

FOR OFFICIAL USE



National  
Qualifications  
2024

Mark

**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

Town

Forename(s)

Surname

Number of seat

Date of birth

Day

Month

Year

Scottish candidate number

**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  
WRITE IN  
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MARGIN

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 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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

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(ii) organic produce.

2

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[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]



MARKS DO NOT  
WRITE IN  
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ADDITIONAL SPACE FOR ANSWERS



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