



National
Qualifications
2026

2026 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)		Possible responses could include: • teenager's food choice can be influenced by family. This can limit their food choice as they are restricted to the foods that are available in the home • teenagers may have a lack of food preparation skills therefore leading them to purchase takeaways/ready meals/convenience foods • peer pressure may influence teenagers as they may choose food to be the same as their peer group therefore choosing similar foods the peers • teenager's budget may be limited therefore they may choose to purchase shops own brands/cheaper alternatives/special offers • teenagers may spend a lot of time online therefore will be influenced to try new food products promoted on social media Or any other valid response.	4	Candidate should make a number of points that make the issue plain or clear for example, by showing connections between the factors which could influence choice of food and a teenager. Up to the mark allocation for this question: • 1 mark should be awarded for each correct explanation related to a different factor, linking to teenagers (up to a maximum of 4 marks)

Question		Expected response	Max mark	Additional guidance
	(b)	Possible responses could include: Aspect of the diet: Energy (low) - the energy intake is too low for the teenage female. This could result in her losing weight/feeling tired/fatigued in school (1 mark for explanation of the impact of her energy intake linked to the DRV) - resulting in her becoming underweight / impacting growth /lacking energy for daily activities. (1 mark for possible consequence of her energy intake on her health) - the carbohydrate in the potato, will contribute to her energy intake. (1 mark for conclusion about the contribution made by the meal) Aspect of the diet: Protein (high) - the protein intake is high for the teenage female. This would help with the growth and repair of body cells (1 mark for explanation of the impact of the nutrient intake linked to the DRV) - as she is at an age where she is still growing, this will ensure normal growth (1 mark for possible consequence of the nutrient intake on health) - the beans will contribute to her high protein intake (1 mark for conclusion about the contribution made by the meal) Aspect of the diet: Vitamin D (high) - the vitamin D intake is high for the teenage female; this will aid with the absorption of calcium for the development of strong bones and teeth during a period of rapid growth (1 mark for explanation of the impact of vitamin D intake in relation to the DRV) - this means the teenage female will be less likely to suffer from dental caries/osteoporosis in later life (1 mark for possible consequence of vitamin D intake on health) - the cheese will contribute to her vitamin D intake (1 mark for conclusion about the contribution made by the meal)	9	Candidates should make a number of comments related to the 16-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. For each of the three identified aspects of the female's diet/nutrients in relation to the DRVs: - award 1 mark for explaining the impact of different aspects of the female's diet in relation to the DRVs - award 1 mark for explaining the possible consequences for the female's health - award 1 mark for reaching a conclusion about the contribution made by the meal to the female's diet (up to a maximum of 9 marks)

Question			Expected response	Max mark	Additional guidance
			Aspect of the diet: Iron (low) - the iron intake is lower than required for the teenage female which means she 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 around the body, meaning the teenage female may become tired easily/lack concentration at school/develop anaemia (1 mark for possible consequence of a low iron intake on health) - the beans will contribute to the iron intake (1 mark for conclusion about the contribution made by the meal) Aspect of the diet: Fibre (high) - the fibre intake is high for the teenage female. 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 skin on the baked potato will contribute to her fibre intake (1 mark for conclusion about the contribution made by the meal) - the fibre intake is high for the teenage female which means that the fibre would make faeces soft and bulky making them easier to pass (1 mark for explanation of the impact of the nutrient intake linked to the DRV) - this would help prevent the risk of constipation (1 mark for possible consequence of the nutrient intake on health) - the skin on the baked potato will contribute to her fibre intake (1 mark for conclusion about the contribution made by the meal) Or any other valid response.		

Question		Expected response	Max mark	Additional guidance
	(c)	Possible responses could include: Spiciness: 4 (High) - the savoury wrap has been given a high rating for spicy. This would suggest spices have been used in the wrap, which would be suitable for a teenager if they like spicy food, so they would be more inclined to eat it Aroma: 1 (Very Low) - the savoury wrap has been given a very low rating for aroma. This would suggest it lacks strong-smelling ingredients. This may not be suitable for teenagers, because if they do not like the bland smell, they may be less likely to eat the wrap. (1mark for evaluative comment) increasing food waste. (1 mark for developed response) Colour: 2 (Low) - the savoury wrap has been given a low rating for colour. This would suggest that it may not contain many different colours of vegetables. This may make the savoury wrap less attractive to teenagers and may make them less inclined to eat it Crunchiness: 2 (Low) - the savoury wrap has been given a low rating for crunchiness. This suggests that the wrap does not contain many vegetables. This may be suitable for teenagers, as many do not like vegetables, so they may be more inclined to eat it Sweetness: 5 (Very High) - the savoury wrap has been given a very high rating for sweetness. This would suggest it contains a sweet sauce. This may not be suitable for teenagers, as it could lead to dental caries Or any other valid response.	4	Candidates should make a number of evaluative comments on the suitability of the savoury wrap for teenagers. Award marks for each response that: - shows a clear understanding of the rating relating to the savoury wrap - includes an appropriate judgement on the suitability of the savoury wrap for teenagers - comments on the impact of appeal to teenagers Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. - 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 (up to a maximum of 4 marks)

Question			Expected response	Max mark	Additional guidance
	(d)		Possible responses could include: Egg: - eggs are whisked with sugar this then creates a large volume of trapped air in the egg foam, leading to aeration. Therefore, making the cupcake lighter in texture - 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 cupcake Fat: - the fat used will affect the flavour of the cupcake for example, butter gives a richer taste therefore more people will enjoy - fat when creamed with sugar creates a fat in foam mixture so leading to aeration giving the cupcake a light texture Or any other valid response.	3	Candidates should make several points that make the issue plain or clear, for example by showing connections between the functional property and the cupcake. Candidates can be awarded up to a maximum of 3 marks. 1 mark should be awarded for each accurate relevant explanation linked to the cupcake - award a maximum of 2 marks for explanation linked to the same functional property (up to a maximum of 3 marks)

Question			Expected response	Max mark	Additional guidance
2.	(a)		Possible responses could include: Trading Standards Department: • The Trading Standards Department is responsible for ensuring that the equipment used to weigh or measure foods is accurate therefore, protecting the consumer by ensuring they get what they pay for • The Trading Standards Department is responsible for ensuring that all foods are sold in metric weights so protecting the consumer by allowing them to compare the value of food products • The Trading Standards Department enforce The Consumer Protection from Unfair Trading Regulations 2008 therefore they make sure that consumers are not sold food products that have misleading advertising Consumers' Association: • Consumers' Association are a non-profit organisation, so consumers when purchasing food are supported as they can be assured the information they are getting is fair and does not have any bias • Consumers' Association provides impartial expert advice and food product reviews, therefore supports the consumer and allows them to make food choices with confidence • Consumers' Association tackles online scams and campaigns for safer products, this protects the consumer when purchasing foods as it ensures they are buying only safe reliable products Or any other valid response.	3	Candidates should make a number of points that make the issue plain or clear, for example by showing connections between Trading Standards Department/Consumers' Association and how each organisation supports consumers when purchasing food. • award 1 mark for each accurate, relevant explanation linked to the either organisation • award a maximum of 2 marks linked to any/either organisation (up to a maximum of 3 marks)

Question			Expected response	Max mark	Additional guidance
	(b)		Possible responses could include: • a diet which follows the dietary goal of no more than 6g of salt per day will reduce the risk of hypertension therefore reducing the risk of stroke/CHD • a diet which follows the dietary goal of no more than 6g of salt per day will reduce the damage/thickening of artery walls so reducing the risk of high blood pressure (1 mark for explanation) therefore reducing the risk of strokes (1 mark for developed response) • a diet which follows the dietary goal of no more than 6g of salt per day, will reduce the risk of osteoporosis/dental caries as too much salt extracts calcium from bones/teeth Or any other valid response.	3	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 no more than 6g of salt per day and a different effect on health. • award 1 mark for each correct explanation related to a different effect on health • award a further mark for an explanation that is developed. • award a maximum of 2 marks for explanations linked to any one effect on health (up to a maximum of 3 marks)

Question		Expected response	Max mark	Additional guidance
	(c)	Possible responses could include: Cook-chill products: - there are many cook-chill products available on the market which is good because it will add variety to a diet - some cook chill products are available in low fat/salt/sugar versions. This is good as it allows healthier food choices reducing the risk of obesity/CHD/type 2 diabetes - cook chill products come in a variety of sizes this is good as it offers the choice/the option of buying larger portions to feed a family/single portion for one person households (1 mark for evaluative comment) reducing food waste (additional mark for developed response) Functional Foods: - some functional foods are high in Omega 6 / essential fatty acids which is good as an increased intake can reduce LDL (bad) cholesterol (1 mark for evaluative response) which can reduce the risk of heart disease (additional mark for developed response) - functional foods can often be more expensive than similar products. This is bad as those who have a limited budget may not be able to afford them. - functional foods have to be eaten for a long period of time to see their effectiveness. This is bad for consumers as they might have a limited budget so they might not be able to continue to purchase functional foods over a prolonged period of time Or any other valid response.	4	Candidates should make a number of evaluative comments related to each technological development for the consumer. Award marks for each response that: - shows a clear understanding of the technological development - includes a judgement on the suitability of the technological development - comments on the impact of the technological development Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. - 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 (up to a maximum of 4 marks)

Question			Expected response	Max mark	Additional guidance
3.	(a)		Possible responses could include: Osteoporosis: • a lack of calcium in the diet can lead to bones becoming brittle therefore increasing the risk of osteoporosis • a lack of vitamin D can increase the risk of osteoporosis as it is needed for the absorption of calcium • a lack of phosphorous prevents calcium phosphate forming which leads to bones becoming brittle so increasing risk of osteoporosis • high intake of alcohol can inhibit calcium absorption and cause bones to become porous therefore increasing risk of osteoporosis • a lack of exercise/weight bearing exercise can reduce bone density so increasing risk of osteoporosis Type 2 Diabetes: • a diet high in sugar, may cause weight gain, increasing the need for insulin, so may lead to an increased risk of type 2 diabetes • a high intake of sugar causes spikes in blood sugar levels which over time reduces the body's ability to produce insulin so increasing the risk of type 2 diabetes • a lack of fibre makes maintaining lower blood sugar levels difficult so increases the risk of type 2 diabetes • a high intake of fat/energy leads to weight gain therefore causing insulin resistance/more insulin being required so increasing the risk of type 2 diabetes Or any other valid response.	3	Candidates should make a number of points that make the issue plain or clear, for example by showing connections between a factor and osteoporosis or type 2 diabetes. • award 1 mark for each accurate, relevant explanation linked to the either osteoporosis or type 2 diabetes • award a maximum of 2 marks for explanations linked to any one dietary disease (up to a maximum of 3 marks)

Question		Expected response	Max mark	Additional guidance
	(b)	Possible responses could include: Concept Generation: - concept generation is where the food manufacturer would come up with lots of ideas for the new chicken dishes therefore allowing them to try and find a gap in the market Concept Screening: - concept screening is where the food manufacturer would keep some ideas for the chicken dishes and discard others that would not work so as the food product development process could move onto the next stage Prototype Production: - prototype production allows a food manufacturer to measure the chicken dishes against the specification because it allows them to see if it needs to be modified to meet the original brief Product Testing: - in product testing the target market will sample and give opinions on the chicken dishes therefore allowing the manufacturer to make changes to meet the target market preferences First Production Run: - the chicken dishes will be made in bulk, and their quality will be assessed as this will allow any final changes to be made before packaging at the next stage Marketing Plan: - in the marketing plan the packaging will be finalised/initial costs set therefore allowing the chicken dishes to be promoted/sold - the manufacturer will decide on the best way to promote the new chicken dishes so that sales will be maximized Product Launch: - the chicken dishes are now on sale, and the manufacturer will monitor sales carefully therefore allowing them to rethink/makes changes to the marketing approach Or any other valid response.	4	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 developing a new range of chicken dishes. award 1 mark for each accurate, relevant explanation linked to each of the identified stages in development of the new range of chicken dishes (up to a maximum of 4 marks)

Question		Expected response	Max mark	Additional guidance
	(c)	Possible responses could include: Social media campaign: - a social media campaign allows the product to reach a vast number of consumers; this is good as when promoting a new product, it will help to increase sales for a business - a social media campaign may be expensive to run, this is bad, as it may increase costs of the new product for the consumer making it unaffordable for those on a budget (1 mark evaluative comment). This could lead to reduced sales and loss of profits for the manufacturer (additional mark for developed answer) Instore magazine: - an advert in an instore magazine will reach a targeted audience. This is good as it will raise awareness of the new product therefore encouraging/tempting consumers to try it - adverts in a magazine have a long shelf life. This is good for the manufacturer, as each time the instore magazine is looked at, consumers will be reminded of the new product and tempted to buy it. (1 mark evaluative comment). This could lead to increased sales/repeat purchases and more profits for the manufacturer (additional mark for developed answer) - instore magazines are a cost effective method of advertising. This is good for the consumer/manufacturer, as it will keep costs down and result in a cheaper product, so will save consumers money/greater profits for the manufacturer Or any other valid response.	3	Candidates should make a number of evaluative comments related to the suitability of the marketing techniques for the new product Award marks for any response that: - shows a clear understanding of a fact related to the identified method of marketing technique - includes a judgement on the suitability for the new product - comments on the impact of using the identified method of marketing technique for the manufacturer's sales/consumer choice Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. - award 1 mark for each relevant evaluation - award a further mark for any evaluation that is developed - award a maximum of 2 marks for evaluation linked to any one method of marketing technique (up to a maximum of 3 marks)

Question			Expected response	Max mark	Additional guidance
4.	(a)		Possible responses could include: • a cereal bar is often made using oats/wholegrain cereals, which are a source of fibre which would be good as this would contribute to the dietary goal of increasing fibre to 30g per day • a cereal bar often contains dried fruit, which would be good as this would provide a contribution to the dietary goal of eating at least five portions of fruit and vegetables per day • some cereal bars are made using caramel/toffee/syrup, this is not good as this would not help meet the dietary goal of no more than 5% of total energy coming from free sugars • some cereal bars contain butter/fat, this is not good, as it does not help to meet the dietary goal of no more than 35% of total energy to come from fat • some cereal bars may contain salt, this is not good, as it does not help to meet the dietary goal of no more than 6g of salt per day Or any other valid response.	4	Candidates should make a number of evaluative comments related to the cereal bar. Award marks for each response that: • shows a clear understanding of how the cereal bar is going to help meet current dietary advice • includes a judgement on the suitability of the cereal bar • comments on how this links to current dietary advice Candidates may provide a number of straightforward evaluations: • award 1 mark for each relevant evaluation linked to different pieces of dietary advice (up to a maximum of 4 marks)

Question		Expected response	Max mark	Additional guidance
	(b)	Possible responses could include: Food Allergies: • 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 • consumers with food allergies may be nervous about trying new foods, for fear of a reaction, this is bad, as it may restrict their food choices • 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 Fairtrade: • Fairtrade products can be expensive; this is not good for consumers on a budget as they may not be able to afford them. (1 mark evaluative comment) Therefore limiting their food choice (additional mark for developed answer) • there is only a limited number of Fairtrade products available, this is not good for the consumer, as their food choices will be restricted if they only want to purchase Fairtrade products • Fairtrade products guarantee a decent income for the workers who produce the products. This is good for as it may encourage ethically minded consumers to purchase the food product • Fairtrade products may have high food miles this is bad as this will discourage some ethically aware consumers from buying fairtrade Or any other valid response.	4	Candidates should make a number of evaluative comments related to the consumer. Award marks for each response that: • shows a clear understanding of food allergies/Fairtrade • includes a judgement on the suitability for the consumer • comments on the impact on the consumer Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. • 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 issue either food allergies/Fairtrade (up to a maximum of 4 marks)

Question			Expected response	Max mark	Additional guidance
	(c)		Possible responses could include: Lack of vitamin D: - a lack of vitamin D may hinder absorption of calcium as vitamin D is required to absorb calcium into the body Fibre: - too much fibre can bind with calcium and therefore not allow it to be absorbed into the body Phytic acid: - phytates prevent calcium being absorbed into the body, which can then lead to a calcium deficiency - phytic acid in wholegrain cereals binds with calcium therefore preventing calcium absorption Or any other valid response.	2	Candidates should make a number of points that make the issue plain or clear, for example by showing connections between the factor identified and how it hinders the absorption of calcium. Up to the mark allocation for this question: 1 mark should be given for each accurate relevant explanation <i>(up to a maximum of 2 marks)</i>

Question			Expected response	Max mark	Additional guidance
5.	(a)		Possible responses could include: Colourings: - colourings can be added during the manufacturing process to help replace colour lost during processing, making the food look more attractive so consumers are more inclined to buy it/eat it Flavourings: - flavourings can be added to replace flavour lost during processing to therefore give a consistent product which would be enjoyed by consumers - artificial flavourings can be used instead of fresh fruit flavourings as they are cheaper therefore suitable to consumers on a budget - some natural flavourings can be expensive so increasing the cost making it unaffordable to consumers Preservatives: - preservatives can be added to foods to extend the shelf life of the product which will help reduce food waste for the consumer Sweeteners: - sweeteners can be used to enhance the flavour of a product without additional calories being added so benefiting consumers who are on a weight reduction diet Or any other valid response.	2	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 consumer. - award 1 mark for each correct explanation related to a food additive - award a maximum of 1 mark for explanations linked to any one additive <i>(up to a maximum of 2 marks)</i>
	(b)		Possible responses could include: - vitamin C is required to change iron into its more easily absorbed form therefore ensuring an adequate supply of red blood cells - a lack of vitamin C can decrease the amount of iron that the body absorbs therefore increasing the risk of anaemia - vitamin C changes iron from its ferric to ferrous state which is more easily absorbed by the body Or any other valid response.	2	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. 1 mark should be awarded for each accurate relevant explanation between the inter-relationship of iron and vitamin C and its effect on health <i>(up to a maximum of 2 marks)</i>

Question		Expected response	Max mark	Additional guidance
	(c)	Possible responses could include: - 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 response) 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/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 these foods, therefore limiting their food choice - 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 which will make them more likely to buy the product - genetically modified crops allow for a greater yield/crop due to resistance to pests this is good for the manufacturer as it means there is always a readily supply, so sales can be maintained Or any other valid response.	3	Candidates should make a number of evaluative comments related to the impact of using genetically modified foods. Award marks for each response that: - shows a clear understanding of genetically modified foods - indicates a judgement on the impact of genetically modified foods - comments on the impact of genetically modified foods Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. - 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 aspect of the use of genetically modified foods (up to a maximum of 3 marks)

Question		Expected response	Max mark	Additional guidance
	(d)	Possible responses could include: • alternative proteins are a good source of protein/high in protein, this is good as it gives vegetarians an alternative source to meet their protein intake • alternative proteins such as Quorn are available in many different formats, this is good as they can be used in a wide variety of dishes/meals therefore providing more of a balanced diet • alternative proteins can be low in saturated fat; this is good as it will reduce the risk of weight gain (1 mark for evaluative comment) which in turn can prevent obesity (additional mark for developed response) • some alternative proteins can be low in salt; this is good as it will help reduce the risk of high blood pressure (1 mark for evaluative comment) which can then reduce the risk of strokes/coronary heart disease (additional mark for developed response) • some alternative proteins may be a source of fibre; this is good as it reduces the risk of constipation (1 mark for evaluative comment) so in turn reducing the risk of diverticulitis/bowel cancer (additional mark for developed response) Or any other valid response.	3	Candidates should make a number of evaluative comments related to the impact of a diet containing alternative proteins. Award marks for each response that: • shows a clear understanding of alternative proteins • indicates a judgement on the impact of a diet containing alternative proteins • comments on the impact of a diet containing alternative proteins Candidates may provide a number of straightforward evaluations or a smaller number of developed evaluations, or a combination of these. • 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 aspect of the use of alternative proteins (up to a maximum of 3 marks)

[END OF MARKING INSTRUCTIONS]