constipation (1 mark) which may increase his risk of bowel cancer in later life (additional mark for developed answer) <p>Or any other valid response.</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 4 marks for accurate evaluative comments relating to four different aspects of the day's meals related to the individual in the case study award a maximum of 2 marks for developed evaluations linked to an identified aspect of the day's meals |
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| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|--|
| | (b) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • iron • vitamin c • folic acid <p>Or any other valid response.</p> | 2 | <p>Candidates should identify two correct nutrients to help prevent anaemia for 1 mark each.</p> <p>(up to a maximum of 2 marks)</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each accurate nutrient <p>(up to a maximum of 2 marks)</p> |
| | (c) | <p>Possible candidate responses could include:</p> <p>Nutritional knowledge:</p> <ul style="list-style-type: none"> • if the cyclist has good nutritional knowledge, he is more likely to choose foods which have the correct nutrients for his needs and so maintain good health • if the cyclist has good nutritional knowledge, he is more likely to choose foods which are low in fat/sugar/salt and so be less at risk of dietary diseases • if the cyclist has poor nutritional knowledge, he may be less likely to eat the correct foods to meet his nutritional needs and so have poorer health/suffer from dietary diseases/obesity/CHD/high blood pressure <p>Budget:</p> <ul style="list-style-type: none"> • if the cyclist has a low budget, he may buy less of more expensive fresh fruit and vegetables and so he may be more at risk of dietary diseases/deficiency of nutrients • if the cyclist has a high budget, he may buy less processed foods which are high in fat/sugar/salt and so be less at risk of dietary diseases • if the cyclist has a high budget, he may buy more fresh fruit and vegetables and so he may be less at risk of dietary diseases/deficiency of nutrients <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between things clear, for example by showing connections between each of the factors given and the impact this will have on the cyclist's choice of food.</p> <p>Candidates should provide one explanation of the impact of Nutritional knowledge on the cyclist choice of food.</p> <p>Candidates should provide one explanation of the impact of budget on the cyclist choice of food.</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each accurate explanation <p>(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|---|
| 3. | (a) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • Smoked salmon pate – Salmon is an oily fish; this is suitable as it would help contribute to CDA of eating more oily fish (1 mark) salmon is low in fat and so would help to meet CDA to consume less fat (additional mark for developed answer) • Oatcakes – high in fibre; this is suitable as it would help contribute to CDA of eating more dietary fibre (1 mark) • Reduced fat cream cheese – lower in fat this is suitable as it would help contribute to CDA of eating less fat/saturated fat (1 mark) • Fresh fruit salad pots – contains fruit this is suitable as it would help contribute to CDA of eating more fruit and vegetables (1 mark) fruit is high in fibre and so would help meet CDA of eating more fibre (additional mark for developed answer) • Chorizo sausage is high in fat this is not suitable as it does not help meet CDA of eating less fat/saturated fat • Chorizo sausage is processed meat this is not suitable as it does not meet CDA of reducing red/processed meat consumption <p>Or any other valid response.</p> | 3 | <p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the suitability of the items in the picnic hamper, in relation to Current Dietary Advice.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of an aspect of the items in the hamper • includes an appropriate judgement on the suitability of this item • comments on the impact of ingredient in relation to CDA • award 1 mark for each accurate evaluative comment • award a further mark for any evaluation that is developed <p>(up to a maximum of 3 marks)</p> |

| Question | Expected response(s) | Max mark | Additional guidance |
|----------|---|----------|--|
| (b) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • 2 sizes available – is suitable because the hamper may come in different sizes so amount of juice may vary to suit • Screw top lid – is suitable as it can be resealed and kept for another time/taken home (1 mark) the juice will not spill out so avoids mess (additional mark for developed answer) • Screw top lid – is not suitable because the lid may not be on properly therefore the juice could spill • Glass is see-through – is suitable as the customers can easily see what’s in the bottle/how much is left • Glass is recyclable – is suitable as it would appeal to environmentally aware customers • Glass is easily broken – this is not suitable as it could smash, and the juice would spill/make a mess/cause injury • Glass is heavy – is not suitable as it would add to the weight in the hamper/make it difficult to carry • Removable paper label – this is suitable as it can easily be removed for recycling • Deposit paid on return – is suitable as it may encourage recycling <p>Or any other valid response.</p> | 3 | <p>Candidates should make a number of evaluative comments which make a judgement based on the information provided, related to the suitability of the bottle for the juice.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of an aspect of the bottle • includes an appropriate judgement on the suitability of this aspect for the juice • comments on the impact of this aspect of the bottle for including in the hamper <ul style="list-style-type: none"> • award 1 mark for each accurate evaluative comment • award a further mark for any evaluation that is developed <p style="text-align: right;">(up to a maximum of 3 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|--|
| | (c) | <p>Possible candidate responses could include:</p> <p>Fault 1:</p> <ul style="list-style-type: none"> the freezer temperature is too high so may allow bacteria to multiply (which could cause food poisoning) <p>Fault 2:</p> <ul style="list-style-type: none"> flies/pests/dirt/dust can enter the kitchen land on food and transfer bacteria/contaminate with bacteria (which could cause food poisoning) <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between points clear, for example by giving accurate relevant points, showing connections between food poisoning and the faults given.</p> <p>Candidates may provide a number of straightforward explanations up to the total of 2 marks.</p> <ul style="list-style-type: none"> award 1 mark for each accurate explanation why each of the faults could result in food poisoning <p>(up to a maximum of 2 marks)</p> |
| | (d) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> Food Standards Scotland/Agency Trading Standards (department) Consumers Association (Which) Advertising Standards Authority Citizens Advice (Scotland/Bureau) <p>Or any other valid response.</p> | 2 | <p>Candidates should name two correct consumer organisations.</p> <ul style="list-style-type: none"> award 1 mark for each correctly identified consumer organisation <p>(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|---|
| 4. | (a) | <p>Possible candidate responses could include:</p> <p>Prototype production:</p> <ul style="list-style-type: none"> • a sample is made to identify strengths and potential weaknesses so changes can be made • a sample is measured against the specification so identify if changes need to be made • a sample is created to assess it before mass production begins so ensuring good results <p>First Production Run:</p> <ul style="list-style-type: none"> • it is mass produced for the first time to assess for consistency/quality so changes can be made/successful product <p>Or any other valid response.</p> | 2 | <p>Candidates should explain the importance of each stage of product development when developing a new food product.</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for an accurate explanation of the importance of Prototype Production • award a maximum of 1 mark for an accurate explanation of the importance of First Production run • award 1 mark for each accurate explanation <p>(up to a maximum of 2 marks)</p> |
| | (b) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • Ratings Test – the product is tested for specific characteristics, eg colour, flavour, texture so identifying any changes that need to be made • Ranking Test – the product would be tested against similar ones to rank in order of preference so finding out which one is liked the best • Triangle Test – used to assess the product in comparison to competitors so identifying the similarities/differences • Paired Comparison Test – used to compare the manufacturers product with another one for a specific attribute/taste/texture/aroma so finding out which is preferred • Taste Threshold Test – may be used to determine when any changes to the product become unacceptable due to the addition of removal of an ingredient so finding the best version <p>Or any other valid response.</p> | 4 | <p>Candidates should identify two correct sensory tests for 1 mark each.</p> <p>(up to a maximum of 2 marks)</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each correctly identified test. <p>(up to a maximum of 2 marks)</p> <p>Candidates should explain the reason for carrying out each type of test in relation to the success of the new food product.</p> <ul style="list-style-type: none"> • award 1 mark for each explanation of the reason for carrying out each of the identified tests in relation to the success of the new food product <p>(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|---|
| | (c) | <p>Possible candidate responses could include:</p> <p>Use-by-date:</p> <ul style="list-style-type: none"> • informs the consumer when the ready meal is no longer safe to eat • informs the consumer when they should consume the ready meal by <p>Cooking Instructions:</p> <ul style="list-style-type: none"> • informs the consumer how to cook the ready meal to prevent food poisoning • informs the consumer how to cook the ready meal to prevent food waste <p>Or any other valid response.</p> | 2 | <p>Candidates should give a number of straightforward points linked to the context of the question.</p> <p>Candidates should describe the importance of each piece of identified information for the consumer.</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for one correct description of the importance of Use-by date • award a maximum of 1 mark for one correct description of the importance of cooking instructions <p>(up to a maximum of 2 marks)</p> |
| | (d) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • iron • vitamin b • folic acid • protein <p>Or any other valid response. (Reminder: fibre is not a nutrient)</p> | 2 | <p>Candidates should identify two correct nutrients found in beans for 1 mark each.</p> <p>(up to a maximum of 2 marks)</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each accurate nutrient found in beans <p>(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|---|----------|---|
| 5. | (a) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> extended shelf-life if (unopened)/can be stored for a long time extended shelf-life if (unopened) so can bulk buy wide range of products providing variety to the diet can be cheaper more convenient/easier to use/save time <p>Or any other valid response.</p> | 2 | <p>Candidates should give a number of straightforward points linked to the context of the question.</p> <p>Candidates should describe two benefits of using UHT products.</p> <ul style="list-style-type: none"> award a maximum of 1 mark for each correct description <p>(up to a maximum of 2 marks)</p> |
| | (b) | <p>Possible candidate responses could include:</p> <p>The pastry was greasy:</p> <ul style="list-style-type: none"> too much fat/oil was added so caused the pastry to leak fat/fat to melt the fat and flour were not sufficient rubbed-in so caused the fat to melt the pastry was not cooked at a high enough temperature/for long enough to allow the pastry to crisp/firm up The filling is high in fat so has caused the pastry to become greasy <p>Filling was runny:</p> <ul style="list-style-type: none"> not enough egg was used so the filling/protein did not coagulate/set too much liquid was added so egg did not set/protein did not coagulate the quiche was not cooked long enough/too low a temperature so the egg did not set/protein did not coagulate The quiche was cooked at too low a temperature so the egg did not set <p>Or any other valid response.</p> | 3 | <p>Candidates should make the relationship between things clear, for example by showing connections between the faults and the functional properties of the ingredients in the quiche.</p> <p>Candidates should explain one reason why each fault occurred.</p> <ul style="list-style-type: none"> award 1 mark for one explanation of why the pastry was greasy award 1 mark for one explanation of why the filling was runny award 1 mark for an additional explanation of either the filling being runny or the pastry being greasy <p>(up to a maximum of 3 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|---|----------|--|
| | (c) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> • helps to remove waste from the body so will help prevent constipation (1 mark) and reduce the risk of bowel cancer (1 additional mark for developed answer) • helps to bulk up faeces so will make it easier to remove solid waste/reduce the risk of piles • can help to reduce cholesterol levels so reduce the risk of coronary heart disease • gives a feeling of fullness and reduces the risk of snacking on high fat foods so reducing risk of obesity • gives a feeling of fullness and reduces the risk of snacking on high sugary foods so reducing risk of type 2 diabetes <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between things clear, for example by showing connections between dietary fibre and the benefits for the care home residents.</p> <p>Candidates should explain two reasons why and increase in dietary fibre is of benefit to care home residents.</p> <ul style="list-style-type: none"> • award 1 mark for each explanation of the benefits to the care home residents • award 1 additional mark for a developed explanation of the benefit of dietary fibre for the care home <p>(up to a maximum of 2 marks)</p> |
| | (d) | <p>Possible candidate responses could include:</p> <p>High Blood Pressure:</p> <ul style="list-style-type: none"> • salt (or any high salt food) • fat (or any high fat food) <p>Dental Caries:</p> <ul style="list-style-type: none"> • sugar (or any high sugar food/drink) • acidic foods/drinks <p>Coronary heart disease:</p> <ul style="list-style-type: none"> • fat (or any high fat food) • saturated Fat (or any high saturated fat food) • salt (or any high salt food) <p>Or any other valid response.</p> | 3 | <p>Candidates should identify one different food that helps to reduce the risk of each of the dietary diseases.</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for each correctly identified different food that would help reduce the risk of High Blood pressure • award a maximum of 1 mark for each correctly identified different food that would help reduce the risk of dental caries • award a maximum of 1 mark for each correctly identified different food that would help reduce the risk of coronary heart disease. <p>(up to a maximum of 3 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|--|----------|---|
| 6. | (a) | <p>Possible candidate responses could include:</p> <p>Preservatives:</p> <ul style="list-style-type: none"> • Prevents/slows growth of bacteria/micro-organisms so makes food safer to eat • extend the shelf-life of foods so prevents food waste • can make food easier to transport in bulk so making them cheaper • extends shelf-life so can reduce costs for consumers/manufacturers <p>Colourings:</p> <ul style="list-style-type: none"> • makes food look more attractive/brighter so will attract customers to eat the food • replaces colours lost during processing so will make it look more appealing to customers/make them more likely to eat it • bright colours may be used so it can be used to match the theme in party foods <p>Flavourings:</p> <ul style="list-style-type: none"> • can add flavour to food lost during processing so improve flavour • used to produce artificial flavours rather than real food so reduce the cost of products • they can be used to intensify the flavour of some foods so improve the flavour <p>Or any other valid response.</p> | 3 | <p>Candidates should make the relationship between things clear, for example by showing connections between the use of each additive and food production.</p> <p>Candidates should explain one reason why each additive is used by food manufacturers in food production.</p> <ul style="list-style-type: none"> • award 1 mark for one explanation of why preservatives are used by food manufacturers • award 1 mark for one explanation of why colourings are used by food manufacturers • award 1 mark for one explanation of why flavourings are used by food manufacturers <p>(up to a maximum of 3 marks)</p> |

| Question | Expected response(s) | Max mark | Additional guidance |
|----------|---|----------|---|
| (b) | <p>Possible candidate responses could include:</p> <p>Advantages:</p> <ul style="list-style-type: none"> • small producers receive a fair price for their products so consumers who are concerned about the welfare of producers will be more inclined to buy them <p>Disadvantages:</p> <ul style="list-style-type: none"> • can be more expensive so consumers may not be able to afford them • less variety available so consumers have less choice available to them <p>Or any other valid response.</p> | 2 | <p>Candidates should make the relationship between things clear, for example by showing connections between Fair Trade Ingredients and the consumer.</p> <p>Candidates should explain one advantage and one disadvantage of using Fair Trade Ingredients.</p> <ul style="list-style-type: none"> • award 1 mark for one explanation of the advantage of using Fair Trade Ingredients • award 1 mark for one explanation of the disadvantage of using Fair Trade ingredients <p>(up to a maximum of 2 marks)</p> |
| (c) | <p>Possible candidate responses could include:</p> <p>Saturated Fat:</p> <ul style="list-style-type: none"> • butter • red meat • cheese • cream • coconut oil <p>Unsaturated Fat:</p> <ul style="list-style-type: none"> • olive oil • sunflower oil • nuts • seeds <p>Or any other valid response.</p> | 2 | <p>Candidates should identify two correct nutrients found in the foods given for 1 mark each.</p> <p>(up to a maximum of 2 marks)</p> <ul style="list-style-type: none"> • award a maximum of 1 mark for an accurate nutrient found in saturated fat • award a maximum of 1 mark for an accurate nutrient found in unsaturated fat. <p>(up to a maximum of 2 marks)</p> |

| Question | | Expected response(s) | Max mark | Additional guidance |
|----------|-----|---|----------|--|
| | (d) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> if excess fat is not burned off/used for energy it is stored in the body which increases the risk of obesity <p>Or any other valid response.</p> | 1 | <p>Candidates should make the relationship between things clear, eg by showing connections between a diet high in fat and the risk of obesity.</p> <p>Candidates should explain one reason a diet high in fat can increase the risk of obesity.</p> <ul style="list-style-type: none"> award 1 mark for an accurate explanation of the risk of obesity and a diet high in fat. <p>(up to a maximum of 1 mark)</p> |
| | (e) | <p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> can be lower in fat/reduce risk of obesity can be higher in fibre/reduce risk of constipation can benefit consumers who are concerned about animal welfare/killing animals for food can help to meet the dietary goal of eating less red meat can be cheaper than meat may be considered as more sustainable <p>Or any other valid response.</p> | 2 | <p>Candidates should give a number of straightforward points linked to the context of the question.</p> <p>Candidates should describe two benefits of following a vegetarian diet.</p> <ul style="list-style-type: none"> award a maximum of 1 mark for each correct description <p>(up to a maximum of 2 marks)</p> |

[END OF MARKING INSTRUCTIONS]