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National
Qualifications
2024

Mark

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X836/75/01

**Health and Food
Technology**

FRIDAY, 17 MAY

12:30 PM – 2:20 PM



* X 8 3 6 7 5 0 1 *

Fill in these boxes and read what is printed below.

Full name of centre

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Town

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Forename(s)

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Surname

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Number of seat

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Date of birth

Day

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Month

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Year

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Scottish candidate number

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Total marks — 60

Attempt ALL questions.

Write your answers clearly in the spaces provided in this booklet. Additional space for answers is provided at the end of this booklet. If you use this space you must clearly identify the question number you are attempting.

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

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



* X 8 3 6 7 5 0 1 0 1 *

Total marks — 60
Attempt ALL questions

MARKS DO NOT
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Question 1

- (a) Give two ways to increase fibre in the diet.

2

Way 1 _____

Way 2 _____

- (b) Explain two benefits to health of increasing dietary fibre intake.

2

Benefit 1 _____

Benefit 2 _____

- (c) Explain two benefits to teenagers of eating breakfast.

2

Benefit 1 _____

Benefit 2 _____



Question 1 (continued)

- (d) Identify **two** nutrients which a teenager may not have enough of in their diet. Explain why not having enough of each nutrient may affect their health.

4

Nutrient _____

Explanation _____

Nutrient _____

Explanation _____

[Turn over



Question 2

A 3-year-old girl is a fussy eater and attends a toddlers gymnastic class once a week. The table below shows the daily reference values for a toddler.

Dietary reference values for a girl aged 1–3 years					
Estimated average requirements for a 3-year-old female	Reference nutrient intakes				
	Energy (kcal)	Protein (g)	Vitamin B (mg)	Vitamin C (mg)	Calcium (mg)
1076	14.5	0.7	30	350	6.9

The table below shows the dietary analysis of the 3-year-old girl's daily intake.

Dietary analysis of her typical day's meals					
Energy (kcal)	Protein (g)	Vitamin B (mg)	Vitamin C (mg)	Calcium (mg)	Iron (g)
987	12.6	0.2	32	370	5.2



Question 2 (continued)

(b) Give **one** advantage and **one** disadvantage of cook-chill foods.

2

Advantage _____

Disadvantage _____

(c) Describe **two** responsibilities of the Citizens Advice Bureau when dealing with consumer complaints.

2



Question 3

(a) Evaluate the following information on a food label for the consumer:

3

- ingredients list
- manufacturer's name and address
- weight.

Ingredients list _____

Manufacturer's name and address _____

Weight _____

[Turn over



Question 3 (continued)

(b) Explain why a manufacturer would carry out the following when developing their new food product:

3

- market research
- sensory testing.

Market research _____

Sensory testing _____

(c) A mobile food van wants to introduce a range of 'street food' lunches to be sold at a music festival.

4

Identify and explain **two** stages in the development of a new street food product.

Stage _____

Explanation _____

Stage _____

Explanation _____



Question 4

MARKS DO NOT WRITE IN THIS MARGIN

(a) Explain **three** factors which may influence a teenager's food choice.

3

Factor 1 _____

Factor 2 _____

Factor 3 _____

(b) Explain how cross contamination can be prevented during the following stages:

3

- storage
- preparation
- cooking.

Storage _____

Preparation _____

Cooking _____



* X 8 3 6 7 5 0 1 0 9 *

Question 4 (continued)

- (c) A meal kit company wishes to adapt the following best-selling pasta dish to help meet the current dietary advice.

Identify two different pieces of current dietary advice and describe one way to adapt the recipe to help meet the advice.

4

Bacon and Broccoli Tagliatelle

Onion
 Broccoli
 Garlic
 Fried streaky bacon
 Tagliatelle
 Chicken stock
 Cream
 Salt

Current dietary advice _____

Adaptation _____

Current dietary advice _____

Adaptation _____



Question 5

(a) Explain the benefits to the consumer of:

(i) fairtrade products.

2

(ii) organic produce.

2

[Turn over



Question 5 (continued)

(c) Explain **three** ways of preventing dental caries in children.

3

Way 1 _____

Way 2 _____

Way 3 _____

[Turn over



Question 6

(a) Give **two** advantages and **one** disadvantage of Modified Atmosphere Packaging. **3**

Advantage 1 _____

Advantage 2 _____

Disadvantage _____

(b) Describe the functional properties of the following ingredients in a lemon meringue pie:

- egg used to make meringue
- fat to make shortcrust pastry.

2



Question 6 (continued)

(c) (i) State **one** function of vitamin D. 1

(ii) Give **two** sources of vitamin D. 2

Source 1 _____

Source 2 _____

(d) Give **two** benefits of drinking water. 2

Benefit 1 _____

Benefit 2 _____

[END OF QUESTION PAPER]



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ADDITIONAL SPACE FOR ANSWERS



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