



**2010 Home Economics**

**Standard Grade Credit**

**Finalised Marking Instructions**

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<b>CREDIT LEVEL</b>			<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<b>Question 1</b>					
<b>(a) Explanation of how each design feature is useful to Karina and why it is important to Karina</b>					
<b>Feature</b>	<b>HOW feature is useful</b>	<b>WHY feature is important</b>			
<b>Padded shoulder strap</b>	<ul style="list-style-type: none"> <li>The padded shoulder strap is useful as Karina can carry the knife wrap hands free when walking to college</li> </ul>	<ul style="list-style-type: none"> <li>as she may have textbooks/equipment/notes/bags to carry</li> <li>easier to open doors/safer if she trips.</li> </ul>			
	<ul style="list-style-type: none"> <li>The padded shoulder strap is useful to stop strap digging in as she walks to college</li> </ul>	<ul style="list-style-type: none"> <li>it may be more comfortable/protect shoulder</li> <li>the padding will make it more comfortable/easier for Karina to carry the knives/wrap</li> <li>she will not strain/hurt her hands carrying the wrap/knives</li> <li>the knives/wrap may be heavy.</li> </ul>			
<b>Combination lock</b>	<ul style="list-style-type: none"> <li>Karina is a student/at college and will find the combination lock useful as no one else can open the knife wrap</li> <li>The combination lock is useful as Karina is walking to/is at college/is a student so she can prevent access to the knife wrap</li> </ul>	<ul style="list-style-type: none"> <li>her knives will be safer in college/practicals/they are less likely to be stolen</li> <li>she will not have to replace stolen knives</li> <li>knives are less likely to be stolen and used for crime</li> <li>other people can't access knives.</li> </ul>			

<b>CREDIT LEVEL</b>			<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<b>Question 1(a) continued</b>					
<b>Feature</b>	<b>HOW feature is useful</b>	<b>WHY feature is important</b>			
<b>Carry handle</b>	<ul style="list-style-type: none"> <li>Is useful as Karina walks to college and may need to carry it by hand if shoulder is sore/if knives are heavy</li> </ul>	<ul style="list-style-type: none"> <li>can vary the way she carries it if uncomfortable on shoulder.</li> </ul>			
	<ul style="list-style-type: none"> <li>Karina will be using the knife wrap in college and this handle will be easy to grasp when she needs a knife</li> </ul>	<ul style="list-style-type: none"> <li>it will be quicker to pick up</li> <li>she will have closer control of knife wrap</li> <li>she will be able to hold it securely.</li> </ul>			
<b>Separate internal mesh compartment for each knife</b>	<ul style="list-style-type: none"> <li>Is useful to Karina as her knives will not move about/ are secured in place in wrap/ when walking to college</li> <li>Compartments will keep knife blades separated while she walks to college</li> </ul>	<ul style="list-style-type: none"> <li>is less likely to be damaged/is safer/knives wont fall out/ prevents injury</li> <li>protects blades</li> <li>prevents damage.</li> </ul>			

<b>CREDIT LEVEL</b>			<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<b>Question 1(a) continued</b>					
<b>Feature</b>	<b>HOW feature is useful</b>	<b>WHY feature is important</b>			
<b>Heavy duty nylon</b>	<ul style="list-style-type: none"> <li>• The heavy duty nylon is useful to Karina as she is a student so the wrap will be long lasting/durable</li> <li>• The heavy duty nylon is useful to Karina as she walks to college so it will protect the knives/blades from damage</li> <li>• The heavy duty nylon is useful to Karina as she is carrying the knives so the knives will not puncture the nylon</li> </ul>	<ul style="list-style-type: none"> <li>• will last a long time/will not need to be replaced/will not wear out/is robust/she will have limited income to replace knife wrap.</li> <li>• will prevent blades becoming damaged</li> <li>• she will not have to buy another set/income may be limited</li> <li>• will protect the knives from getting wet/rusting if it is raining on the walk to college</li> <li>• blades will not tear the nylon preventing cuts/stabs/accidents.</li> </ul>			
<b>See through name tag compartment</b>	<ul style="list-style-type: none"> <li>• The name tag is useful to Karina as she is a catering student she will be able to identify which wrap is hers</li> </ul>	<ul style="list-style-type: none"> <li>• she will not take someone else's wrap by mistake/ someone else won't take hers</li> <li>• she is less likely to lose her wrap/knives</li> <li>• her wrap can be returned to her if she mislays it.</li> </ul>			

CREDIT LEVEL			E L E M E N T	C O	M A R K
<b>Question 1 (a) continued</b>					
<b>Holds a range of knives</b>	<ul style="list-style-type: none"> <li>• Holds a range of knives is useful as she is a catering student and will need a variety of knives/ knives for different tasks</li> </ul>	<ul style="list-style-type: none"> <li>• so she will be able to participate in all the practicals</li> <li>• so she will not have to borrow knives</li> <li>• so she can select the best knife to use for any task.</li> </ul>			
<p>Candidates should be awarded the mark if the how response is in the why box and vice versa, however the answer must relate to Karina.</p> <p><b>ONE MARK</b> for each of <b>three</b> points explaining <b>how</b> the design feature is useful to Karina.</p> <p><b>ONE MARK</b> for each of <b>three</b> reasons <b>why</b> each point is important to Karina.</p> <p><b>TOTAL SIX MARKS</b></p>			<b>KU</b>	<b>2</b>	<b>6</b>
<b>Question 1 (b)</b>					
<p><b>(i) Which act has been broken?</b></p> <ul style="list-style-type: none"> <li>• (The) Trade Descriptions Act (1968).</li> </ul>					
<p><b>(ii) Organisation</b></p> <ul style="list-style-type: none"> <li>• (The) Trading Standards Institute/Consumer Protection (Department).</li> </ul> <p><b>ONE MARK</b> for correctly identifying the Act.  <b>ONE MARK</b> for correctly identifying the organisation.</p> <p><b>TOTAL TWO MARKS</b></p>			<b>KU</b>	<b>1</b>	<b>2</b>

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 1(c)</b></p> <p><b>Evaluation points about chefs jacket</b></p> <p><b>Loose fitting</b></p> <ul style="list-style-type: none"> <li>• The chefs jacket is loose fitting, this is useful to Karina as she prepares a wide range of foods and <b>needs to move freely</b> <ul style="list-style-type: none"> <li>+ she will be more comfortable</li> <li>+ easier to work in.</li> </ul> </li> <li>• The chefs jacket is loose fitting is useful to Karina as she works in a busy restaurant/is a trainee chef <b>and may get hot/may sweat</b> <ul style="list-style-type: none"> <li>+ so this will help to keep her cool</li> <li>+ so will be more comfortable</li> <li>+ may reduce risk of her feeling faint/dizzy</li> <li>+ will be more hygienic.</li> </ul> </li> </ul> <p><b>Breast pocket</b></p> <ul style="list-style-type: none"> <li>• The chefs jacket has a breast pocket is useful to Karina as she is a trainee chef/prepares a wide range of foods <b>and may need a notebook/pen</b> <ul style="list-style-type: none"> <li>+ so she will not lose them</li> <li>+ so it will be close at hand when she needs it</li> <li>+ so she will be able to keep her instructions close by.</li> </ul> </li> </ul> <p><b>Short sleeves</b></p> <ul style="list-style-type: none"> <li>• Short sleeves are useful as she works in a busy restaurant <b>which may be hot</b> <ul style="list-style-type: none"> <li>+ so this will help to keep her cool</li> <li>+ so will be more comfortable</li> <li>+ so will not have to roll up sleeves</li> <li>+ will be more hygienic.</li> </ul> </li> <li>• Short sleeves are useful to Karina as she is a trainee chef/prepares a variety of foods and <b>may spill things/get splashed</b> <ul style="list-style-type: none"> <li>+ so will help to avoid stains.</li> </ul> </li> <li>• Short sleeves are useful to Karina as she is a trainee chef/prepares a variety of foods <b>and so they wont get in the way when cleaning/washing up/handling food</b> <ul style="list-style-type: none"> <li>+ so they wont get dirty</li> <li>+ so will be easier to work in</li> <li>+ will be more hygienic.</li> </ul> </li> <li>• Short sleeves may not be useful to Karina as she is a trainee chef/prepares a variety of foods <b>and so may not protect her arms</b> <ul style="list-style-type: none"> <li>+ she may spill liquids on herself/scald herself</li> <li>+ she may burn herself (on the oven/grill).</li> </ul> </li> </ul>			

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 1 (c) continued</b></p> <p><b>Cool flo</b></p> <ul style="list-style-type: none"> <li>• Cool flo is suitable for Karina as she works in a busy restaurant/is a trainee chef/ is visible to customers <b>and may be hot/may sweat</b> <ul style="list-style-type: none"> <li>+ so will help keep her cool</li> <li>+ so will be more comfortable</li> <li>+ so may reduce risk of her feeling faint/dizzy</li> <li>+ will be more hygienic</li> <li>+ so will create a good impression.</li> </ul> </li> </ul> <p><b>Flame resistant</b></p> <ul style="list-style-type: none"> <li>• The chefs jacket is flame resistant which is suitable as Karina is a trainee chef/working in a busy kitchen <b>and will be working near flames/hot surfaces</b> <ul style="list-style-type: none"> <li>+ so she is less likely to get burnt</li> <li>+ so will help to maintain safety standards.</li> </ul> </li> </ul> <p><b>Stain resistant</b></p> <ul style="list-style-type: none"> <li>• The chefs jacket is stain resistant which is suitable as Karina is a trainee chef/is preparing a wide range of foods/is visible to customers and <b>may spill food on her jacket</b> <ul style="list-style-type: none"> <li>+ so the jacket will be easily cleaned</li> <li>+ so the jacket will not be permanently marked</li> <li>+ will help maintain the appearance of the jacket</li> <li>+ so will look smart/create a good impression of hygiene.</li> </ul> </li> </ul> <p><b>Pre-shrunk</b></p> <ul style="list-style-type: none"> <li>• Pre-shrunk is suitable for Karina as she works at the weekend <b>and may need to clean her jacket overnight</b> <ul style="list-style-type: none"> <li>+ so she can tumble dry it</li> <li>+ so it will continue to look smart</li> <li>+ so it will still fit her.</li> </ul> </li> <li>• Pre-shrunk is suitable for Karina as she is visible to customers while working <b>so will look smart</b> <ul style="list-style-type: none"> <li>+ jacket will need frequent washing</li> <li>+ so she can tumble dry it</li> <li>+ so it will continue to look smart</li> <li>+ so it will still fit her</li> <li>+ create a good impression of hygiene.</li> </ul> </li> </ul>			

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 1 (c) continued</b></p> <p><b>Popper fastening</b></p> <ul style="list-style-type: none"> <li>• Popper fastening is suitable for Karina as she is a trainee chef <b>and they are quick to fasten/take off</b> <ul style="list-style-type: none"> <li>+ so can be pulled off quickly if something hot is spilled on her</li> <li>+ can be changed faster.</li> </ul> </li> <li>• Popper fastening is suitable for Karina as she works in a busy restaurant, and they are <b>less likely to fall off</b> <ul style="list-style-type: none"> <li>+ won't contaminate food.</li> </ul> </li> </ul> <p><b>ONE MARK</b> for each of <b>four</b> evaluative statements describing the suitability of the jacket for Karina. + <b>ONE MARK</b> for each of <b>four</b> explanations identifying a consequence for Karina.</p> <p><b>TOTAL EIGHT MARKS</b></p>	<b>HI</b>	<b>4</b>	<b>8</b>
<p><b>(d)</b></p> <p><b>Symbol 1</b> <b>Meaning</b></p> <ul style="list-style-type: none"> <li>• The chefs jacket can be bleached.</li> </ul> <p><b>Explanation of importance to Karina</b></p> <ul style="list-style-type: none"> <li>• Karina's jacket can be bleached to remove any (tough food) stains so the jacket will look good/new/white/smart/cleaner</li> <li>• Karina will be assured the bleach will not ruin the jacket.</li> </ul> <p><b>Symbol 2</b> <b>Meaning</b></p> <ul style="list-style-type: none"> <li>• The chefs jacket can be tumble dried.</li> </ul> <p><b>Explanation of importance to Karina</b></p> <ul style="list-style-type: none"> <li>• Karina's jacket will not lose shape/shrink/be damaged</li> <li>• Karina can have the jacket dried quickly/ready for next day</li> <li>• Karina can get jacket dried overnight</li> <li>• saves time.</li> </ul> <p><b>ONE MARK</b> for correctly identifying the symbol. <b>ONE MARK</b> for correctly explaining its importance to Karina.</p> <p><b>TOTAL TWO MARKS</b></p>	<b>KU</b>	<b>2</b>	<b>2</b>



<b>CREDIT LEVEL</b>			<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<b>Question 2 (a)</b>			<b>HI</b>	<b>4</b>	<b>1</b>
<b>(i) Choice of laundry product for Teri – B – natural laundry globes</b>					
<b>ONE MARK</b>					
<b>(ii) Four reasons for choice from:</b>					
<b>ONE MARK</b>		<b>ONE MARK</b>			
<b>Information</b>	<b>Case study</b>	<b>Explanation</b>			
<b>Capable of 150 washes/the most washes</b>	<ul style="list-style-type: none"> <li>is good for Teri as she likes to be environmentally friendly</li> </ul>	<ul style="list-style-type: none"> <li>+ will save her money</li> <li>+ using less packaging.</li> </ul>			
	<ul style="list-style-type: none"> <li>is good for Teri as she launders the towels/sheets daily/runs a hotel</li> </ul>	<ul style="list-style-type: none"> <li>+ will save her money/overheads reduced</li> <li>+ this will save her shopping trips</li> <li>+ this will save her replacing the globes often.</li> </ul>			
<b>The globes only cost 6p per wash/are the cheapest</b>	<ul style="list-style-type: none"> <li>is good for Teri as she has responsibility to launder the sheets/towels daily/runs a hotel</li> </ul>	<ul style="list-style-type: none"> <li>+ may be on a limited budget</li> <li>+ will save her money/overheads reduced</li> <li>+ can use budget for other items in hotel.</li> </ul>			
	<ul style="list-style-type: none"> <li>is good as the towels are white with a (embroidered) black logo/have black logo/are white</li> <li>Teri runs a hotel</li> </ul>	<ul style="list-style-type: none"> <li>+ colours won't run</li> <li>+ towels will not need to be replaced often</li> <li>+ towels will keep their colour/customer satisfaction</li> <li>+ saves money buying/replacing new/towels.</li> </ul>			
<b>The globes are chemical free</b>	<ul style="list-style-type: none"> <li>is good as Teri likes to be environmentally friendly</li> </ul>	<ul style="list-style-type: none"> <li>+ the products are natural</li> <li>+ will not pollute the waste water/less pollution</li> <li>+ will not damage fabric of towels</li> <li>+ will not fade colours.</li> </ul>			
	<ul style="list-style-type: none"> <li>is good as Teri launders towels/sheets daily/runs a hotel</li> </ul>	<ul style="list-style-type: none"> <li>+ Teri/staff/guests are less likely to be irritated by the chemicals</li> <li>+ will be environmentally friendly</li> <li>+ will not damage fibres</li> <li>+ will not pollute waste water.</li> </ul>			

<b>CREDIT LEVEL</b>			<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<b>Question 2 (a) (continued)</b>					
<b>ONE MARK</b>		<b>ONE MARK</b>			
<b>Information</b>	<b>Case study</b>	<b>Explanation</b>			
<b>The globes can be used at 30°C/ lowest/coolest wash temperature</b>	<ul style="list-style-type: none"> <li>is good as Teri launders sheets/ towels daily/runs a hotel</li> </ul>	+ saves energy heating water + saves money on fuel bills/ overheads reduced + more environmentally friendly.			
	<ul style="list-style-type: none"> <li>is good as Teri likes to be environmentally friendly</li> </ul>	+ saves energy heating water + saves money on fuel bills/ overheads reduced.			
<b>They have a free natural stain remover gel</b>	<ul style="list-style-type: none"> <li>is good as Teri has to launder sheets/towels daily/runs a hotel</li> </ul>	+ she will not have to spend extra money (on other stain remover) + sheets and towels will look good/customer satisfaction + it will remove tough stains			
	<ul style="list-style-type: none"> <li>is good as Teri likes to be environmentally friendly</li> </ul>	+ less pollution/will not pollute the waste water.			
<b>Globes can be stored in the machine when not in use</b>	<ul style="list-style-type: none"> <li>is good for Teri as she runs a hotel</li> </ul>	+ will not take up extra storage space + will not get lost/mislaid + saves time looking for the globes.			
	<ul style="list-style-type: none"> <li>is good as she washes the sheets/towels daily</li> </ul>	+ will not have to waste time looking for globes.			
<b>Globes leave no marks on fabrics</b>	<ul style="list-style-type: none"> <li>is good as Teri launders sheets/ towels for guests/ runs a hotel</li> </ul>	+ they will look good/customer satisfaction + will not have to rewash the laundry + saves money/overheads reduced.			
	<ul style="list-style-type: none"> <li>is good as Teri likes to be environmentally friendly</li> </ul>	+ will not have to rewash the sheets and towels + water will not be wasted on extra rinses + customer satisfaction.			

CREDIT LEVEL			E L E M E N T	C O	M A R K									
<p><b>Question 2 (a) (continued)</b></p> <table border="1"> <thead> <tr> <th colspan="2">ONE MARK</th> <th>ONE MARK</th> </tr> <tr> <th>Information</th> <th>Case study</th> <th>Explanation</th> </tr> </thead> <tbody> <tr> <td><b>Globes are anti bacterial/they destroy E. coli and staphylococcus aureus</b></td> <td> <ul style="list-style-type: none"> <li>good for Teri as she has responsibility for care and laundering of sheets/towels</li> <li>runs a hotel</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>+ Teri will have to observe health and safety rules</li> <li>+ lessens the risk of contamination from towels</li> <li>+ will prevent spread of bacteria</li> <li>+ Teri will be assured towels/ sheets are clean/hygienic</li> <li>+ customer satisfaction.</li> </ul> </td> </tr> </tbody> </table> <p><b>ONE MARK</b> for each of <b>four</b> points linking information to case study. + <b>ONE MARK</b> for each of <b>four different</b> explanations related to its importance for Teri.</p> <p><b>TOTAL EIGHT MARKS</b></p> <p><b>NB</b> If a candidate has chosen the wrong answer then the marker should use their professional judgment and award marks as follows:</p> <p><b>ONE MARK</b> for each of <b>four</b> points linking information to case study. + <b>ONE MARK</b> for each of <b>four</b> explanations relating to its importance for Teri.</p>			ONE MARK		ONE MARK	Information	Case study	Explanation	<b>Globes are anti bacterial/they destroy E. coli and staphylococcus aureus</b>	<ul style="list-style-type: none"> <li>good for Teri as she has responsibility for care and laundering of sheets/towels</li> <li>runs a hotel</li> </ul>	<ul style="list-style-type: none"> <li>+ Teri will have to observe health and safety rules</li> <li>+ lessens the risk of contamination from towels</li> <li>+ will prevent spread of bacteria</li> <li>+ Teri will be assured towels/ sheets are clean/hygienic</li> <li>+ customer satisfaction.</li> </ul>			
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			<b>HI</b>	<b>4</b>	<b>8</b>									
<p><b>Question 2 (a) (continued)</b></p> <p><b>(iii)</b> Choice of laundry product suitable for Pavel: <b>C – non biological liquid</b></p> <p><b>ONE MARK</b></p>			<b>HI</b>	<b>3</b>	<b>1</b>									

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 2 (b)</b></p> <p><b>Benefits to health of eating more breakfast cereals</b></p> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Can help to reduce the risk of tooth decay/dental caries/diabetes/obesity.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Some are/may be low in sugar.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Can help to prevent obesity/coronary heart disease.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Some are/may be low in fat/saturated fat/cholesterol.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Can help to reduce the risk of hypertension/high blood pressure/strokes.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Some are/may be low in salt.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Can help to prevent bowel disorders/constipation/bowel cancer/haemorrhoids/diverticular disease/irritable bowel syndrome.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Some are/may be high in NSP/fibre/dietary fibre.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• This helps reduce risk of tooth decay/diabetes/obesity/coronary heart disease/high blood pressure.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Breakfast cereals can help to fill us up so less chance of snacking on foods high in sugar/fat/salt.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Helps to reduce risk of anaemia.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Some are/may (be fortified) contain folic acid.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Helps to prevent anaemia.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Some are/may (be fortified) contain iron.</li> </ul> <p><b>Benefit</b></p> <ul style="list-style-type: none"> <li>• Helps prevent osteoporosis/rickets.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Provides calcium when eaten with milk.</li> </ul>			

CREDIT LEVEL	E L E M E N T	C O	M A R K						
<p><b>Question 2 (b) (continued)</b></p> <p><b>ONE MARK</b> for each of <b>two</b> benefits to health. <b>ONE MARK</b> for each of <b>two</b> explanations.</p> <p><b>TOTAL FOUR MARKS</b></p> <p><b>NB</b> If the candidate omits the words ‘some’ or ‘may be’ in relevant answers, no marks should be awarded as it is not credit level.</p>	KU	1	4						
<p><b>(c) Food sources of types of fat</b></p> <table border="1" data-bbox="193 801 1185 1305"> <thead> <tr> <th data-bbox="193 801 432 853">Type of fat</th> <th data-bbox="432 801 1185 853">Food sources</th> </tr> </thead> <tbody> <tr> <td data-bbox="193 853 432 1081">Saturated fat</td> <td data-bbox="432 853 1185 1081">meat, cheese, eggs, meat products, sausages/sausage rolls, burgers, lard, full cream milk, cream, butter, bacon, yoghurt, mayonnaise, quiche, pastry dishes, suet, dripping, doughnuts, cakes, shortbread, biscuits, block/hard margarine, chocolate.</td> </tr> <tr> <td data-bbox="193 1081 432 1305">Unsaturated fat</td> <td data-bbox="432 1081 1185 1305">olive oil, vegetable oil, polyunsaturated margarine, corn oil, sunflower oil, nuts, seeds, rapeseed oil, olives, linseed oil, oily fish, fish oils, tuna, salmon, sardines, any named example of oily fish, any named example of a soya product.</td> </tr> </tbody> </table> <p><b>ONE MARK</b> for each of two correct examples of each type of fat.</p> <p><b>TOTAL FOUR MARKS</b></p>	Type of fat	Food sources	Saturated fat	meat, cheese, eggs, meat products, sausages/sausage rolls, burgers, lard, full cream milk, cream, butter, bacon, yoghurt, mayonnaise, quiche, pastry dishes, suet, dripping, doughnuts, cakes, shortbread, biscuits, block/hard margarine, chocolate.	Unsaturated fat	olive oil, vegetable oil, polyunsaturated margarine, corn oil, sunflower oil, nuts, seeds, rapeseed oil, olives, linseed oil, oily fish, fish oils, tuna, salmon, sardines, any named example of oily fish, any named example of a soya product.	KU	1	4
Type of fat	Food sources								
Saturated fat	meat, cheese, eggs, meat products, sausages/sausage rolls, burgers, lard, full cream milk, cream, butter, bacon, yoghurt, mayonnaise, quiche, pastry dishes, suet, dripping, doughnuts, cakes, shortbread, biscuits, block/hard margarine, chocolate.								
Unsaturated fat	olive oil, vegetable oil, polyunsaturated margarine, corn oil, sunflower oil, nuts, seeds, rapeseed oil, olives, linseed oil, oily fish, fish oils, tuna, salmon, sardines, any named example of oily fish, any named example of a soya product.								
<p><b>(d) Functions of nutrients</b></p> <p><b>Phosphorus</b></p> <ul style="list-style-type: none"> <li>• Works (in conjunction) with calcium/vitamin D in the formation/development/maintenance of strong bones and teeth.</li> <li>• Required for the production of energy in the body/from food.</li> <li>• Combines with calcium to form calcium phosphate.</li> </ul> <p><b>Vitamin K</b></p> <ul style="list-style-type: none"> <li>• Required for the clotting of blood (particularly after an injury).</li> <li>• Helps to prevent haemorrhaging in new born babies.</li> <li>• Promotes building of healthy bones to help prevent osteoporosis.</li> </ul> <p><b>ONE MARK</b> for each correct detailed function of nutrient.</p> <p><b>TOTAL TWO MARKS</b></p>	KU	1	2						

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 3 (a)</b></p> <p><b>Evaluation of day's nutritional intake</b></p> <p><b>Energy</b> <b>DRV</b></p> <ul style="list-style-type: none"> <li>The day's intake provides <b>more</b> energy than is required.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Energy is required for physical activity/all body activity.</li> </ul> <p><b>Consequence</b></p> <ul style="list-style-type: none"> <li>As Angus is 82/active he is less likely to be tired during the day/when cycling/walking/attending social club.</li> <li>As Angus is (82) (physically) active/cycles daily/walks/he is likely to burn off the excess energy and therefore less likely to suffer from obesity/put strain on the heart leading to coronary heart disease.</li> <li>If Angus stops cycling/becomes less active he may gain weight over a period of time.</li> </ul> <p><b>NSP/Dietary fibre/fibre</b> <b>DRV</b></p> <ul style="list-style-type: none"> <li>The day's intake provides <b>less</b> NSP/dietary fibre/fibre than is required.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>NSP helps to prevent constipation/diverticular disease/bowel disorders/bowel cancer.</li> <li>NSP/dietary fibre/fibre is required to remove waste products/faeces from the body.</li> <li>A diet rich in NSP slows down the digestive process giving a feeling of fullness.</li> <li>NSP gives a feeling of fullness to help prevent snacking on sugary/fatty foods.</li> </ul> <p><b>Consequence</b></p> <ul style="list-style-type: none"> <li>As Angus is 82 and his digestive system has slowed down he needs extra NSP to help prevent constipation/diverticular disease/haemorrhoids/piles.</li> <li>As Angus is 82 he may feel uncomfortable/bloated/have abdominal pain/be constipated/suffer from haemorrhoids/piles whilst walking/cycling/during day.</li> <li>As Angus is 82 he may suffer from/may increase chances of suffering from maturity onset (type 2) diabetes/diabetes/tooth and gum disease/coronary heart disease (due to reliance on fatty/sugary foods).</li> </ul>			

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 3 (a) continued</b></p> <p><b>Protein DRV</b></p> <ul style="list-style-type: none"> <li>The day's intake provides <b>less</b> protein than is required.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Protein is required for growth, repair and maintenance of body cells/tissues/muscles.</li> <li>Excess protein is used as a secondary source of energy.</li> </ul> <p><b>Consequence</b></p> <ul style="list-style-type: none"> <li>As Angus is 82 his normal growth, repair and maintenance of body cells/tissues/muscles may be affected.</li> <li>As Angus is active/cycles/walks he may injure himself and he will not be able to repair any tissue/cell/muscle damage.</li> <li>As Angus is active/cycles/walks any injuries he sustains may take longer to repair/heal.</li> </ul> <p><b>Vitamin D DRV</b></p> <ul style="list-style-type: none"> <li>The day's intake provides <b>less</b> vitamin D than is required.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Vitamin D is necessary for the absorption of calcium/phosphorus.</li> <li>Vitamin D is necessary for the development/maintenance of strong bones and teeth.</li> <li>Vitamin D promotes quicker healing of bone fractures.</li> <li>Vitamin D is required for the clotting of blood.</li> </ul> <p><b>Consequence</b></p> <ul style="list-style-type: none"> <li>As Angus is 82 a deficiency of vitamin D may increase his chance of/more likely to suffer from/may suffer from osteoporosis/brittle bones/osteomalacia/bone disorders.</li> <li>As Angus is active/cycles/walks he is more likely to fracture/injure bones resulting in poor/slow healing of bone fractures/increase chances of osteoporosis.</li> <li>As Angus walks/cycles outdoors he will be out in the sunshine and this may make up for some of the shortfall.</li> </ul>			

	E L E M E N T	C O	M A R K
<p><b>CREDIT LEVEL</b></p> <p><b>Question 3 (a) continued</b></p> <p><b>Vitamin B1</b></p> <p><b>Vitamin B1 DRV</b></p> <ul style="list-style-type: none"> <li>The day's intake provides <b>more</b> vitamin B1 than required.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Vitamin B1 is required to help release energy from (carbohydrate) foods.</li> <li>Vitamin B1 is required to maintain muscle tone.</li> <li>Vitamin B1 is required for the growth and functioning of the nervous system.</li> </ul> <p><b>Consequence</b></p> <ul style="list-style-type: none"> <li>As Angus is 82/active/cycles/walks this will ensure he has sufficient energy to carry out these activities/won't get tired.</li> <li>As Angus is 82 he is liable to lose muscle tone and the excess vitamin B1 will help maintain muscle tone.</li> <li>As Angus is active/cycles/walks this will maintain his muscle tone.</li> <li>As Angus is 82 and needs to maintain a healthy nervous system.</li> </ul> <p><b>Iron DRV</b></p> <ul style="list-style-type: none"> <li>The day's intake provides <b>the correct</b> amount of iron.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Iron is required for the formation of red blood cells/haemoglobin (which carry oxygen round the body).</li> <li>To help prevent anaemia.</li> </ul> <p><b>Consequence</b></p> <ul style="list-style-type: none"> <li>As Angus is 82 he will be less likely to suffer from anaemia.</li> <li>As Angus is active/cycles/walks he will not suffer/less likely to suffer from weakness/tiredness/lethargy/apathy/general health/concentration will not be affected.</li> <li>As Angus is 82 he will have more energy to carry out physical/daily activities.</li> </ul> <p><b>ONE MARK for each of four</b> points explaining how the day's nutritional intake meets/does not meet the DRV.</p> <p><b>ONE MARK for each of four</b> explanations relating to the function of the nutrient/energy/NSP.</p> <p><b>ONE MARK for each of four</b> points explaining the consequences to Angus of having too much/too little/the correct amount of the nutrient/energy/NSP.</p> <p><b>TOTAL TWELVE MARKS</b></p>	<p><b>HI</b></p>	<p><b>4</b></p>	<p><b>12</b></p>



CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 3 (b)</b></p> <p><b>Points of advice to reduce the risk of food poisoning</b></p> <p><b><u>Defrosting</u></b></p> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>Defrost meat/poultry/fish/burgers/sausages/kebabs thoroughly.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>If not defrosted then the food may not reach a high enough temperature to kill harmful bacteria in the centre (leading to food poisoning).</li> <li>Barbecued food may burn on the outside and still be raw in the centre not destroying harmful bacteria (leading to food poisoning).</li> </ul> <p><b><u>Storage</u></b></p> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>Keep food out of the danger zone/below 5°C and above 63°C before cooking/once cooked/after cooking.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Bacteria multiply rapidly in the danger zone which could lead to harmful bacteria multiplying (that may cause food poisoning.)</li> </ul> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>Keep perishable foods in the refrigerator/cool box below 5°C until ready for preparing/cooking/serving.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>To keep food cool to prevent bacteria multiplying (leading to food poisoning).</li> </ul> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>Cover all foods until ready for serving/keep raw meat in sealed container away from ready to eat food.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>Flies, insects, birds, pets may spread harmful bacteria onto food (leading to food poisoning).</li> <li>Harmful bacteria may enter food (and lead to food poisoning).</li> <li>To prevent cross contamination.</li> </ul> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>Keep raw and cooked foods separately/keep raw meat away from ready to eat food/don't put cooked food on surface used for raw meat/store raw meat at bottom of fridge.</li> <li>Wash salads/fruits/vegetables before use.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>To avoid the spread of harmful bacteria (leading to food poisoning).</li> <li>To prevent cross contamination (from raw to cooked food).</li> </ul> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>Check use by dates on perishable foods.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>To ensure bacterial count is within acceptable levels.</li> </ul>			

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question (b) continued</b></p> <p><b><u>Cooking</u></b>  <b>Point</b></p> <ul style="list-style-type: none"> <li>• Cook food thoroughly/to at least 75°C or above/use temperature probe to check centre of food is at least 75°C/turn food regularly and move around the barbecue to cook evenly/until juices run clear.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Kill any harmful bacteria (that may cause food poisoning).</li> <li>• This will kill any harmful bacteria (that may cause food poisoning).</li> </ul> <p><b><u>Reheating</u></b>  <b>Point</b></p> <ul style="list-style-type: none"> <li>• Reheat food only once.</li> <li>• Reheat food to 82°C (for at least 2 minutes).</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Harmful bacteria will have multiplied and may not be destroyed if food is heated more than once.</li> </ul> <p><b><u>Utensils</u></b>  <b>Point</b></p> <ul style="list-style-type: none"> <li>• Use separate utensils/chopping boards/knives for raw and cooked food.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• To avoid the spread of harmful bacteria (leading to food poisoning).</li> <li>• To prevent cross contamination (from raw to cooked food).</li> </ul> <p><b><u>Food handlers</u></b>  <b>Point</b></p> <ul style="list-style-type: none"> <li>• Ensure food handlers wash hands/use anti-bacterial gel/wipes between touching raw and cooked food/visiting toilet/touching bins.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• To avoid the spread of harmful bacteria (leading to food poisoning)/to prevent cross contamination.</li> </ul> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>• Ensure food handlers follow rules on personal hygiene/wear a clean apron when preparing/cooking/serving food at the barbecue.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• To prevent the food becoming contaminated with harmful bacteria (which could lead to food poisoning).</li> </ul>			

<b>CREDIT LEVEL</b>	<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<p><b>Question 3 (b) continued</b></p> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>• Food handlers preparing/cooking/serving food should not be suffering from infections/diarrhoea.</li> <li>• Food handlers should cover cuts with a waterproof dressing.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• This could lead to harmful bacteria being transferred from the food handler to the food (leading to food poisoning).</li> </ul> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>• Ensure food handlers follow kitchen hygiene rules/use clean equipment/change cloths regularly.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• To prevent cross contamination.</li> </ul> <p><b>Leftovers</b></p> <p><b>Point</b></p> <ul style="list-style-type: none"> <li>• Cool leftovers as quickly as possible, cover and refrigerate.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• To prevent entry of harmful bacteria/prevent multiplication of harmful bacteria (which may lead to food poisoning).</li> </ul> <p><b>ONE MARK</b> for each of <b>three</b> points of advice.  <b>ONE MARK</b> for each of <b>three</b> explanations.</p> <p><b>TOTAL SIX MARKS</b></p>	<b>KU</b>	<b>2</b>	<b>6</b>

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 3 (c)</b></p> <p><b>Points of advice on fire prevention</b></p> <p><b><u>Kitchen safety</u></b></p> <p><b>Plugs/flexes/fuses</b></p> <ul style="list-style-type: none"> <li>• Replace frayed/worn/damaged flexes on kitchen appliances (and do not use the appliance until repaired).</li> <li>• Replace cracked/chipped/scorched/damaged plugs on electrical kitchen appliances.</li> <li>• Always use the correct fuses for electrical appliances in the kitchen.</li> <li>• Always keep access to sockets and mains switch clear in the kitchen.</li> <li>• Never join flexes using tape on kitchen appliances.</li> <li>• Keep cables away from heat sources/cooker hobs/gas burners.</li> <li>• Don't use plugs with loose/exposed wires on electrical kitchen appliances.</li> <li>• Never remove a plug on a kitchen appliance by pulling the flex.</li> </ul> <p><b>Sockets</b></p> <ul style="list-style-type: none"> <li>• Never overload power sockets in the kitchen.</li> <li>• Always keep access to sockets clear in the kitchen.</li> <li>• Make sure multiblocks/adaptors used in the kitchen have a fuse.</li> </ul> <p><b>Chip pans</b></p> <ul style="list-style-type: none"> <li>• Never leave chip pan unattended/fill more than one third full.</li> <li>• Use electric deep fat fryer instead of chip pan/replace chip pan.</li> </ul> <p><b>Electrical Appliances</b></p> <ul style="list-style-type: none"> <li>• Don't leave kitchen appliances on when going out/to bed except those that are designed to remain on.</li> <li>• Switch all electrical appliances off at mains and pull out plug before going out/going to bed except those that are designed to remain on.</li> <li>• Don't attempt any electrical work yourself/get qualified electrician.</li> <li>• Keep electrical appliances away from water in the kitchen.</li> <li>• Don't leave washing machine/tumble drier/dishwasher running overnight.</li> <li>• Make sure toaster can't set fire to curtains.</li> </ul> <p><b>Cookers</b></p> <ul style="list-style-type: none"> <li>• Never leave grill pan unattended/full of fat.</li> <li>• Don't trail electrical flexes near cookers.</li> <li>• Don't leave the house if the oven is on.</li> <li>• Use flameless spark lighter to light gas cookers rather than matches/lighter.</li> <li>• Don't have curtains/net curtains near gas burners.</li> <li>• Keep dish towels/oven gloves/cloths/loose clothing away from hobs.</li> <li>• Never dry tea towels over the cooker/open flame.</li> </ul>			

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 3 (c) (continued)</b></p> <p><b><u>Home Heating</u></b></p> <p><b>Open Fires/Electric fires</b></p> <ul style="list-style-type: none"> <li>• Place fireguard over open fire.</li> <li>• Never leave lit fire unattended.</li> <li>• Sweep chimney once a year if used regularly.</li> <li>• Keep furniture (at least three feet) away from open/electric fire.</li> <li>• Let fire burn down before going to bed/switch electric fire off before going to bed.</li> <li>• Don't dry any clothes in front of fire.</li> <li>• Don't place mirrors over fire.</li> </ul> <p><b>Electric blankets</b></p> <ul style="list-style-type: none"> <li>• Never leave electric blanket switched on when in bed unless marked suitable to do so/thermostatically controlled.</li> <li>• Check blanket/plug/flex regularly for damage.</li> </ul> <p><b>Heating</b></p> <ul style="list-style-type: none"> <li>• Have gas appliances serviced annually (by (Gas Safe Register) registered fitter).</li> <li>• Don't dry clothes over (storage) heaters.</li> <li>• Don't put anything on top of (storage) heaters.</li> <li>• Don't leave portable heaters switched on when you leave house/go to bed unless fitted with a thermostat.</li> <li>• Stand portable heaters in a safe place where they can't be knocked over.</li> <li>• Never run electrical cables under carpets.</li> </ul> <p><b>Sockets</b></p> <ul style="list-style-type: none"> <li>• Never overload power sockets when heating the home.</li> <li>• Make sure multi-blocks/adaptors used for heating the home have a fuse.</li> </ul> <p><b>ONE MARK</b> for identifying each of <b>two different</b> pieces of kitchen safety advice for fire prevention.  <b>ONE MARK</b> for identifying each of <b>two different</b> pieces of home heating advice for fire prevention.</p> <p><b>TOTAL FOUR MARKS</b></p>	<p>KU</p>	<p>2</p>	<p>4</p>

CREDIT LEVEL			E L E M E N T	C O	M A R K
<b>Question 4</b> <b>(a) (i) Choice of meal deal for Calum – C</b> <b>ONE MARK</b>			<b>HI</b>	<b>4</b>	<b>1</b>
<b>ONE MARK</b>		<b>ONE MARK</b>			
<b>Information</b>	<b>Case study</b>	<b>Explanation</b>			
<b>Cost £2.99/is the cheapest</b>	<ul style="list-style-type: none"> <li>Is useful to Calum as he is a (secondary) school pupil</li> <li>Is useful to Calum as he is going to a theme park</li> </ul>	<ul style="list-style-type: none"> <li>+ may not have much money</li> <li>+ so will not have to spend extra on a drink/dessert.</li> <li>+ so will give him more to spend in the park</li> <li>+ drink/food will be expensive to buy at theme park.</li> </ul>			
<b>Contains (500ml) fruit smoothie</b>	<ul style="list-style-type: none"> <li>Is useful to Calum as he likes to make healthy food choices</li> <li>Is useful as Calum is going on a 4 hour bus journey/to a theme park/eat on the bus</li> </ul>	<ul style="list-style-type: none"> <li>+ so will contribute to target of double intake/increase to 400g/eat 5 portions a day of fruit <b>and</b> vegetables</li> <li>+ contributes to increase intake of total complex carbohydrate by 25% (if banana in smoothie)</li> <li>+ contributes to intake of NSP</li> <li>+ prevents obesity/coronary heart disease/constipation/ bowel disorders.</li> <li>+ it will not be too much to drink</li> <li>+ it will not be too heavy to carry</li> <li>+ he may be thirsty/keep him hydrated</li> <li>+ cost of drink expensive at park/service station</li> <li>+ he can sip it over the journey.</li> </ul>			

CREDIT LEVEL			E L E M E N T	C O	M A R K
<b>Question 4 (a) (ii) (continued)</b>					
<b>ONE MARK</b>		<b>ONE MARK</b>			
<b>Information</b>	<b>Case study</b>	<b>Explanation</b>			
<b>Screw top lid</b>	<ul style="list-style-type: none"> <li>Is useful as Calum is going on a 4 hour bus journey/eat on the bus/going to a theme park</li> </ul>	<ul style="list-style-type: none"> <li>+ can reseal</li> <li>+ keeps fresh</li> <li>+ less likely to spill</li> <li>+ can save some for later</li> <li>+ it will keep him hydrated/he may be thirsty.</li> </ul>			
<b>Contains edam cheese</b>	<ul style="list-style-type: none"> <li>Is good as Calum likes to make healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>+ it is a lower fat cheese</li> <li>+ helps to meet the target of eat less fat/saturated fat/no more than 35% of food energy from fat/no more than 11% from saturated fat</li> <li>+ may help to prevent obesity</li> <li>+ may help to prevent coronary heart disease.</li> </ul>			
<b>Meal contains wholemeal bread</b>	<ul style="list-style-type: none"> <li>Is good as Calum likes to make healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>+ contributes to NSP intake</li> <li>+ prevents obesity/coronary heart disease/constipation/bowel disorders</li> <li>+ contributes to increase intake of total complex carbohydrate by 25%</li> <li>+ filling, less likely to snack on sugary/fatty foods</li> <li>+ supplies energy for the theme park.</li> </ul>			
<b>Meal contains salad</b>	<ul style="list-style-type: none"> <li>Is good as Calum likes to make healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>+ so will contribute to target of double intake/increase to 400g/ eat 5 portions a day of fruit <b>and</b> vegetables</li> <li>+ contributes to intake of NSP</li> <li>+ prevents obesity/coronary heart disease/constipation/bowel disorders</li> <li>+ vegetables bulk up sandwich so prevent over eating.</li> </ul>			

CREDIT LEVEL			E L E M E N T	C O	M A R K
<b>Question 4 (a) (ii) (continued)</b>					
<b>ONE MARK</b>		<b>ONE MARK</b>			
<b>Information</b>	<b>Case study</b>	<b>Explanation</b>			
<b>Meal contains a tub of grapes</b>	<ul style="list-style-type: none"> <li>Is good as Calum likes to make healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>+ so will contribute to target of double intake/increase to 400g/eat 5 portions a day of fruit <b>and</b> vegetables</li> <li>+ contributes to intake of NSP</li> <li>+ prevents obesity/coronary heart disease/constipation/bowel disorders/tooth decay</li> <li>+ contributes to lower fat intake.</li> </ul>			
	<ul style="list-style-type: none"> <li>is good as Calum is going on a 4 hour bus journey/eat on the bus</li> </ul>	<ul style="list-style-type: none"> <li>+ won't cause food poisoning if stored incorrectly/in his bag</li> <li>+ may relieve thirst</li> <li>+ easy to eat</li> <li>+ won't make a mess/be sticky.</li> </ul>			
<b>50p off voucher included</b>	<ul style="list-style-type: none"> <li>is good as Calum is a secondary school pupil</li> </ul>	<ul style="list-style-type: none"> <li>+ and may not have much money</li> <li>+ so he will save money on his next purchase.</li> </ul>			
<b>Antibacterial wipe included</b>	<ul style="list-style-type: none"> <li>is good as Calum will eat the meal on the bus</li> </ul>	<ul style="list-style-type: none"> <li>+ he may have nowhere to wash his hands</li> <li>+ it will remove any bacteria from his hands/to reduce risk of food poisoning</li> <li>+ he will feel clean</li> <li>+ can clean sticky hands after eating meal.</li> </ul>			
<b>The meal provides the lowest amount of energy/ 2719.1kJ energy</b>	<ul style="list-style-type: none"> <li>is good as Calum will be sitting on the bus for 4 hours</li> </ul>	<ul style="list-style-type: none"> <li>+ he will not be moving around on the bus</li> <li>+ he will not use much energy on the journey.</li> </ul>			
	<ul style="list-style-type: none"> <li>he is going to a theme park</li> </ul>	<ul style="list-style-type: none"> <li>+ he will be sitting down for many of the rides</li> <li>+ he may be standing in queues for a lot of the time.</li> </ul>			



CREDIT LEVEL			E L E M E N T	C O	M A R K
<b>Question 4 (a) (ii) (continued)</b>					
<b>ONE MARK</b>		<b>ONE MARK</b>			
<b>Information</b>	<b>Case study</b>	<b>Explanation</b>			
<b>The meal provides 31.2g/second highest amount of protein</b>	<ul style="list-style-type: none"> <li>is suitable as Calum is spending the day at a theme park</li> </ul>	+ extra protein can be used as a secondary source of energy + he may fall and will need extra protein for repair + meal contains lowest energy.			
	<ul style="list-style-type: none"> <li>is suitable as Calum is a secondary school pupil</li> </ul>	+ will require protein for growth, repair and maintenance/is still growing + may use protein for energy.			
<b>The meal has the lowest amount/ 18.1g of fat</b>	<ul style="list-style-type: none"> <li>is good as Calum likes to make healthy food choices</li> </ul>	+ contributes to reduce fat/saturated fat target. + helps prevent obesity/coronary heart disease (in later life).			
	<ul style="list-style-type: none"> <li>is good as Calum is a secondary school pupil</li> </ul>				
	<ul style="list-style-type: none"> <li>is good as Calum is going on a four hour bus journey</li> </ul>	+ is less likely to feel ill on the bus + will not be using up much energy.			
<b>The meal has 0.6g/ lowest amount of sodium</b>	<ul style="list-style-type: none"> <li>is good as Calum likes to make healthy food choices</li> </ul>	+ contributes to reduce salt target + helps to reduce the risk of high blood pressure/hypertension.			
<p><b>ONE MARK</b> for each of <b>four</b> points linking the information to the case study.            + <b>ONE MARK</b> for each of <b>four</b> explanations related to the needs of Calum.</p> <p><b>TOTAL EIGHT MARKS</b></p> <p><b>NB</b> If a candidate has chosen the wrong answer then the marker should use their professional judgment and award marks as follows:</p> <p><b>ONE MARK</b> for each of <b>four</b> points linking information to case study.            + <b>ONE MARK</b> for each of <b>four</b> explanations relating to its importance for Calum.</p>					
<b>(a) (ii)</b>					
Choice of meal deal for Sven: <b>B</b>					
<b>ONE MARK</b>			<b>HI</b>	<b>3</b>	<b>1</b>

<b>CREDIT LEVEL</b>	<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<p><b>Question 4 (b)</b></p> <p><b>(i) What is budgeting?</b></p> <ul style="list-style-type: none"> <li>• Balancing the amount of money that comes in with the amount of money being spent.</li> <li>• The amount of income is more than or equal to the expenditure.</li> <li>• Balancing the money coming into a household (income) and the money going out in the form of expenses (expenditure).</li> <li>• Making sure that you do not spend more than you earn.</li> </ul> <p><b>(ii) Why is it important?</b></p> <ul style="list-style-type: none"> <li>• To prevent getting into debt/to have enough money to pay bills.</li> <li>• To have money set aside for emergencies.</li> <li>• To be able to save money.</li> <li>• To plan for major expenditure/to see if they can afford to take on new expenditure.</li> <li>• Learn money skills for later in life.</li> </ul> <p><b>ONE MARK</b> for correct definition of budgeting.  <b>ONE MARK</b> for correct explanation of importance of budgeting.</p> <p><b>TOTAL TWO MARKS</b></p>	<b>KU</b>	<b>1</b>	<b>2</b>

<b>CREDIT LEVEL</b>	<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<p><b>Question 4 (c)</b></p> <p><b>Electronic Funds Transfer at Point of Sale</b></p> <p><b>Advantages</b></p> <ul style="list-style-type: none"> <li>• Can help prevent overspending/getting into debt as only money available in bank account can be used.</li> <li>• Widely accepted in majority of shops/abroad.</li> <li>• No need to carry cash/more secure.</li> <li>• Quicker to use than writing a cheque at point of sale/fewer shops accept cheques.</li> <li>• Cash back facility available in lots of retail outlets/saves having to go to cash machine to withdraw money.</li> <li>• Can be used when shopping on internet/telephone payments/TV (Sky)/mail order.</li> <li>• Easy to use – hand over card and enter PIN/sign.</li> <li>• Can be used at automated pay points.</li> <li>• No interest charged.</li> <li>• Payment is made in full at the time of purchase so no additional payments need to be made (avoiding debt).</li> <li>• When transaction completed goods are owned by the consumer.</li> <li>• Receipt/bank statement given which provides proof of purchase/in case of refund required.</li> <li>• Can set up PayPal account.</li> </ul> <p><b>Disadvantages</b></p> <ul style="list-style-type: none"> <li>• Must have a bank account.</li> <li>• There must be enough funds in bank account to cover transaction being made.</li> <li>• Card can be stolen/lost/used fraudulently.</li> <li>• Card details may be copied and money stolen from account.</li> <li>• It is easy to overspend/can lose track of spending.</li> <li>• Not all shops/retailers accept debit cards/all debit cards.</li> <li>• Difficult to keep track of spending as opposed to cash.</li> <li>• May forget PIN number.</li> <li>• Embarrassing if card is rejected at the till.</li> </ul> <p><b>ONE MARK</b> for correct advantage of using EFTPOS.  <b>ONE MARK</b> for correct disadvantage of using EFTPOS.</p> <p><b>TOTAL TWO MARKS</b></p>	<b>KU</b>	<b>1</b>	<b>2</b>

CREDIT LEVEL	E L E M E N T	C O	M A R K
<p><b>Question 4 (d)</b></p> <p><b>Foods to avoid during pregnancy</b></p> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Soft cheese/Brie/Camembert/blue cheese/pâté.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Can contain listeria which can harm the unborn baby/increase the risk of still birth/lead to premature birth.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Raw or partially cooked eggs/foods containing raw eggs/accept specific examples eg home made mayonnaise, chocolate mousse.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• They may contain salmonella bacteria which can cause food poisoning/seriously harm the unborn baby.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Raw or undercooked meat.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• May cause food poisoning which could lead to miscarriage/stillbirth/blindness/brain damage/epilepsy.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Liver and liver products.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• May contain high levels of vitamin A which can lead to birth defects.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Food supplements with high levels of vitamin A/fish liver oils.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• May contain high levels of vitamin A which can lead to birth defects.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Undercooked ready meals.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• May contain higher levels of listeria/salmonella which can cause food poisoning/seriously harm the unborn baby.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• (Raw) shellfish</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Contain harmful bacteria and viruses that can cause food poisoning.</li> <li>• May be filter feeders and can build up high levels of mercury that can harm a babies developing nervous system.</li> </ul>			

<b>CREDIT LEVEL</b>	<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<p><b>Question 4 (d) (continued)</b></p> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Shark/marlin/swordfish.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Contain high levels of mercury that can harm a babies developing nervous system.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• High sugar foods.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• High levels can lead to obesity which can cause complications during child birth.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• High fat/greasy foods.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• High levels can lead to obesity which can cause complications during childbirth.</li> <li>• High levels can lead to high blood pressure/hypertension which can lead to miscarriage/pre eclampsia.</li> <li>• Can lead to heartburn causing discomfort.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• High salt foods.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• High levels can lead to high blood pressure which can lead to miscarriage/pre eclampsia.</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Spicy food.</li> </ul> <p><b>Explanation</b></p> <ul style="list-style-type: none"> <li>• Can lead to heartburn in mother causing discomfort.</li> </ul> <p><b>ONE MARK</b> for one correct food.  <b>ONE MARK</b> for one correct reason why the food should be avoided.</p> <p><b>TOTAL TWO MARKS</b></p>	<p><b>KU</b></p>	<p><b>2</b></p>	<p><b>2</b></p>

<b>CREDIT LEVEL</b>	<b>E L E M E N T</b>	<b>C O</b>	<b>M A R K</b>
<p><b>Question 4 (e)</b></p> <p><b>Four factors to consider when feeding children at mealtimes</b></p> <ul style="list-style-type: none"> <li>• Make food look attractive.</li> <li>• Serve the food attractively.</li> <li>• Use additive free food.</li> <li>• Serve small portions of food.</li> <li>• Nicely flavoured food.</li> <li>• Small pieces of food.</li> <li>• Serve a variety of foods.</li> <li>• Avoid highly flavoured/spicy foods.</li> <li>• Avoid lots of greasy/fried food.</li> <li>• Don't serve food which is boiling hot.</li> <li>• Serve a variety of textures/flavours.</li> <li>• Prepare food in a hygienic manner.</li> <li>• Avoid giving foods with high salt content.</li> <li>• Avoid foods with high sugar content.</li> <li>• Serve food which is easy to manage/eat they may not be good with cutlery.</li> <li>• Serve food on child's own special dish/glass.</li> <li>• Train children from an early age to have good table manners.</li> <li>• Set them a good example.</li> <li>• Avoid too many NSP rich foods.</li> <li>• Involve children in food preparation.</li> <li>• Don't leave children alone when eating.</li> </ul> <p><b>ONE MARK</b> for each of <b>four</b> correct points.</p> <p><b>TOTAL FOUR MARKS</b></p>	<b>KU</b>	<b>2</b>	<b>4</b>

**Standard Grade Home Economics  
Coverage of Course Objectives**

**Year:**

**Paper: Credit**

Question	Knowledge and Understanding		Marks	Handling Information		Marks
	CO1	CO2		CO3	CO4	
1	a		6			
	b(i)	1				
	(ii)	1				
	c				8	
	d(i)		1			
	(ii)		1			
			<b>10</b>			<b>8</b>
2	a(i)				1	
	(ii)				8	
	(iii)			1		
	b	4				
	c	4				
	d	2				
			<b>10</b>			<b>10</b>
3	a				12	
	b		6			
	c(i)		2			
	(ii)		2			
			<b>10</b>			<b>12</b>
4	a(i)				1	
	(ii)				8	
	(iii)			1		
	b(i)	1				
	(ii)	1				
	c	2				
	d		2			
	e		4			
			<b>10</b>			<b>10</b>
<b>Totals</b>		<b>16</b>	<b>24</b>	<b>40</b>	<b>2</b>	<b>38</b>
						<b>40</b>

**Standard Grade Home Economics  
Coverage of Essential Knowledge in Knowledge and Understanding Element**

**Year:**

**Paper: Credit**

Question	Indicate Marks Available for each Sub-Question							
	a	b	c	d	e	f	g	h
1						6		
a								
b(i)(ii)							2	
d(i)(ii)				2				
2								
b		4						
c	4							
d	2							
3								
b				6				
c					4			
4								
b(i)(ii)								2
c								2
d			2					
e			4					
<b>Totals</b>	<b>6</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>4</b>	<b>6</b>	<b>2</b>	<b>4</b>



## Bibliography

Question	Title	Author/Publisher	Information
1(a)	<a href="http://www.tescodirect.com">www.tescodirect.com</a> <a href="http://www.chefclub.com">www.chefclub.com</a> <a href="http://www.amazon.co.uk">www.amazon.co.uk</a> Argos catalogue		Design Features
1(c)	Home Economics Standard Grade Course Notes 2 <sup>nd</sup> edition	A MacGregor/Leckie & Leckie	Labels
2(c)	Standard Grade Home Economics Success Guide	E Hepburn & J McAllister/Leckie & Leckie	
2(d)	How to pass Standard Grade Home Economics	A MacGregor Hodder Gibson	
	Food and Nutrition Home Economics Standard Grade Course Notes 2 <sup>nd</sup> edition Examining Food and Nutrition <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a>	A Tull/Oxford A MacGregor/Leckie & Leckie J Ridgwell/ Heinemann	
3(b)	<a href="http://www.nhs.uk">www.nhs.uk</a> <a href="http://www.eatwell.gov.uk">www.eatwell.gov.uk</a> Examining Food and Nutrition  <a href="http://www.dontgivefireahome.com">www.dontgivefireahome.com</a> <a href="http://www.fireservice.org.uk">www.fireservice.org.uk</a> <a href="http://www.fire.org.uk">www.fire.org.uk</a>	J Ridgwell/ Heinemann	
4(b) (c)	Standard Grade Home Economics Success Guide	E Hepburn & J McAllister/Leckie & Leckie	
	How to pass Standard Grade Home Economics	A MacGregor Hodder Gibson	
4(d)	Examining Food and Nutrition Food and Nutrition Home Economics Standard Grade Course Notes 2 <sup>nd</sup> edition <a href="http://www.eatwell.gov.uk">www.eatwell.gov.uk</a> <a href="http://www.nutrition.org.uk">www.nutrition.org.uk</a> <a href="http://www.nhs.uk">www.nhs.uk</a>	J Ridgwell/Heinemann A Tull/Oxford A MacGregor/Leckie & Leckie	

[END OF MARKING INSTRUCTIONS]