



National
Qualifications
2025

X836/76/11

Health and Food Technology

MONDAY, 26 MAY

1:00 PM – 3:00 PM

Total marks — 60

Attempt ALL questions.

Write your answers clearly in the answer booklet provided. In the answer booklet you must clearly identify the question number you are attempting.

Use **blue** or **black** ink.

Before leaving the examination room you must give your answer booklet to the Invigilator; if you do not, you may lose all the marks for this paper.



* X 8 3 6 7 6 1 1 *

Total marks — 60 marks

Attempt ALL questions

Question 1

- (a) Explain **three** dietary factors that could contribute towards coronary heart disease (CHD). 3
- (b) Evaluate the suitability of using Ultra-Heat-Treated (UHT) products in a nursery. 3
- (c) A yoga club aims to meet the nutritional needs of pregnant women.

Table 1 shows the Dietary Reference Values for females aged 19–50 years old during pregnancy.

Dietary Reference Values for females aged 19–50 years old during pregnancy				
Estimated average requirements for the 32-year-old female	Reference nutrient intakes for 19–50-year-old females during pregnancy			
Energy (Kcal)	Folic acid (µg)	Calcium (mg)	Protein (g)	Fibre (g)
2375	300	700	55.5	30

The food intake of a 32-year-old pregnant woman includes the following meal:

<p>Roasted Chicken and Cream Cheese Bagel</p> <p>Green Leafy Salad</p> <p>Banana and Kale Smoothie</p>

Table 2 shows the dietary analysis of her food intake, including the meal.

Dietary analysis of the 32-year-old pregnant woman's food intake				
Energy (Kcal)	Folic acid (µg)	Calcium (mg)	Protein (g)	Fibre (g)
2675	250	725	60	25

Analyse **three different** aspects of the pregnant woman's diet, in relation to the Dietary Reference Values (DRVs) for females aged 19–50 during pregnancy.

For **each** aspect of her diet you should include:

- a comment on the impact of her diet in relation to the Dietary Reference Values (DRVs)
- the potential consequence for her health
- a conclusion about the contribution made by the meal to her food intake.

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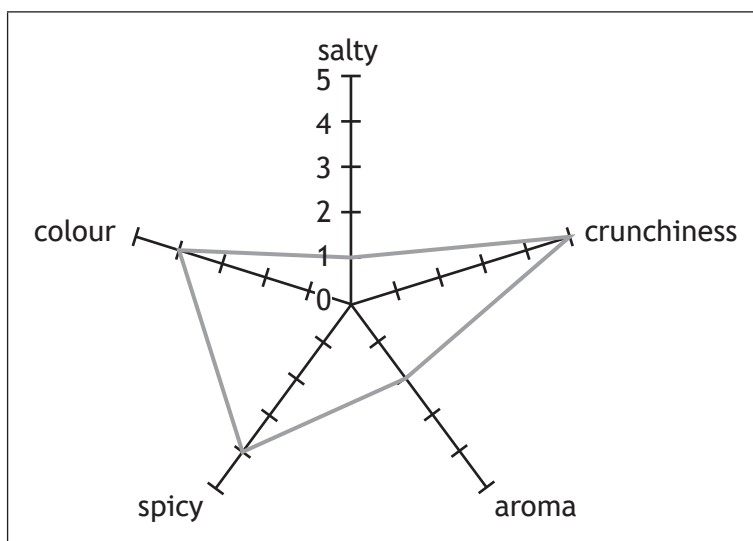
Question 1 (continued)

- | | |
|---|---|
| (d) Evaluate the impact of genetically modified (GM) products on a consumer's choice of food. | 3 |
| (e) Explain the role of the Advertising Standards Authority (ASA) in protecting the consumer. | 2 |

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Question 2

(a) The star profile below shows the results of sensory testing for a salmon rice bowl.



Key	
5	= very high
4	= high
3	= slightly high
2	= low
1	= very low

Evaluate the suitability of the salmon rice bowl for adults. 4

(b) Explain how an Environmental Health Officer (EHO) can protect the consumer when purchasing food. 3

(c) Evaluate the contribution of carbohydrates in the diet. 3

Question 3

(a) Explain **four** stages a food manufacturer would follow when developing a range of desserts. 4

(b) Evaluate how each of the following factors may influence a consumer's choice of food:

- allergies
- available income. 3

(c) Explain the functional properties of the following ingredients in a baked product:

- eggs
- sugar. 3

Question 4

- (a) Evaluate ways a school canteen could help meet different pieces of current dietary advice. 4
- (b) Explain **three** control measures the school canteen should implement to ensure food safety. 3
- (c) Explain the importance of food packaging on each of the following:
- the environment
 - the consumer. 3

Question 5

- (a) Explain the importance of the elderly following a balanced diet. 2
- (b) Explain the inter-relationship of vitamin C and iron. 2
- (c) Evaluate the impact of using sustainable ingredients in a café. 3
- (d) Explain how the following factors would influence a consumer's choice of food:
- food loyalty app
 - buy one get one free. 3

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