

Paper 1

Question 1

Sample 1

1. a) Sketch One Brown rice with chicken fillet

Brown rice

- ↳ high in dietary fibre
- ↳ red in colour
- ↳ attractive

steamed Choi-sun

- ↳ dietary fibre
- ↳ low in healthy fats
- ↳ steaming as the cooking method
- ↳ green in colour

Lunchbox

Cereals, veget. and nuts in the ratio of 3:2:1

shallow fry as the cooking method

- ↳ low in unhealthy fat
- ↳ colourful ingredients
- ↳ corn
- ↳ chicken fillet
- ↳ carrot

Cereal lunchbox with fish fillet

Plain rice cooked with oil and heat

- ↳ high in dietary fibre
- ↳ ingredients are in golden yellow or brown
- ↳ attractive after become cooked with plain rice

Spanish

- ↳ high in iron
- ↳ green in colour
- ↳ attractive

shallow-fried with olive oil

- ↳ low in unhealthy fat

shallow-fried fish fillet with tomato sauce

- ↳ red in colour
- ↳ attractive
- ↳ fish fillet is white meat
- ↳ healthier
- ↳ low in unsaturated fat
- ↳ grilling as cooking method
- ↳ healthier because doesn't require extra fat

Lunchbox

Cereals, vege. and nuts in the ratio of 3:2:1

Comments

Similar ingredients are used e.g. rice, which is only a slight variation of the first idea

Sample 2

2式 -

紅米白米各半	蒸三文魚
	炒雜菜

Comments
Need to specify the names of vegetables

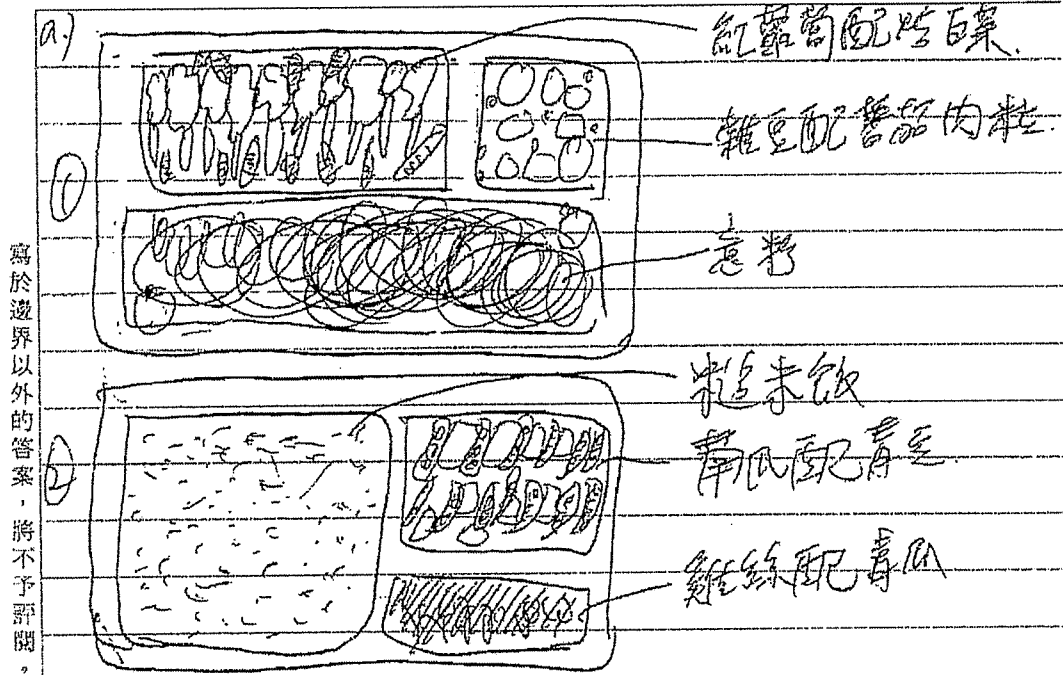
Sample 3

(一) 健康美味飯盒 (二) 肉醬意粉

<p>甜酸菜炒肉炒飯</p> <p>有醬</p> <p>有醬</p> <p>橙汁</p>	<p>橙汁</p> <p>不同形狀的紅蘿蔔</p> <p>及西莖花</p>

Comments
Only the name of dish is specified, but the ingredients are not labelled

Sample 4

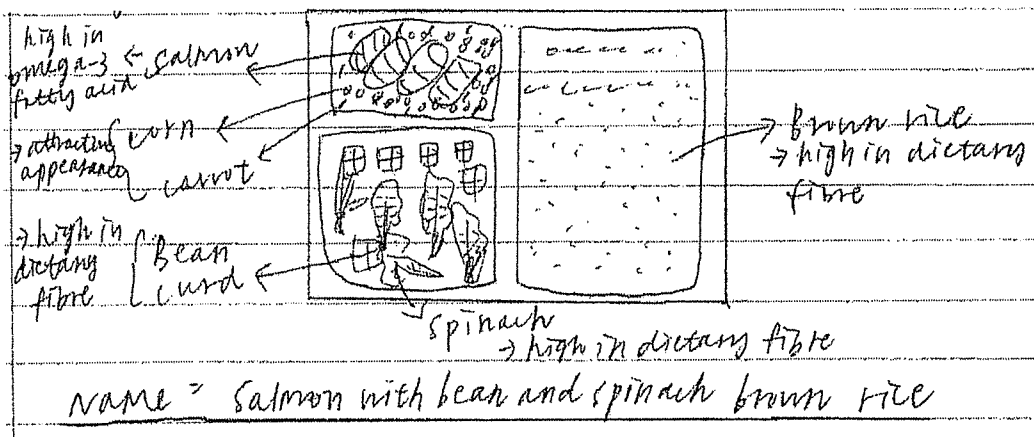


寫於邊界以外的答案，將不予評閱。

Comments

Appropriate proportion of cereals, vegetables and meat are shown in the sketch
 Need to specify the type of meat and vegetables used for Dish 1
 Need to explain briefly how each labelled ingredient meets individual specification

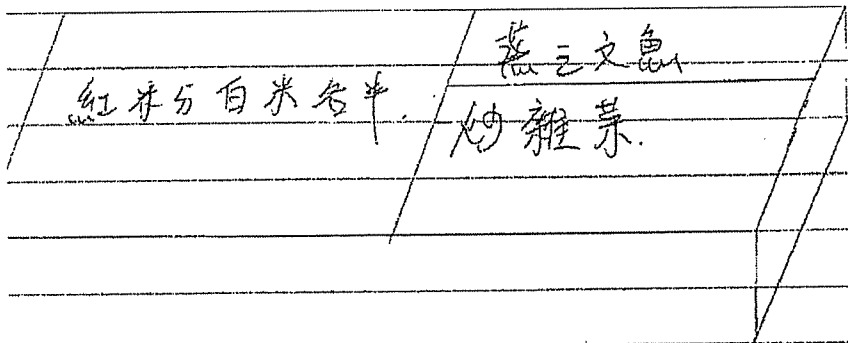
Sample 5



Comments

Use of fish as the main ingredient does not meet the specification

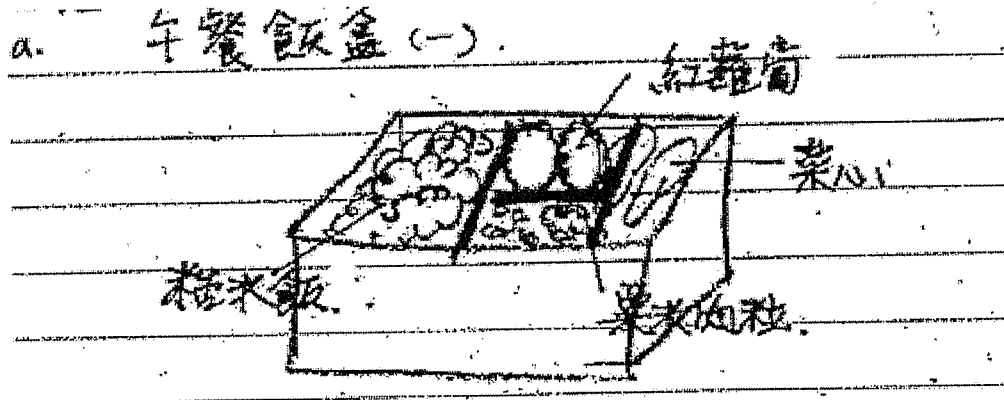
Sample 6



Comments

Use of fish as the main ingredient does not meet the specification

Sample 7



Comments

Ingredients are labelled but indication / explanation of linkage to individual specification is missing

Sample 8

The first design "Minced pork with vegetables and red rice" can meet the above specifications.

It will be in the ratio of $3:2:1$, with cereals the largest proportion, vegetables the second largest and meat the least, it will contain little fats \therefore to avoid too much fat intake, to prevent high level intake of cholesterol. \therefore to avoid being overweight or increase the risk of having coronary heart disease.

Comments

Reiterate the specification without linking to the first design

Sample 9

Vegetables containing broccoli, carrots and tomatoes provide good source of dietary fibre and vitamins, they contain little or no fat, which is also low in energy. The dietary fibre can also be increased by consumption of red rice. It can help to prevent constipation and vitamins appeared like vitamin C and A can help the growth of human body. to prevent certain diseases because of deficiency.

Comments

Evaluation mainly focuses on the sources and functions of nutrients and dietary fibre
'Cooking method' and 'attractive in appearance' have not been mentioned in the evaluation

Sample 10

b) 從設計一中，飯盒的穀類、蔬菜和肉類的比例是符合規格的 3:2:1。雞柳相比其他肉類的脂肪含量低，但卻含有豐富的蛋白質。並因飯盒以粟米飯代替白飯且有西蘭花及紅椒的材料所以其膳食纖維含量高，飯盒亦符合均衡營養的要求，十分適合學生進食。此外飯盒的材料豐富多樣顏色，所以顏色豐富，再加上把材料切製成不同形狀，所為其更吸引，可增加學生的食慾。

Comments

Able to link up answer with the specifications as stated in the question

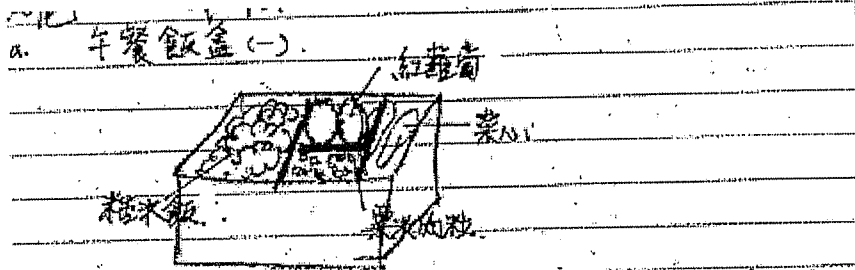
Sample 11

For ①, it's a balanced diet as it included all necessary nutrients according to the target's needs. It has $\frac{1}{2}$ of cereal which is wholemeal rice, which can increase amount of dietary fibre to prevent constipation and increase sense of fullness. Also, it's more attractive than plain white rice. ① also contain $\frac{1}{3}$ vegetables, which included tomato, green leafy vegetable and colourful chilli slices which are attractive and provide abundant dietary fibre, vitamins and minerals. Moreover, there are skinned chicken slice to provide protein and energy to children, also skinned will reduce the fat content so it'll be healthier. It can meet the requirements of the lunch box set and provide adequate energy and nutrients to our body.

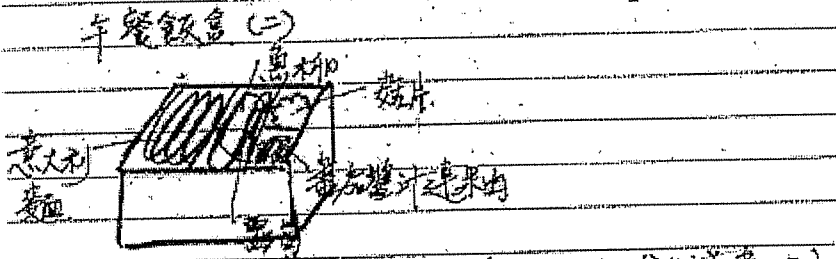
Comments

Each point of evaluation must be well-justified instead of simply reiterating the design point

Sample 12



以上飯盒的穀、菜、肉比例為 3:2:1, 分別為糙米飯、紅蘿蔔及菜心。飯盒的色彩繽紛具黃、白、紅、橙、綠的顏色, 加上整齊的分格擺置, 賣相十分吸引。糙米及菜心能給予生長的膳食纖維。粟米肉粒所用的豬肉只是瘦肉, 飽和脂肪及反式脂肪含量十分少。



以上飯盒的穀、菜、肉比例為 3:2:1, 分別為意大利麵、薯片、魚柳。飯盒色彩繽紛具多種顏色, 而且擺放整齊, 因此賣相十分吸引。薯片提供非水溶性膳食纖維, 而蕃茄汁連肉則提供水溶性膳食纖維。不健康的脂肪多來自紅肉類, 而

Comments

Only ONE idea is to be evaluated, marks will only be awarded for the first evaluation

Sample 13

(a). Design 1: Spaghetti Bolognese with Broccoli

Wholemeal spaghetti (cereal) (high in dietary fibre)

Lean diced pork (Low in fat) (meat)

Fresh Tomato Paste (vegetable) (Red colour -> attractive)

Broccoli (green colour -> attractive) (vegetable)

Lunch Box

Portion = Spaghetti : Broccoli and Tomato : Lean diced pork = 3 : 2 : 1

Comments

Each specification point is properly labelled in the sketch and clearly linked to the ingredients used

Sample 14

Design 2: Brown rice with grilled chicken slices and choi sum

Brown rice (high in dietary fibre) (cereal)

Grilled chicken pieces (grilling -> lower in fat) (golden brown -> attractive) (meat)

Choi Sum (vegetable) (green colour -> attractive)

Lunch Box

Portion = Brown rice : Choi sum : Grilled chicken pieces = 3 : 2 : 1

Comments

Suggestion for further improvement: shape of box/packageing can be different, presentation of portions can be different etc.

Sample 15

For my design 1, Spaghetti Bolognese with Broccoli, it meets the specification.

First, for the portion of cereal to vegetables to meat, it is 3:2:1. For instance, the portion of wholemeal spaghetti to broccoli and fresh tomato paste to lean diced pork, it is approximately 3:2:1 so it is healthy for students.

Second, it is low in unhealthy fats. Cereals and vegetables provide low amount of fats. While the lean diced pork is also lower in fat compared to minced pork or other meats.

Third, it is attractive in appearance. The fresh tomato paste is red in colour, in contrast with the green-in-colour broccoli. Thus, the contrasting colours are appealing to school children.

Fourth, it is high in dietary fibre. Broccoli and wholemeal spaghetti are both high in dietary fibre thus could prevent constipation of school children.

Comments

Evaluation is clearly presented in sequence with precise justification

Question 2

Sample 16

a) Firstly, some people are health-conscious. They prefer having healthier food choices more like including vegetables and fruits in their meal planning since they can intake a large amount of dietary fibre and vitamins which is unlike the fat in the meat. Besides, they are vegetarians because of the religious belief. ~~some of the~~ Some of the Chinese believe in ~~the~~ Buddhist so that they have to stick to the rules ~~that~~ they can eat meat and become a vegetarian.
(As a result.)

Comments

Appropriate reasons provided with clear explanation

Sample 17

People are vegetarians because i.e of religious or environmental protection,
for religious, some religions ~~are~~ required people to have a vegetarian diet like buddhism.
for environmental protection, as consuming meat can release carbon dioxide, which leads to global warming, so people prefer vegetarian diet.

Comments

Appropriate reasons provided with clear explanation

Sample 18

a) 成為素食者的原因包括可能個人宗教信仰
 因以佛教為例，教徒對為佛是經輪迴成不
 同動物才再轉世成人，所以他們主張如素
 此外，現今人重視健康，有不少人也為了減
 低攝取膽固醇及脂肪及胆固醇等，所以如素。

Comments

Appropriate reasons provided with clear explanation

Sample 19

覺得素食較健康
~~不健康~~ 因為某些宗教原因

Comments

Brief reasons provided without further explanation

Sample 20

b) Strict vegetarians will not eat any kinds of
 animal foods even those dairy products. They will not
 eat meat, poultry and dairy products which ^{contain protein} of high
 biological value. They find they consume are just
 plant foods which is of low ^{use} biological value protein ~~and~~
~~less energy~~ As a result, they consume great variety of
 cereals, nuts and beans in order to complement the
~~total~~ protein together and other nutrients to have a
 healthy diet.

Comments

Students are able to point out low biological value (LBV) protein but cannot explain the reason for a great variety of cereals, nuts and beans

Sample 21

It's because strict vegetarian cannot eat meat, dairy products and eggs, so they have less chance to absorb protein. High biological value protein contain all essential amino acid which can't synthesize by body and they're from animal source, strict vegetarian are proved to have deficient of it. But cereal, nuts, and bean are good plant sources of protein which can supply vegan for their need. The combine of these plant sources can supply all or most essential amino acid for vegan.

Comments

Students are able to use the term essential amino acids to answer the question but not able to identify biological value of protein and reasons for having a variety of food

Sample 22

Vegetarians do not eat meat and dairy products. As a result, they are very likely to lack some essential nutrients such as protein. They then have to obtain these essential nutrients from other foods rather than the meat. Cereals, nuts and beans contain these nutrients. Thus, they tend to consume a variety of these to compensate the lack of essential nutrients. For example, to obtain a HBV protein diet, they can consume a combination of LBV protein food so that the LBV protein food can complement each other and become a valuable food.

Comments

Students understand the reasons for having various plant foods but are not able to use appropriate terms to express the idea

Sample 23

He should have soya-bean milk, lettuce and tomato sandwich and tomato-sauce baked beans for breakfast.

As soya-bean milk is high in HBV protein, which can act as a supplement of protein in meat for him. Also, bread in sandwich ~~can provide~~ is high in whole-meal carbohydrates, which is an energy-giving food. It can provide energy for him to work. Beans are high in proteins too. Protein is ~~the~~ essential for growth and repair body cells. It can help to promote the growth of teenagers. Lettuce and tomatoes are high in dietary fibre and Vitamin C, which can help to maintain the body health for him. A combination of soya-bean milk and beans are enough to provide HBV protein

food for strict vegetarian to compensate the protein that is provided by meat.

Comments

Accurate choice of dishes with sound justifications

Sample 24

(d)	Sandwich with wholemeal bread, lettuce and tomato with a glass of soya milk is suitable for this boy.
	Wholemeal bread provide carbohydrates which gives energy to the teenage boy for daily activity.
	Soya milk is suitable as it contains high amount of calcium and protein which is good for his growth, especially his bones and teeth.
	Lettuce is good as it provides dietary fibre together with wholemeal bread which prevents constipation.
	Tomato is good as it provides vitamin C which is essential for the absorption of iron and for his immune system.

Comments

Suitable choices of dishes for breakfast. Concept of nutritionally balanced is applied but reasons are not stated for why it is suitable for a strict vegetarian teenager.

Question 3

Sample 25

This is a nuclear family. The parents have stepped into the stage of parenthood from the stage of honeymooners. This family is an in-law family composed of a couple and a child. The children is legitimate. There is family of orientation. The parents have to take up the responsibilities to take care of the child and educate the child, acting as a role model.

Comments

Correct answer with elaboration

Sample 26

的这是一个核心家庭，艾美和彼得结婚后两年先为蜜月期，直至生下小孩发展为为人父母。

Comments

Correct answer with elaboration

Sample 27

This is a nuclear family. The parents have stepped into the stage of parenthood from the stage of honeymooners. This family is an in-law family composed of a couple and a child. The children is legitimate. There is family of orientation. The parents have to take up the responsibilities to take care of the child and educate the child, acting as a role model.

Comments

Correct answer with elaboration

Question 4

Sample 28

Lipoproteins are water-soluble substances that ~~the~~ transport fats and cholesterol around our body.

Comments

Students are able to state what lipoproteins are and their functions

Sample 29

Lipoproteins is a kind of lipids, those when fat being digested in our body, after the enzymatic reactions, lipoproteins will be produced that help transport ~~with~~ fat into bloodstream, liver etc. And it can be classify as low-density lipoprotein and high-density lipoprotein.

Comments

Students are able to state the functions and types of lipoproteins

Sample 30

脂肪分子結合蛋白質稱為脂蛋白。

Comments

Acceptable answers for the component of lipoproteins

Sample 31

脂蛋白是由脂肪和蛋白質結合而成，主要可在血液中找到。

Comments

Acceptable answers for the component of lipoproteins

Sample 32

脂蛋白包括高密度脂蛋白、膽固醇及低密度脂蛋白。膽固醇對人體健康有不利影響。

Comments

Two main types of lipoproteins are stated correctly

Sample 33

(i) Apple is kind of fruit that contain ~~high~~ pectin, which will act as
 and soluble: soluble dietary fibre, which that can bring the "bad" cholesterol
 out of the body by ~~excretion~~ ~~excretion~~ and lower the ~~the~~ cholesterol level.

Comments

'low density lipoprotein level' is not mentioned

Sample 34

蘋果的水溶性纖維能助止壞胆固醇積聚在血
 管壁上, 從而減低胆固醇水平

Comments

'low density lipoprotein level' is not mentioned

Sample 35

(i) Apple is kind of fruit that contain ~~high~~ pectin, which will act as
 and soluble: soluble dietary fibre, which that can bring the "bad" cholesterol
 out of the body by ~~excretion~~ ~~excretion~~ and lower the ~~the~~ cholesterol level.

Comments

'low density lipoprotein level' is not mentioned

Sample 36

(ii) Hard margarine is a kind of solid fat which is made from hydrogenation. It contains trans fat as a result. Trans fat will ~~increase~~ increase the low-density lipoprotein, but lower the high-density lipoprotein, which will increase the blood cholesterol level since low-density lipoprotein will deposit the cholesterol in the blood walls but High-density lipoprotein will carry the cholesterol to the liver.

Comments

Explain correctly that *Trans* fat increases the level of low density lipoprotein and decreases the level of high density lipoprotein

Sample 37

硬植物牛油是含有大量饱和脂肪及胆固醇。饱和脂肪含有反式脂肪，所以以上脂肪均会增加胆固醇水平。使胆固醇在动脉壁沉积形成一层又厚又硬的胆固醇斑块。

Comments

- Able to state both *Trans* fat and saturated fat
- Terms like 'low density lipoprotein' and 'high density lipoprotein' are not used to explain further

Sample 38

Coronary heart disease can have the risk increased by low density lipoprotein (LDL) and have the risk reduced by High density lipoprotein (HDL),

LDL cholesterol can deposit cholesterol on artery walls and thus form a cholesterol plaque. The plaque will become fibrous and thicken artery walls by narrowing the arteries and then it will increase blood cholesterol level and leads to atherosclerosis.

However, HDL will carry cholesterol back to liver from peripheral organs and prevent atherosclerosis by reducing the

Comments

- Able to point out the different effects of LDL and HDL
- Able to describe the functions of LDL and HDL with appropriate terms and descriptions

Sample 39

壞膽固醇會聚集在血管壁，而高膽固醇水平則會導致血管的壞膽固醇的，從而形成一層硬又厚的纖維斑塊，令血管阻塞，增加患上冠狀心臟病。相反，低膽固醇水平可以減少血管壁上的壞膽固醇的積聚，從而減少患上冠狀心臟病。

Comments

Able to describe HDL and LDL in general

Sample 40

c) 不同水平的膽固醇與冠心病有很大關係，形成冠狀心臟病的原因是膽固醇不斷積聚在動脈壁上，使動脈因而收縮，使血液未能輸送更多到心臟肌肉，從而患上冠心病。所以患上冠狀心臟病的主要原因是膽固醇水平，水平越高，越容易患。

Comments

Some students are not able to use proper terms such as low / high density lipoprotein

Sample 41

There are five types of cholesterol in our body. They are good cholesterol and bad cholesterol. The bad cholesterol will accumulate in our blood stems. It blocks the passage of blood that ~~is~~ circulate around our body. Thus, with more and more bad cholesterol that accumulate in our body, the passage of blood stem become narrower and the bad cholesterol will block the blood stem. Therefore, the oxygenated blood cannot transport to the heart. With the lack of supply of oxygen in the heart, it results in coronary heart disease.

Comments

Students usually are able to explain the effects of high level low density lipoprotein but not high level of high density lipoprotein

Question 5

Sample 42

5a 低碳飲食是指進食糧物在運送過程、煮食過程、
 製造過程都只排放少量的二氧化碳。
 由於溫室效應及全球暖化的情況日益嚴重，低碳的
 飲食模式能幫助減少溫室氣體的排放，即二氧化
 碳。

Comments

Incorrect term used

Sample 43

a. A low carbon diet is consuming less meat and eating
 more vegetables. It becomes increasingly important because
 people are more environmental-conscious, raising of
 animals produce lots of carbon which is not good for
 environment.

Comments

Incorrect term used

Sample 44

答案，將不予評閱。
 56 本地菜心是由本地生產，這過程不會浪費太多汽油及排放太多廢氣，比外地入口蔬菜更符合低碳飲食的原則。
 有機黃豆是利利用有機肥料種植，不像普通種植方法利用化肥及農藥，減少環境污染，減少碳排放，符合低碳飲食原則。

is will not be marked.
 56. 灼菜心。

Comments
 Appropriate answers with explanation

Sample 45

Spinach is suitable for a low carbon diet because it is a green leafy vegetables. It can be made by environmentally-friendly method as it can carry out photosynthesis to make food on its own. During photosynthesis, it takes up carbon dioxide. Thus it is suitable for low carbon diet.
 Soya bean is suitable for a low carbon diet because it is a plant food.

Comments
 Answer must include key words like 'local' or 'seasonal'

Sample 46

Quorn is a suitable food item because it is made of plant source protein instead of animals.

Comments

Writing not legible

Paper 2

Question 1

Sample 47

	Section A	
1	(a) first, Lunar New Year is an important festival in China, it is a new beginning of the year, most Chinese family will gather for ^{family} reunion. secondly, they will have gatherings to show their love ^{and} care to the relatives.	1

Comments

Only ONE reason is given

Sample 48

It is because the dinner had a meaning of reunion of the family, hoping to have a harmonious family life in the coming year. Also, they want to celebrate this happy day and share joys together.

Comments

TWO reasons are given

Sample 49

(b) The three ingredients that are commonly used are dumplings which looks like ingot and have the symbolic meaning of wealth, chicken 'ji' which has the symbolic meaning of auspiciousness and Soya bean curd 'dou fu' which has the symbolic meaning of richness and abundance.

Comments

Incorrect naming of 'dumplings' as an ingredient which is actually the name of a dish
 Able to name two ingredients and their related symbolic meanings correctly

Sample 50

b) 農曆新年菜式中, 不同食物象徵不同寓意, 例如(魚)代表年年有餘, 財, 豉汁蒸魚, 代表年年有餘; 蝦, 代表(蝦)代表年年有餘, 哈地對的。

Comments

Correct naming of ingredients and symbolic meanings except an incorrect way of writing the Chinese character which should be 「髮菜」

Question 2

Sample 51

<p>There are differences in the cuisines of Beijing and Guangzhou. It can be compared the differences in the aspects of ingredients use, cooking ways, emphasis and the geographical location.</p>	<p>used are usually stir-frying, steaming. The Guangzhou cuisine used stir-frying because this type of cuisine rested on the 'big wok' and 'wok-gao'.</p>
<p>First, for the ingredients use, the ingredients used of Beijing and Guangzhou cuisines are vary. For Beijing cuisine, the ingredients mainly used are meat, vegetables. However, for Guangzhou cuisine, the ingredients used are mainly seafood and shellfish. The ingredients used in this two types of cuisine is different.</p>	<p>Third, for the cuisine emphasis. For Beijing cuisine, it main stressed attention on oily and greasy and the crispiness. For example, the Peking Duck. However, for Guangzhou cuisine, it stressed attention on the freshness and lightness on the cuisine. For example, Steamed Fish.</p>
<p>Second, for the cooking ways. The Beijing cuisine used roasting, braising, frying such cooking methods. However, for Guangzhou cuisine, the cooking methods</p>	<p>Moreover, for the geographical location, for Beijing, as it is located in the inner area, therefore the main ingredients in cuisine are meat, poultry, etc. And also Beijing cuisine also included noodles, etc as its temperature is hot in summer and cold in winter. However, for Guangzhou cuisine, it is located along the coastal area. So, the cuisine would include various types of seafood and stressed in the freshness of food.</p>

Comments

Repeated points with further explanation but not compared in parallel

Sample 52

(a) Beijing is comparative cold to Guangzhou hence noodles will be a staple food of Beijing in order to keep people warm. Besides, duck is very popular in Beijing and dumplings are popular in Guangzhou.

Comments

Incomplete comparison as the answer only highlights that noodles is a staple food of Beijing cuisine without any reason. The staple food in Guangzhou has not been mentioned.

Sample 53

粵菜是在地理上是沿海地區所以海產非常豐富。另外由於氣候亦比較和暖向稱冬暖夏涼，所以食物的味道會比較清淡一點。另外，粵東的地理位置適合種植很多的不同的類型的植物，所以粵菜的食材是非常多種類。粵菜的菜式會有很精緻的裝飾，例如雕紅蘿蔔薑蔥等。

Comments

- Characteristics of cuisine in Guangzhou have been provided with good explanation
- No comparison has been made with Beijing cuisine in this paragraph

Sample 54

The food manufacturers can use less egg yolk, or use other ingredients to replace egg yolk, which is ^{low} cholesterol, to make a healthy food choice.

Also, the development of snows mooncake which contained lighter ingredients and do not have egg yolk contained can provide healthy eating to consumers.

Lastly, the manufacturers can use less sugar or even do not add sugar in to mooncake, and design a mini-size mooncake.

To avoid the consumer consume excessive energy and lipids from it, and address health concerns to consumers.

Comments

3 modifications are shown clearly

Sample 55

The food manufacturers can use less egg yolk, or use other ingredients to replace egg yolk which is ^{low} cholesterol, to make a healthy food choice.
Also, the development of snows mooncake which contained lighter ingredients and do not have egg yolk contained can provide healthy eating to consumers.
Lastly, the manufacturers can use less sugar or even do not add sugar in to mooncake, and design a mini-size mooncake to avoid the consumer consume excessive energy and lipids from it, and address health concerns to consumers.

Comments

The modifications focus mainly on reducing fat content and cholesterol

Question 3

Sample 56

3a)	Menu A is suitable for Islamic students.
	Pork and certain birds are prohibited in Islam. Therefore, Chicken
	burger is suitable for them. Besides, coffee, tea and stimulants
	are avoided in Islam. Milk or soya milk is a good choice.

Comments

Able to specify why Menu A is suitable as pork is not suitable

Question 4
Sample 57

4. 香港的飲食文化隨著時間的改變，包括食品進口及來源地、煮食的方式、食物營養成份及飲食模式。首先，現有的科技發達，包括交通及保鮮的科學技術令世界各地的食物能運到香港，例如在香港就能吃到挪威的三文魚或日本的神戶牛扒，令香港人對食物的選擇增加，再不像二十年前，食品供應只在數個相近的地方，如廣州。

此外，香港的飲食文化越來越多元化，在本港都可以品嚐到世界各地的菜式，例如日本、韓國、西班牙、印度等。

在煮食的技巧亦受到科技的影響。以前的煮食用具可能只有明火爐、煤爐，現在卻有微波爐、微波爐、電磁爐等新的煮食用具，所製的菜式亦因此變多，省時也多了。例如微波爐可用於處理急凍的包裝飯盒，時間只需幾分鐘。

隨著經濟發展，人們變得富裕，飲食亦偏向高熱量、高脂，營養份豐富，不像以前的人營養可能有所缺乏，例如牛奶在以前是貴重食品，雖然現在十分普及，所以鈣的吸收亦不會因經濟原因而受影響。除此之外，人們對食物的要求上升，不像以前般只考慮果腹，例如人們喜欢吃珍貴的鵝肝、鮑魚，甚至是以金錢作裝飾的食物。

另外，人們對地球多個議題亦加強了關注，例

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Comments

Structure with an introduction and highlight the areas to be discussed

Paragraphing with sequence

Explanation / elaboration with suitable examples e.g. transport and food storage

Good to indicate question no. within the limits and not outside the margin lines

Sample 58

此外，香港的飲食文化越來越多元化，在本港
 都可以品嚐到世界各地的菜式，例如日本、韓國、
 西班牙、印度等。

在煮食的技巧亦受到科技的影響。以前的煮食
 用具可能只有明火爐、燗爐。現在卻有微波爐、微
 波爐、中磁爐等新的煮食用具，所烹製的菜式亦
 因此變多，省時時間也多了。例如微波爐可用於
 處理急凍的包裝飯盒，時間可能只需幾分鐘。

隨着經濟發展，人們變得富裕，飲食亦偏向
 高熱量、高脂、高糖份的，不像以前的人營養可能
 有所缺乏，例如牛奶在以前是貧血食品，雖然
 現在卻十分普及，所以鈣的吸收亦不會因經濟原
 因而受影響。除此之外，人們對食物的要求亦不
 像以前般只考慮果腹，例如人們喜欢吃珍貴的鴿
 肝、熊掌，甚至是以金錢作裝飾的禮物。

另外人們對地球各國議題亦增加了關注，例
 如低碳飲食、反對富商斷斷可惡生產等事件這
 令他們的飲食文化亦改變。例如人們會食素。

Answers written in the margins will not be marked.

Answers written in the margins will not be marked.

Comments

Continual explanation / elaboration of different aspects with suitable examples e.g. diversification, technology

Sample 59

Answers written

隨著經濟發展，人們變得富裕，飲食亦偏向高熱量、高脂、營養份數高，不像以前的人營養可能有所缺乏，例如牛奶在以前是重要食品，現在卻十分普及，所以鈣質吸收亦不會因經濟原因而受影響。除此之外，人們對食物的要求上升，不像以前般只考慮果腹。例如人們喜欢吃珍貴的鵝肝、鮫魚，甚至是以每磅作價數百元的食物。

另外，人們對地球各個議題亦比較關注，例如低碳飲食、反對高爾酸斷可豆生產等事件，這令他們的飲食文化亦改變。例如人們會為了抗議雀巢的不公平貿易而罷喝雀巢咖啡。

人們亦越來越注重健康的均衡飲食，如低脂、低糖、令中面上種種不同營養成分的食品出現，如有機大豆牛奶。

Answers written

高於邊界以外的答案，將

Comments

Continual explanation / elaboration of different aspects with suitable examples e.g. eating pattern, environmental issues, health concerns

Sample 60

The cosmopolitan food culture in Hong Kong in the past two decades is rapidly developed.

Firstly, since Hong Kong has rapid developing, the people is busy in working, in order to save time, they likely to have convenient food; then, it cause the fast food culture is rapidly rise recently.

Also, since there are international city, the food culture is influence by foreign countries. Firstly, the western food culture of having meat eating is influenced Hong Kong. Hong Kong now having more meat than vegetables dishes in past two decades, and cause poor healthy condition of people due to poor eating habit.

Besides, like Tai Lee Tang, the dishes was influence by the unique lifestyle of Hong Kong and that can have food that come from different countries and influenced from western food culture.

Also, the Cha chaan Teng also influenced by western culture, the food like milk tea, pineapple bun that found in Cha chaan Teng was influenced from western tea and then the Hong Kong's cosmopolitan food culture developed.

Moreover, the Chinese restaurant also develop by influences of Chinese cuisine, the restaurant sold dim sum and some traditional Chinese dishes, which make Hong Kong food culture become more diversified.

Furthermore, the food culture in past two decade also change according to the eating habit. More and more international people come to Hong Kong, many different culture and religion of people, some religion has their restriction on food they eat, and caused Hong Kong cosmopolitan food culture well developed.

Comments

Only some classic examples of HK cuisine are given

Question 6

Sample 61

1.)	Firstly, before sealing the can, the food are stored in can and sterilized, in that way the harmful bacteria will be killed by high heat.
	Secondly, air is removed from the can before sealing so the environment the can is not suitable for the growth of bacteria.
	Lastly, preservatives have been added to prevent the food to spoil to go off.

Comments

Able to explain the purpose of sterilization when carrying out the canning process

Question 7

Sample 62

	7a) Setting up sample A is a control to compare different effect happened in different situation
	7b) Pear can be used to replace apple. Vinegar can be used to replace lemon juice.

(c). The intensity of the browning of Sample B is higher than that of the Sample C.

The water-soluble vitamin C in apple leaches to the tap water so as to prevent rapid oxidation and cause less enzymatic browning. However, the more the exposure time, the higher the degree of intensity of browning. The reason is the tap water can only act as a temporary inhibitor since oxygen in air can dissolve in the water and cause oxidation and enzymatic browning. The temperature of the tap water doesn't inhibit the action of the enzymes and hence the enzymatic browning continues.

Sample C is soaked in the mixture of the fresh lemon juice and water, where vitamin C is high in the lemon juice and act as an anti-oxidant. Besides, the acidity of the lemon juice inhibits the action of enzymes therefore enzymatic browning and oxidation is inhibited. Result as the lowest degree of intensity of browning and even no browning in Sample C.

Comments

Show deep understanding of the causes of reaction with appropriate justification

Question 8

Sample 63

Q.	<p>The first CCP is the cooking process on day 1, food should be cooked thoroughly in order to kill the undesirable micro-organisms. In general, food should be cooked at least 75°C for internal temperature as to kill most of the bacteria.</p> <p>The second CCP is the refrigerated storage on day 1, food should be kept in fridge at least below 4°C to inactivate the micro-organisms. Otherwise, bacteria may grow actively, thus also ^{harm} harming the food.</p> <p>The third CCP is the reheat process of on day 2, food should be reheated at high temperature, as high as to kill bacteria which grow up during the delivery stage.</p>
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Comments

Explain precisely with necessary details e.g. temperature with degrees

Sample 64

b)	<p>The cook-chill process aims to maintain the texture, flavour and nutritive values of the food while chilling the food under a low temperature. x</p>
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Comments

Asks for the principles of cook-chill process but the answer states the aims

Question 9

Sample 65

9.	Food additives are widely use in food industries because of the following reasons.
	First, it helps to maintain product consistency. During the manufacturing process, by adding some food additives, the product consistency can be maintained. For instance, by adding emulsifier into water and fat, they could be mixed together and therefore this can be applied to mayonnaise. Also, adding anti-caking agents into the table salt can prevent the table salt from becoming lumpy, and caking. Thus, the product consistency can be maintained.
	Second, it helps to enhance sensory characteristics. For instance, colouring is ^{an} important food additive. It is because during manufacturing food products, colours may be loss. Adding colours onto a food product can increase its attractiveness and make it more appealing to consumers. By adding red colour onto strawberry sweets/candies, it shows that a special colour denotes a specific flavour. Another thing is flavouring. For example, MSG (mono-sodium glutamate) can help enhance the flavour and helps to bring out the flavour in the food so it is used to enhance flavour. Other ^{natural} additives such as vanilla essence and peppermint are also used to enhance flavour.

Third, it helps to improve the nutritional value. Some nutrients in a food may be lacked. Therefore, by adding/fortifying the food, the nutritional content may be improved. For example, calcium can be added into orange juice so that calcium limited in orange juice can be provided by adding it into the orange juice. In this way, the fortified food will become richer in nutritional contents. Thus, it can be more appealing to health-conscious people.

Fourth, shelf-life of food can be extended. For instance, antioxidants added in food rich in fat content can prevent the food from becoming rancid easily. Some antioxidants are added in packages of potato chips, to prevent the potato chips from becoming rancid easily thus shelf-life could be extended. This can also help to prevent the off-flavour in food so as to minimize risk of food poisoning.

Comments

Students show good understanding of the various types of food additives and their uses in food industries

Some students show good writing skills in answering long questions. Answers are presented systematically with coherence.

Sample 66

9.)	<p>Nowadays, we can hardly find a food product without the use of any additives. There are a number of reasons why the food manufacturers have to use them.</p>
	<p>Firstly, additives can maintain food consistency. After a period of time, some food property may change naturally. For example, stabilizers are added to drinks to prevent it from drying up or sinking. Anti-caking agents are added to powder (e.g. milk powder) to prevent the formation of lumps when moisture is present.</p>
	<p>Secondly, consistency of flavour & colour of food can be kept. After food processing and with the change of seasons, the colour and flavour of materials may vary, in order to keep the consistency of their products in every batch, they use ^{flavourings} and colourings to adjust the ^{final} products. For example, colourings and flavourings are added to strawberry yoghurt as the taste and colour of strawberries vary over the seasons.</p>
	<p>Moreover, the shelf life of the products can be extended. As preservatives and stabilizers are added, the food will not go off easily and thus the shelf life can be extended. Consumer can consume the food within a longer period of time and the manufacturers' ^{loss} can be reduced.</p>
	<p>On top of that additives can enrich the nutritive value of food. To compete in the market, it would be better to be more healthy and to restore the lost nutrients, additives can be used. For example, milk are fortified with extra calcium to be more appealing to consumers.</p>
	<p>Food additives can also give leavening to food. Bicarbonate of soda is added to lots of baking items to ^{act as a} raising agent, without it there is no gas to stretch the products and unable to give a spongy texture, or to achieve the desired appearance for the product.</p>

They can also enhance food safety as preservatives is added to the products, they will not gone off easily and reduce the risk of food poisoning.

All in all, food additives give lots of advantages to the food product at a cheap cost thus lots of factories apply the use of it. ✓

Comments

Students show good understanding of the various types of food additives and their uses in food industries

Some students show good writing skills in answering long questions. Answers are presented systematically with coherence

Question 10

Sample 67

a) (i) crispy

(ii) savoury

(iii) golden brown

i) 乾脆的

ii) 鹹鹹的

iii) 微微焦的

Comments

Most of the students suggest appropriate descriptors

Question 11

Sample 68

11.	First, the price. They should consider the price of the snack targeting the elderly. The price should not be too expensive for the elderly to afford as they do not have income. Thus, they may not be able to spend too much.
	Second, for the product, it should be easy to be eaten as elderly have false teeth. They may not be able to eat crispy or hard snacks as their teeth may be brittle and may not be able to eat hard food.

Comments

Apply "4Ps" theory and explain clearly with examples

Each point is presented in separate paragraphs

Legible writing and presentation with suitable line spacing

Sample 69

Third, for the place, the food should be sold in small stores or large supermarkets, as elderly usually spend their leisure time hanging around the stores or supermarkets. Placing the products there are more easily to be noticed by elderly as they have many time to hang around.
Fourth, for the promotion, the food can be promoted through radio as elderly usually listen to the radio. Moreover, it can be promoted in some elderly-caring places / organizations as there are many elderly in those organizations. Furthermore, giving out free samples of the snack is also good as elderly like free gifts and they have time for queuing.

Comments

Demonstrate deep understanding of the 4Ps

Apply "4Ps" theory and explain clearly with examples

Synthesise theory with real life situations

Question 12

Sample 70

Product life cycle refers to the five stages "Development", "Introduction", "Growth", "Maturity" and "Decline".

From Graph A, it can be seen that from 2000 to 2002 may be the "Introduction" of the food item as at that time sales are very low because consumers are still not that familiar to the product. Advertisements are needed to do the promotion in order to increase the sales volume of item. 3

From 2003 to 2006, it can be identified as the "growth" of the food item. We can see a rapid growth in sales from ~\$500 to ~\$5000, showing that more people are buying the food item as they get familiar to it or even its because of the effects of advertisements. At this time, other food items produced by different food manufacturers may compete for sales and increase the price of food products. 2

Starting from 2006 until 2008, it will be the "maturity" stage of the food item. The sales of the food item is kept at the same level with not much changes, implying that consumers have already get used to consuming the food item and it becomes the daily routine of buying it. Not much advertisements (almost) needed to promote the product. 3

Starting from (are) 2008 to 2010, sales decrease due to saturation of the market. There may be other substitutes for the food item and the food item may not be competitive enough.

Comments

Identify and explain clearly the characteristics of different stages

Sample 71

2) 2000年至2002年產品剛剛起身所以銷售量時升時降這段時間是滯滯期。2003年至2006年是對數期不斷吸引消費者購買，所以不銷售量停止升，在2006年至2008年間，銷售量一直沒有大的升跌，這時候是成熟期，2008年至2010年是衰落期，可能是因為有外來的競爭者。

Comments

Student is able to describe the data but without interpretation

Sample 72

c.) (i) There are several reasons regarding the steady sales of the beverage item from 1998 to 2007. Firstly, the company of this beverage item may have a good image. For instance, the products of this company have quality assurance like ISO:9000. As a result, consumer ~~to~~ have confident towards the beverage item. Secondly, the company has ~~some~~ good promotion towards the beverage item. As a result, consumer will not easily forget this item. Moreover, with times gone, consumer may built brand ~~loyalty~~ ^{loyalty} towards the product. They are less willing to change their habits ~~to~~ to buy the other products.

i) During that period of time, the beverage is constantly needed in the market. The beverage has also built up a brand loyalty and consumers have confidence in the beverage. Thus the sales remain steady from 1998 to 2007.

Comments

Most of the students are able to state 'loyalty' but not other relevant points

Sample 73

(51) The company can modify the product, such as add a new flavour or change the package so as to attract new customers.

Also, the company can promote the product through advertisement so as to attract customers to buy.

Comments

Students are not able to relate the theory to the product. How to improve the product, what to be modified?

Sample 74

The company can launch a customer survey, to collect some comments or feedbacks from the customers, and base on their opinions given to make improvements or modifications on the beverage item. This may help to increase the current sales.

Comments

Students are not able to relate the theory to the product. How to improve the product, what to be modified?

Question 13

Sample 75

13.	<p>These days, several current market trends influence the research and development direction of a food manufacturing company. They are . . . , nanotechnology, biodegradable packaging materials, organic farming, health enhancing food and value added convenience food.</p> <p>Biotechnology, nanotechnology and biodegradable packaging materials are the emergence technology in food production, manufacturing and packaging.</p> <p>Biotechnology like enzymatic conversion, the biotech biotechnology in genetically modified food. The availability of genetically modified food provide an opportunity to develop products with particular health attributes: for example potato tubers that contain increased amount of starch are distributed more uniformly and give the effect efficient processing, low fat content and improved texture. The emergence of biotechnology influence the research and development direction of a food manufacturing company by looking into more details of the technology, and develop genetically modified food.</p> <p>Nanotechnology is the . . . enabling technology that have potential to revolutionize the food industry. Nanotechnology applied in the development of the the production of nanomaterials and nanodevices that have to cellular and molecular biology.</p> <p>The research and development direction will also be influenced to develop nanomaterials or products that enhance the quality of food. for example better preservation, and contaminants detection.</p> <p>Biodegradable packaging materials are made of renewable material resource like plant starches. It is not used they are used in food packaging. The food manufacturing company may</p>
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Threat packaging material that beneficial to the environment and give better health to the customers. ✓

Moreover, the ecologically and sustainable production method - organic farming may also influence the research and development direction of a food manufacturing company. It is a environmental friendly and sustainable production method that better protect the farmland and countryside. It do not use chemical syntheser fertilizers and pesticides but shifting the ~~nutrient~~ cultivation and compost to ~~make~~ keep the soil fertile. It enhances the ~~ecology~~ health of ~~ecology~~ ecology, soil fertility and soil biological activity. The food manufacturing company tend to ~~do use organic farming or other environmental production~~ develop the organic products but by using the organic farming. They may need to do more research on the technology and threat: the products.

Health enhancing food like high fibre food and functional food may also influence the research and development direction of a food manufacturing company.

High fibre food give several benefits to the health of body health. Soluble dietary fibre help lower the blood cholesterol level and insoluble dietary fibre help stimulate the peristalsis and prevent constipation. The soft, bulky dietary fibre help ^{to prevent} and ~~stop~~ dry stool that are difficult to pass. The food company may find that there is a increasing trend in the consumption of dietary fibre, and try to invest ^{find} products with extra dietary fibre. They may do more research and development to meet ~~the~~ the market demand. ✓

Functional food refers to food that manipulated with

additional health benefits. For example, probiotics ~~are~~ are viable ~~not~~ microbial food supplement that beneficially influence the health of host. *Lactobacillus* and *Bifidobacterium* are the common microbes that ~~used as~~ used as probiotics. Food supply of ~~of~~ probiotics are used in fermented milk and dairy products. ~~The~~ Food manufacturing company may invest new technology and learn from others successful experience to develop products with health probiotics, synbiotics etc.

To conclude, ~~foremost~~ current market trends like biotechnology, nanotechnology and ~~biodegradable~~ biodegradable packaging materials, organic farming and health-enhancing food influence the research ~~at~~ and development direction of a food ~~or manufacturing~~ manufacturing company.

Comments

All four influencing current market trends explained with clear examples and indications. Systematic and comprehensive presentation with introductory paragraph, appropriate paragraphing with sequencing words for the main part as well as a concluding paragraph.