



National
Qualifications
2025

2025 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>Sugar intake:</p> <ul style="list-style-type: none"> foods high in sugar provide the body with excess calories which if not used are stored in the body as fat leading to obesity therefore increasing the risk of CHD <p>Saturated fat intake:</p> <ul style="list-style-type: none"> foods high in saturated fat contains cholesterol which leads to fatty deposits being left on artery walls, therefore increasing the risk of a heart attack/CHD <p>Salt intake:</p> <ul style="list-style-type: none"> too many processed foods in the diet can contribute to a high salt intake, which causes blood pressure to rise so therefore leading to CHD <p>Dietary fibre intake:</p> <ul style="list-style-type: none"> a diet low in fibre results in snacking on high fat/sugary foods leading to weight gain/obesity therefore increasing the risk of CHD in later life <p>Fruit and vegetable intake:</p> <ul style="list-style-type: none"> a diet low in fruit and vegetables reduces ACE vitamins in the diet increasing free radicals so increasing the risk of CHD <p>Or any other valid response.</p>	3	<p>Candidates should make three points that make the issue plain or clear eg by showing connections between the dietary factor given and the contribution to coronary heart disease.</p> <p>Up to the mark allocation for this question:</p> <ul style="list-style-type: none"> award 1 mark for each accurate and relevant explanation <p>(up to a maximum of 3 marks)</p>

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • ultra heat-treated products have a longer shelf-life. This is good for the nursery as it means the nursery they can bulk buy the products (1 mark evaluative comment) therefore saving them time from repeated shop visits (1 mark developed response) • ultra heat-treated products can be cheap. This is good as it means the nursery who are on a budget will still be able to purchase the products (1 mark evaluative comment) therefore being able to save their money and spend it on other products (1 mark developed response) • during the ultra-heat-treated process some nutrients may be lost in the manufacture of UHT products this is bad as it may reduce the contribution to the children’s daily nutritional intake • ultra heat-treated products do not need to be stored in a fridge until opened. This is good for the nursery as it means the products are more convenient for the nursery who may not have a lot of fridge space <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the impact of a nursery using ultra heat-treated foods.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of ultra heat-treated food • includes an appropriate judgement on the impact of using ultra heat-treated foods in a nursery • comments on the impact of using ultra heat-treated food for the nursery <p>Candidates may provide a number of straightforward evaluations or a developed evaluation:</p> <ul style="list-style-type: none"> • award 1 mark for each relevant evaluation • 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	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Aspect of the meal: Energy</p> <ul style="list-style-type: none"> the energy intake is higher than the pregnant woman requires. This could cause her excessive weight gain as she might not be as active during her pregnancy (1 mark for explanation of the impact of the energy intake linked to the Dietary Reference Value (DRVs)) this could cause difficulty after the birth to regain pre pregnancy weight/difficulties during labour/increases risk of haemorrhoids/high blood pressure/could lead to obesity, this may have a negative impact on the pregnant woman's mental wellbeing (1 mark for possible consequence of energy intake on health) the bagel contains carbohydrates, which will provide energy contributing to her energy intake (1 mark for the conclusion about the contribution made by the lunch) <p>Aspect of the meal: Folic Acid</p> <ul style="list-style-type: none"> the folic acid intake is low for the pregnant woman, which will affect cell formation in the foetus (1 mark for explanation of the impact of the nutrient intake linked to the DRVs) this may contribute to the baby being born with a neural tube defect such as spina bifida (1 mark for possible consequence of folic acid intake on health) the kale/leafy salad will contribute to her folate intake (1 mark for the conclusion about the contribution made by the lunch) 	9	<p>Candidates should make a number of comments related to the pregnant woman.</p> <p>Candidates should identify appropriate information from table 1, table 2 and the meal, the relationship between this information and their significance when taken together.</p> <p>For each of three aspects of the pregnant women's diet in relation to the DRVs:</p> <ul style="list-style-type: none"> 1 mark is available for explaining the impact of different aspects of the pregnant women's diet in relation to the DRVs 1 mark is available for explaining the possible consequences for the pregnant woman's health 1 mark available for reaching a conclusion about the contribution made by the lunch to the pregnant woman's diet <p>(up to a maximum of 9 marks)</p>

Question	Expected response	Max mark	Additional guidance
	<p>Aspect of the meal: Calcium</p> <ul style="list-style-type: none"> • the calcium intake is slighter higher for the pregnant woman, which will help contribute to the formation of the baby’s bones (1 mark for explanation of the impact of the nutrient intake linked to the DRVs) • this intake means that the pregnant woman will be less at risk of developing osteoporosis later in life as the baby will not be depleting the pregnant woman’s source of calcium from her bones (1 mark for possible consequence of calcium intake on health) • the kale in the banana and kale smoothie will contribute to her calcium intake (1 mark for the conclusion about the contribution made by the lunch) <p>Aspect of the meal: Protein</p> <ul style="list-style-type: none"> • the protein intake is higher for the pregnant woman, which is needed for the growth of body cells of the foetus (1 mark for explanation of the impact of the nutrient intake linked to the DRVs) • the intake means that the baby will develop fully (1 mark for possible consequence of folate intake on health) • the roast chicken will contribute towards her protein intake (1 mark for the conclusion about the contribution made by the lunch) <p>Aspect of the meal: Fibre</p> <ul style="list-style-type: none"> • the fibre intake is low for the pregnant woman, this could lead to her faeces being hard and difficult to pass (1 mark for explanation of the impact of the nutrient intake linked to the DRVs) • this could lead to the pregnant woman being constipated which is common in pregnancy (1 mark for possible consequence of folate intake on health) • the green leafy salad will contribute towards her fibre intake (1 mark for the conclusion about the contribution made by the lunch) <p>Or any other valid response.</p>		

Question	Expected response	Max mark	Additional guidance
(d)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> genetically modified foods may have a higher nutritional value than other foods, this is good as consumers who are health-conscious may be more inclined to purchase them (1 mark evaluative comment) therefore reducing the risk of diet related diseases (1 mark developed response) genetically modified foods may have a longer shelf life which is good, as consumers can save some money due to less food waste genetically modified foods are known to be more uniform in shape and size which is good as it will make them more likely to buy it. there are no known long-term health effects of consuming genetically modified foods which is not good, as the health-conscious consumer may not want to purchase GM products <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to genetically modified products and the impact on the consumers choice of food.</p> <p>Award marks for each response that:</p> <ul style="list-style-type: none"> shows a clear understanding of genetically modified foods includes an appropriate judgement on the suitability for the consumer comments on the impact on consumers choice of food <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"> 1 mark should be awarded for each relevant evaluation award a further mark for any evaluation that is developed up to a maximum of three marks <p>(up to a maximum of 3 marks)</p>
(e)	<p>Possible candidate responses could include:</p> <ul style="list-style-type: none"> the Advertising Standards Authority ensures no false/misleading claims are made about the nutritional values advertised on foods, ensuring consumers can be confident about any claims on foods products the Advertising Standards Authority monitors social media/all media sources to ensure any food adverts are not misleading, which protects the consumer as they can be confident in any claims made in adverts the Advertising Standards Authority ensure foods labelled as organic/free range meets stringent laws on composition, ensuring consumers can trust information given on food labelling <p>Or any other valid response.</p>	2	<p>Candidates should make a number of points that make the Issue plain or clear, eg by showing connections between the Advertising Standards Authority and the protection offered to consumers.</p> <p>Up to the mark allocation for the question:</p> <ul style="list-style-type: none"> award 1 mark for each accurate relevant explanation <p>(up to a maximum of 2 marks)</p>

Question		Expected response	Max mark	Additional guidance
2.	(a)	<p>Possible responses could include:</p> <p>Crunchiness 5 (Very High):</p> <ul style="list-style-type: none"> the salmon rice bowl has been rated 5/very high for crunchiness; this suggests that there may be crunchy/undercooked pieces of vegetables in the salmon rice. This would be good for adults, as they may enjoy the different textures in the product and will therefore, enjoy it more <p>Aroma 2 (Low):</p> <ul style="list-style-type: none"> the salmon rice bowl has been rated 2/low for aroma, this suggests that there is not much smell to the product. This is not suitable for adults as they would be attracted to sweet/spicy smells so may not be tempted to try this product if there is little aroma to it (1 mark for evaluative comment) increasing the risk of waste (1 mark for developed response) <p>Spiciness 4 (High):</p> <ul style="list-style-type: none"> the salmon rice bowl has been rated 4/high for spiciness, this suggests that chillies/spices have been used within the salmon and rice bowl as seasoning. This would be suitable for the adult as adults may be attracted to spicy foods, therefore they will enjoy the flavour <p>Colour 4 (High):</p> <ul style="list-style-type: none"> the salmon rice bowl has been rated a 4/high rating for colour, this suggests that there are lots of colourful vegetables in the product. This will be suitable as it will help the adult towards achieving the dietary goal of 400grams of fruit and vegetables. (1 mark evaluative comment) therefore, decreasing the risk of dietary diseases such as coronary heart diseases in later life (1 mark developed response) <p>Salty 1 (Very Low):</p> <ul style="list-style-type: none"> the salmon rice bowl has been rated a 1/very low rating for saltiness, this suggests that there was very little/no salt added during the cooking process of the product. This would be suitable for the adult as it will help prevent high blood pressure <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments on the suitability of the salmon rice bowl for adults.</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 salmon rice bowl includes an appropriate judgement on the suitability of the salmon rice bowl for adults comments on the impact of appeal to adults <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 style="text-align: right;">(up to a maximum of 4 marks)</p>

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • Environmental Health Officers are responsible for enforcing the Food Safety Act 1990, so protecting the consumer against the risk of food poisoning. • Environmental Health Officers are responsible for regularly inspecting food manufacturers/retailers/catering outlets, so ensuring consumers are protected against the risk of food poisoning • Environmental Health Officers can enter food premises, take away food samples to be tested ensuring the public's health is protected • Environmental Health Officers can issue an improvement notice to food premises which specify changes that must be made within a specified time frame to ensure food safety • the Environmental Health Officers provide protection to the consumer by publishing hygiene ratings for food establishments, which provides the consumer with information <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, eg by showing connections between the Environmental Health Officer and the protection offered when purchasing food.</p> <p>Up to the mark allocation for this question:</p> <ul style="list-style-type: none"> • award 1 mark for each accurate relevant explanation <p style="text-align: right;">(Up to a maximum of 3 marks)</p>

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Carbohydrates:</p> <ul style="list-style-type: none"> carbohydrates provide the body with energy; this is good as energy is required for all body functions <p>Starchy Carbohydrates:</p> <ul style="list-style-type: none"> starchy carbohydrates provide a slow release of energy, which is good as it provides a sustained energy source over a long period of time wholemeal bread/brown rice provides the body with fibre, this is good as this helps aids the digestive system. (1 mark for evaluative comment) this in turn can prevent constipation/bowel disorders (1 mark developed response) <p>Sugary Carbohydrates:</p> <ul style="list-style-type: none"> sugary carbohydrates provide a short burst of energy which could be bad as this will cause a spike in blood sugars sugary carbohydrates provide empty calories with no nutritional value; this is not good as it provides excess energy/calorie intake sugary carbohydrates increase acid production in the mouth; which is bad as it increases the risk of dental caries <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the contribution of carbohydrates 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 carbohydrates in the diet includes an appropriate judgement on the suitability of carbohydrates 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 <p style="text-align: right;">(Up to a maximum of 3 marks)</p>

Question		Expected response	Max mark	Additional guidance
3.	(a)	<p>Possible responses could include:</p> <p>Concept generation:</p> <ul style="list-style-type: none"> a manufacturer would brainstorm a range of new ideas for the desserts so as to try and help find a gap in the market <p>Concept screening:</p> <ul style="list-style-type: none"> a manufacturer would keep some ideas at this stage and discard others therefore allowing the production process to move forward/away from initial ideas to a final dessert <p>Prototype Production:</p> <ul style="list-style-type: none"> a manufacturer would produce a prototype of each new desserts product against the specification therefore ensuring it does not need further development <p>Product Testing:</p> <ul style="list-style-type: none"> a manufacturer would test the range of desserts on consumers so as they could gain opinion and make changes to the product if required <p>First Production Run:</p> <ul style="list-style-type: none"> a manufacturer could find out whether the new range of desserts meet the quality/standards required therefore they could further modify the product if required <p>Marketing Plan:</p> <ul style="list-style-type: none"> a manufacturer would set the price of the dessert at this stage based on promotions identified therefore ensuring the cost will be suitable for the target market <p>Product Launch:</p> <ul style="list-style-type: none"> the range of desserts are now on sale, so the manufacturer will closely monitor sale therefore ensuring that the product has been a success <p>Or any other valid response.</p>	4	<p>Candidates should make a number of points that make the issue plain or clear, eg by showing connections between the stages of food product development and developing a new range of desserts.</p> <ul style="list-style-type: none"> award 1 mark for each accurate, relevant explanation linked to each of the identified stages in development of a new of desserts <p>(up to a maximum of 4 marks)</p>

Question	Expected response	Max mark	Additional guidance
(b)	<p>Possible response could include:</p> <p>Allergies:</p> <ul style="list-style-type: none"> • consumers with food allergies may purchase the same foods on a regular basis to prevent a reaction which is bad as the variety in their diet may be reduced • restaurants and cafés state any food allergies on the menu this is good as consumers who have allergies can select appropriate foods easily therefore helping with their food choice <p>Available Income:</p> <ul style="list-style-type: none"> • consumers with high income may travel abroad and try new foods, this may be good as this will encourage them to try/make new foods/flavours • high fat/sugar foods may be cheaper, therefore purchased by the consumer if there is a limited income, which may be bad as these foods can increase the risk of obesity/CHD • Foods that are high in sugar/fat/salt can often be on special offers/cheaper price which is bad as those on low incomes are more likely to choose these to fit their budget. (1 mark for evaluative comment) therefore may increase the risk of dietary diseases (1 mark developed response) <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the impact each factor has on consumer choice of food. 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 the impact on consumer choice of food <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>(up to a maximum of 3 marks)</p>

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Eggs:</p> <ul style="list-style-type: none"> • to make a baked product eggs are whisked with sugar this then creates a large volume of trapped air in the egg foam, leading to aeration. Therefore, making the baked product lighter in texture • eggs are whisked and create a foam through aeration, therefore causing the baked product to rise when baked • when heated eggs turn from a liquid to a solid through the process of coagulation, therefore this will help to maintain the structure of the baked product <p>Sugar:</p> <ul style="list-style-type: none"> • this will add sweetness to the baked product which will therefore improve its flavour making it more appealing • sugar will caramelise in the baked product when baked, therefore giving the baked item a golden-brown appearance <p>Or any other valid response.</p>	3	<p>Candidates should make several points that make the issue plain or clear, for example by showing connections between the functional property and the baked product.</p> <p>Candidates can be awarded up to a maximum of 3 marks.</p> <ul style="list-style-type: none"> • 1 mark should be awarded for each accurate relevant explanation linked to the baked product • award a maximum of 2 marks for explanation linked to the same functional property <p style="text-align: right;">(up to a maximum of 3 marks)</p>

Question		Expected response	Max mark	Additional guidance
4.	(a)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> the school canteen could provide alternatives to red meat, which would be good as this would help ensure their average intake of red and processed meat does not exceed the current dietary advice of pegging red/processed meat to 70g/90g per day the school canteen could ensure that all meals contain at least one portion of fruit and vegetables, this would be good as it would provide a contribution to the current dietary advice of eating at least five portions of fruit and vegetables per day the school canteen could use oily fish in place of meat or chicken in curries and stir-fries, which would be a good way to meet current dietary advice of increasing oily fish consumption to 140grams per week wholegrain foods such as pasta could be used by the school canteen, which would be good as this would help meet the current dietary advice of increasing fibre to 30g per day the school canteen could ensure food labels are checked so only those products with a low salt content could be purchased, which would be a good way to ensure meals do not exceed the recommended current dietary advice of 6g per day the school canteen could serve low sugar drinks in place of smoothies/fruit juice. This would be suitable as it would help meet the current dietary advice of making sure that their intake of free sugars does not exceed 5% of total energy per day <p>Or any other valid response.</p>	4	<p>Candidates should make a number of evaluative comments related to the school canteen/pupils. Award marks for each response that.</p> <ul style="list-style-type: none"> shows a clear understanding of how the school canteen is going to help meet current dietary advice includes a judgement on the suitability for the school canteen comments on how this links to current dietary advice <p>Up to the mark allocation for this question:</p> <ul style="list-style-type: none"> award 1 mark for each relevant evaluation linked to different pieces of dietary advice <p style="text-align: right;">(up to a maximum of 4 marks)</p>

Question		Expected response	Max mark	Additional guidance
	(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> the school canteen should purchase foods from a reputable supplier, so ensuring food safety systems are in place to prevent cross contamination the school canteen should ensure records are kept of the temperature of their fridges, to ensure meat/high risk foods are stored between 1°C-4°C therefore, preventing bacterial growth the school canteen should cook foods thoroughly to a core temperature of 75°C, therefore preventing food poisoning and cross contamination of other foods the school canteen should keep food out of the danger zone (5-63°C), to reduce bacterial multiplication to ensure the food is safe therefore preventing food poisoning the school canteen should ensure all staff who are handling food are kept up to date with best practice in safe food preparation, so reducing the risk of food poisoning the school canteen should ensure that all raw meat is stored in a separate fridge, therefore, to ensure that cross contamination does not occur by blood dripping onto other food products <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, eg by showing connections between the control measures and food safety for the school canteen.</p> <p>Up to the mark allocation for this question:</p> <ul style="list-style-type: none"> award 1 mark for each accurate relevant explanation <p style="text-align: right;">(up to a maximum of 3 marks)</p>

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>The environment:</p> <ul style="list-style-type: none"> • food can be packaged in compostable materials such as cardboard, this is better for the environment as they will not cause pollution • UHT/canned foods packing preserves foods without the need for refrigeration, this is good for the environment as will reduce energy required to store food, producing less CO2 • food residue from food packaging may not be cleaned off meaning it cannot be recycled so it will go to landfill which contributes to greenhouse gases • food packaging which is not biodegradable is not good for environment, as animals could be harmed if they become trapped in the packaging • many foods can be over packaged, this is bad for the environment as some may not be recyclable/end up in landfill causing pollution <p>The consumer:</p> <ul style="list-style-type: none"> • food packaging often has a recycling symbol/logo, this is good as consumers will easily see how the packaging can be recycled • food packaging on perishable foods will have a use by date for consumers which will ensure they eat food that is safe and therefore won't give them food poisoning • food packaging often has too much information, this is not good for consumers as it may be difficult to decide if the food is suitable • food packaging can be bright/colourful/tasteful which is good, as it may encourage consumers to purchase the product resulting in increased variety in their diet • packaging can be used to extend the shelf life of foods therefore reducing food waste <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, eg by showing the connections of the importance of food packaging to the consumer/environment.</p> <p>Up to the mark allocation for this question</p> <ul style="list-style-type: none"> • award 1 mark for each accurate relevant explanation <p style="text-align: right;">(up to a maximum of 3 marks)</p>

Question		Expected response	Max mark	Additional guidance
5.	(a)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • starchy carbohydrates will provide a feeling of fullness for an elderly person, therefore, this will prevent snacking on sugary food, reducing the risk of obesity as the elderly are not as active • a varied diet will include a range of fruit/vegetables which will provide A/C/E vitamins for an elderly person therefore reducing the risk of flu and colds as they may be more at risk of picking up in a care home • calcium which will help to maintain bones and teeth; therefore, this will help prevent the risk of osteoporosis in the elderly • calcium in the diet will maintain bones and teeth so if an elderly person falls and breaks a bone recovery time maybe shorter due to calcium intake • protein will repair and maintain tissues/cells so if the elderly person has on operation this will help to reduce recovery time <p>Any other valid response.</p>	2	<p>Candidates should make two points that make the issue clear by explaining ways that a balanced and varied diet can be beneficial to health for the elderly.</p> <p>Up to the mark allocation for this question:</p> <ul style="list-style-type: none"> • 1 mark should be awarded for each correct explanation related to benefits to health of a balanced and varied diet for the elderly <p>(up to a maximum of 2 marks)</p>
	(b)	<p>Possible responses could include:</p> <ul style="list-style-type: none"> • vitamin C is required to change iron into its more easily absorbed form therefore ensures an adequate supply of red blood cells • a lack of vitamin C can decrease the amount of iron that the body absorbs therefore making less iron available to the body • vitamin C changes iron into a more easily absorbable state so therefore helping reduce the risk of anaemia <p>Or any other valid response.</p>	2	<p>Candidates should make a number of points that make the issue plain or clear, eg by showing connections between each nutrient and its relationship on health.</p> <ul style="list-style-type: none"> • 1 mark should be awarded for each accurate relevant explanation between the relationship of iron and vitamin C and its effect on health <p>(up to a maximum of 2 marks)</p>

Question	Expected response	Max mark	Additional guidance
(c)	<p>Possible responses could include:</p> <p>Free Range:</p> <ul style="list-style-type: none"> • free range ingredient/products are kept in good conditions that takes into consideration animal welfare. This is good as the consumers who care about animal welfare will be more inclined to eat at the café • free Range products tend to be more expensive. This is bad as it may put consumers off from eating in the café, therefore giving the café a loss of profit <p>Organic:</p> <ul style="list-style-type: none"> • there is a wide range of organic produce available, so more beneficial for consumers in the cafe as this will mean a wider choice of food/dishes are available to them • organic produce may have a shorter shelf life, which may be bad as there may be more waste for the café. (1 mark for evaluative comment) this could contribute to a loss of profits (additional mark for developed answer) <p>Fair Trade:</p> <ul style="list-style-type: none"> • Fair Trade products guarantee a decent income for the workers who produce the products. This is good for as it may encourage ethically minded consumers to eat in the cafe • Fair Trade products may have high food miles this is bad as this will discourage some ethically aware consumers to eat in the cafe <p>Local Produce</p> <ul style="list-style-type: none"> • local produce results in less food miles/less CO2 emissions which is good as it may encourage consumers who are environmentally friendly to eat in the café <p>Seasonality</p> <ul style="list-style-type: none"> • using seasonal produce encourages regular changes to cafe menus this is good as it increases variety for the consumer <p>Or any other valid response.</p>	3	<p>Candidates should make a number of evaluative comments related to the impact of using sustainable ingredients for the cafe/consumer.</p> <p>Award marks for any response that:</p> <ul style="list-style-type: none"> • shows a clear understanding of using sustainable ingredients • includes a judgement on the suitability • comments on the impact of the needs for the café/consumer <p>Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. Up to the mark allocation for this question:</p> <ul style="list-style-type: none"> • 1 mark should be awarded for each relevant evaluation • a further mark should be awarded for any evaluation that is developed • a maximum of 2 marks can be awarded for developed evaluations linked to the same identified aspect of using a sustainable ingredient in a café for example Free Range <p style="text-align: right;">(up to a maximum of 3 marks)</p>

Question		Expected response	Max mark	Additional guidance
	(d)	<p>Possible responses could include:</p> <p>Loyalty App:</p> <ul style="list-style-type: none"> • a loyalty app can give money off codes to purchase foods therefore encouraging consumers to try new products/repurchase items • a loyalty app can send pop up notifications for special promotions/new products therefore encouraging consumers to purchase the product from the store/online retailer <p>Buy one get one free:</p> <ul style="list-style-type: none"> • buy one get one free deals allow consumers to get double the product at a reduced cost so may encourage consumers to buy products that are on offer <p>Or any other valid response.</p>	3	<p>Candidates should make a number of points that make the issue plain or clear, eg by showing connections between the factors and the way it can influence consumer's choice of food.</p> <ul style="list-style-type: none"> • award 1 mark for one correct explanation related to each factor • award a maximum of 2 marks for an explanation linked to any one factor <p>(up to a maximum of 3 marks)</p>

[END OF MARKING INSTRUCTIONS]