



Differentiated Homeworks

for OCR GCSE Food Preparation and Nutrition
Section B: Food (Food Provenance and Food Choice)

zigzageducation.co.uk

POD
9354

Publish your own work... Write to a brief...
Register at publishmenow.co.uk

Follow us on Twitter [@ZigZagFood](https://twitter.com/ZigZagFood)

Contents

Thank you for choosing ZigZag Education	
Teacher Feedback Opportunity	
Terms and Conditions of Use	
Teacher's Introduction	
Specification Cross-reference Table	
1. Food provenance: food source and supply	
Lower Ability	
Higher Ability	
2. Food processing and production: primary and secondary stages of production	
Lower Ability	
Higher Ability	
3. Food processing and production: industrial and domestic preserving methods	
Lower Ability	
Higher Ability	
4. Food security	
Lower Ability	
Higher Ability	
5. Technological developments to support better health and food production	
Lower Ability	
Higher Ability	
6. Development of culinary traditions	
Lower Ability	
Higher Ability	
7. Factors influencing food choice: personal, social and economic factors, medical	
Lower Ability	
Higher Ability	
8. Factors influencing food choice: religious and cultural beliefs, ethical and moral	
Lower Ability	
Higher Ability	
9. Factors influencing food choice: consumer information, food labelling and marketing	
Lower Ability	
Higher Ability	
Answers	

INSPECTION COPY

COPYRIGHT
PROTECTED



Teacher's Introduction

This resource contains a complete set of nine homeworks which cover the theory content of Section B: Food (Food Provenance and Food Choice) of the new OCR GCSE (9–1) Food Preparation and Nutrition specification. Each homework contains a variety of questions and activities presented in specification order and enables students to learn all of the content in preparation for their exam.

Remember!

Always check the exam board website for new information, including changes to the specification and sample assessment material.

The resource is fully differentiated with homeworks available at two levels:

Lower ability: ●

Higher ability: ■

This resource aims to consolidate and reinforce the learning of theory content taught to students in class and provide an opportunity to learn, revise and practise key content. Activities provide opportunity for application of content to real examples in the food industry, while the inclusion of extension tasks enables students to be stretched and challenged and to delve deeper into the topics of the specification. Extension tasks are designed to be differentiated by outcome, where all students undertake the same task, but variety in results is expected.

The teacher is able to decide which homework (lower or higher ability) is most appropriate for each student on a given topic. This will allow students to cover the same content but with lower-ability students receiving more support and guidance through the carefully structured activities.

In order to save time for the teachers when marking, answers have been provided. Where the students are required to provide their own examples or a range of possible answers are appropriate, guidance is offered for marking.

Free Updates!

Register your email address to receive any future free updates* made to this resource or other Food and Nutrition resources your school has purchased, and details of any promotions for your subject.

* resulting from minor specification changes, suggestions from teachers and peer reviews, or occasional errors reported by customers

Go to [zzed.uk/freeupdates](https://www.zzed.uk/freeupdates)

Specification Cross-reference T

Activity	Activity Title
Section B: Food (Food Provenance and Food Choice)	
1.	Food provenance: food source and supply
2.	Food processing and production: primary and secondary stages of pro
3.	Food processing and production: industrial and domestic preserving m
4.	Food security
5.	Technological developments to support better health and food produ
6.	Development of culinary traditions
7.	Factors influencing food choice: personal, social and economic factors reasons
8.	Factors influencing food choice: religious and cultural beliefs, ethical a beliefs
9.	Factors influencing food choice: consumer information, food labelling marketing

Note to teacher:

Section D: Skills requirements has been integrated in this resource as extension to students to practise these skills at home in relation to a given topic. However, no

INSPECTION COPY

COPYRIGHT
PROTECTED



1. Food provenance: food source and supply

1) Match the food sources with the way they are obtained.

Venison
Oysters
Beef
Lettuces
Olives
Pork
Carrots
Sunflowers
Pumpkins
Lamb
Salmon

Reared

Grown

Caught

2) Using the words below, explain the difference between organic farming and

pesticide antibiotic genetically modified

.....

.....

.....

.....

COPYRIGHT
PROTECTED



**COPYRIGHT
PROTECTED**



- 3) Fill in the gaps in the passage below using the keywords provided.

organic (x2)

cage

barn (x2)

free-range (x3)

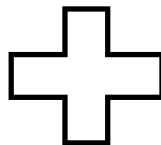
Eggs can be produced in various ways. The most popular method of egg farming is intensive production, where hens are kept in tight rows on top of each other.

The second most popular method is _____ production
around the _____.

Animal welfare activists claim that _____ egg products
and consumers. _____ hens are allowed outside at least
have much more room than the hens in _____ or _____
production. _____ eggs are labelled as 1.

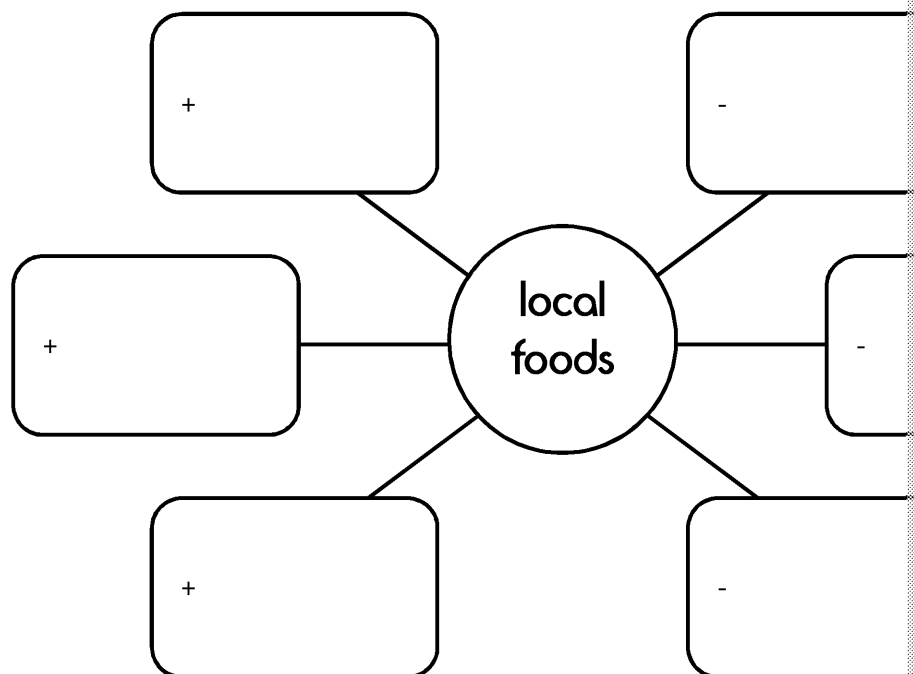
_____ eggs come from hens which are fed _____
and are labelled as 0

- 4) Complete the graph to list the advantages and disadvantages of intensive farming.



—

- 5) Complete the diagram below to indicate three advantages and three disadvantages of locally produced food.



- 6) Food products can be classified into various categories depending on their origin. Match the vegetables with the parts of the plant they come from.

fruit
seed
flower
leaves
stem
root
bulb
tuber

asparagus
swede
broccoli
broccoli
broccoli
broccoli
broccoli

- ii) From the beef cuts below, circle those which are suitable for grilling.

blade	fore rib	sirloin	round
skirt	shin	leg	thigh

**COPYRIGHT
PROTECTED**



iii) Complete the table to classify various types of fish.

Category	
	cod, mackerel,
	carp, pike, trout
	sea bream, turbot
	sardines, tuna
	cod, sea bass
	herring, salmon

Exam-style Question

- 1) Fruits can be classified according to their type or culinary use. Identify **two** listed below.
 - a) Stone fruits
 - b) Berries
 - c) Exotic fruits
- 2) Suggest **four** benefits of buying fish from sustainable fish farms.

Extension Task

Consider what food products are characteristic of winter, and design a three-course menu using only of these seasonal foods.

Use the Extension Task

INSPECTION COPY

COPYRIGHT
PROTECTED



Extension Task worksheet

Food products characteristic of winter:

Vegetables	Fruit	Meat and

My seasonal dish:

Ingredients of my dish:

.....

.....

.....

.....

.....

Preparation and cooking instructions:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

INSPECTION COPY

**COPYRIGHT
PROTECTED**



1. Food provenance: food source and supply

1) List three food ingredients that are:

Reared

Grown

Gathered

Caught

2) Explain the difference between organic farming and conventional farming.

.....

.....

.....

.....

3) Describe different methods of egg production. Use the keywords below to help.

Free range	Organic	Cage	
------------	---------	------	--

.....

.....

.....

.....

.....

.....

.....

4) Discuss the advantages and disadvantages of intensive farming.

.....

.....

.....

.....

.....

.....

**COPYRIGHT
PROTECTED**



- 5) State three advantages and three disadvantages of buying seasonal, locally produced food from local communities.

.....

.....

.....

.....

.....

.....

- 6) Food products can be classified into various categories depending on their origin. i) Vegetables can be classified according to the part of the plant they come from. Give two examples of a vegetable from that category.

- a) **fruit**.....
- b) **seeds**.....
- c) **flowers**.....
- d) **leaves**.....
- e) **stems**
- f) **roots**
- g) **bulbs**
- h) **tubers**

- ii) Meat is often classified according to the body part of the animal it comes from and collagen in the tissue. Name two pork cuts which are high in collagen.

.....

.....

- iii) Complete the table to identify two species of fish belonging to each category.

Category	
saltwater fish	
freshwater fish	
flatfish	
round fish	
lean fish	
oily fish	

**COPYRIGHT
PROTECTED**



Exam-style Question

- 1) Fruits can be classified according to how many flowers they developed from. Name **one** example of each type of fruit listed below.
 - a) Simple fruits
 - b) Aggregate fruits
- 2) Evaluate the factors for and against fish farms in helping the sustainability of the food system.

Extension Task

List some examples of seasonal foods and design three meals characteristic of each season.

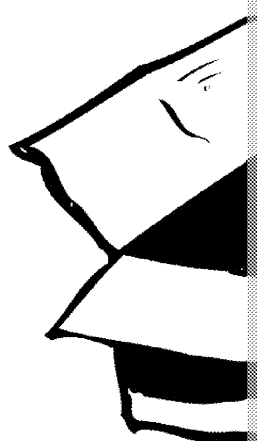
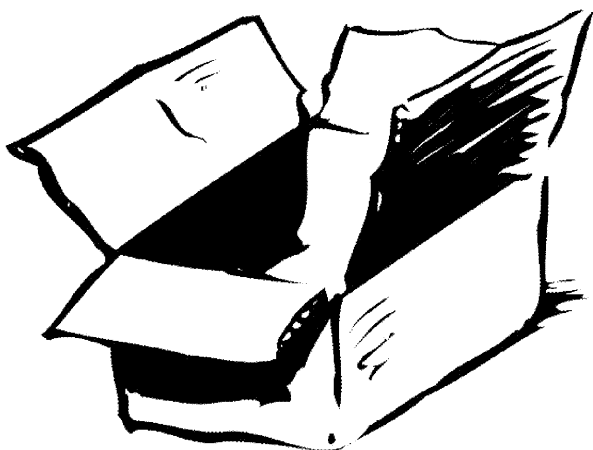
**COPYRIGHT
PROTECTED**



2. Food processing and production: primary and secondary stages of production

1) Match the methods of production to the stages of processing, by writing the

sorting	fermenting	adding colourants	trimming
freezing	waxing	milling	smoking
trussing	drying	gutting	skinning



Primary processing:

Secondary processing:

2) Match the keywords with the correct descriptions.

Homogenisation

Pasteurisation

Sterilisation

Microfiltration

Pressing the milk through very fine filters to remove bacteria

Heating the milk to over 110 °C to kill bacteria and spores

Process in which fresh milk is processed to break up fat particles and prevent it from separating

Process in which milk is heated to a high temperature, rapidly cooled, conducted to kill bacteria

**COPYRIGHT
PROTECTED**

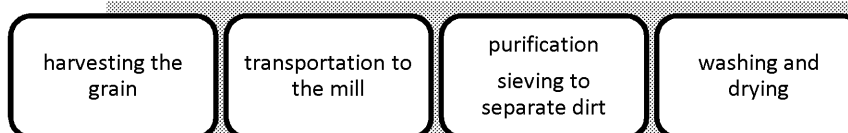


3) Order the stages of yoghurt production.

1	•homogenisation and pasteurisation of milk
	•cooling down to stop bacterial growth
	•packing and sealing
	•adding bacteria cultures
	•fermentation
	•adding flavouring
	•incubating in warm conditions

4) The diagram below shows the process of flour production.

i) Name the two types of flour that are produced in the final two stages.



ii) Different types of flour can be used for the production of bread and pasta which are suitable for breadmaking.

.....

.....

iii) Name the protein that helps to make bread and pasta dough elastic.

.....

.....

5) Cheese is one of the staple foods in the UK. Name the two types of microorganisms used in the production of various cheeses.

.....

.....

**COPYRIGHT
PROTECTED**



6) Complete the table to indicate the fat content and culinary use of single cream.

	Fat content	Culinary use
Single cream		
Double cream		

Exam-style Question

Butter is made by churning cream to break down its structure.
Name the type of cream that is most suitable for churning.

Extension Task

Cheese is one of the staple foods in the UK. Create a poster to explain how different types of cheese are made.

**COPYRIGHT
PROTECTED**



2. Food processing and production: primary stages of production

- 1) List five examples of primary and secondary processing of foods.

Primary processing	Secondary processing

- 2) Create your own glossary by defining the following terms.

homogenisation	
pasteurisation	
sterilisation	
microfiltration	

- 3) Complete the chart to indicate the main stages of yoghurt production.

1	• homogenisation and pasteurisation of milk
	• packing and sealing

- 4) Production of flour includes purification, washing, drying, grinding and sieving.

- i) Name the two types of flour that can be obtained during the production

.....

.....

**COPYRIGHT
PROTECTED**



- ii) Different types of flour can be used for the production of bread and pasta which are suitable for the production of pasta.

.....

.....

.....

- iii) Describe how bread is made.

.....

.....

.....

.....

.....

.....

.....

.....

- 5) Cheese is one of the staple foods in the UK.

- i) Name two species of microorganism used in the production of cheese.

.....

.....

- ii) Name the enzyme used in the production of cheese.

.....

- 6) Explain why cream cannot be made from homogenised milk.

.....

.....

.....

.....

**COPYRIGHT
PROTECTED**



Exam-style Question

- 1) Raw fruits undergo multiple processes which turn them into food products.
 - a) Give **two** secondary processes used to transform fruit into food products.
 - b) Describe **one** reason why sugar is added to fruit preserves.

Extension Task

Different types of flour can be used to prepare various foods and dishes. Create various types of flour and their culinary uses.

**COPYRIGHT
PROTECTED**



3. Food processing and production: industrial and domestic preserving methods

- 1) Using the keywords below, explain why we choose to preserve food.

nutrients spoilage shelf life convenient microorganisms

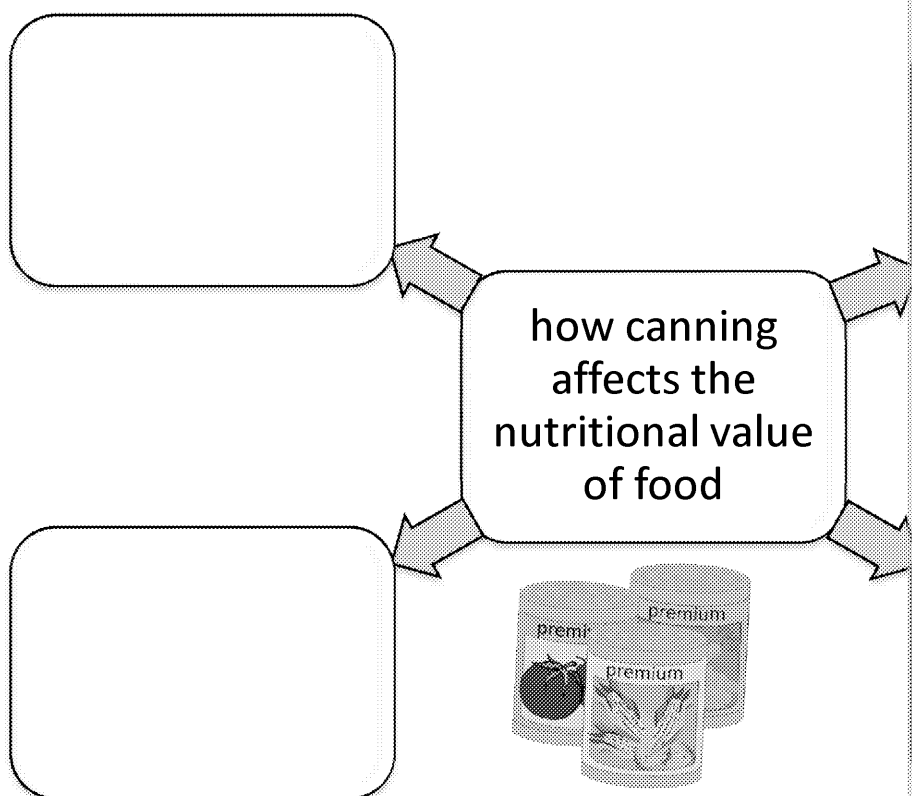
.....

.....

.....

.....

- 2) The process of canning involves many stages, such as boiling, steaming and sterilising. Complete the diagram below to show how these processes affect the sensory characteristics of food.



- 3) Complete the table to describe the different methods of chilling food.

	Initial temperature	Final temperature
Blast chilling		
Cook-freeze		

**COPYRIGHT
PROTECTED**



- 4) In modified atmosphere packaging the composition of air is changed.
- Name the gas that is removed and replaced with nitrogen in this technique.
.....
 - Name one process that is prevented by the removal of that gas.
.....
- 5) Salt has been used for food production and preservation since ancient times.
- List two advantages of using salt in food production.
1.
.....
2.
.....
 - What is a solution of salt and water called?
.....

Exam-style Question

- One of the methods used for the preservation of oily fish is smoking.
 - Give **two** reasons why smoking is used in to preserve oily fish.
 - Name **two other** secondary processes used for the preservation of fish.

Extension Task

Investigate how various processing methods affect the nutritional value and select a chosen ingredient (e.g. carrots).

You can use the Internet to research the information, compare food labels in a shop, cook/preserve the food in different ways.

Use the Extension Task sheet

**COPYRIGHT
PROTECTED**



Extension Task worksheet

Step 1

Choose the ingredient you are going to investigate.

.....

Step 2

Choose three products made from your ingredient (e.g. fresh, frozen and canned)

Step 3

Complete the table to compare how the nutritional value and sensory characteristics depend on the method of processing.

Method of processing		Product 1	Product 2
Energy value (in kcal)			
Nutritional value	Fat		
	Saturates		
	Carbohydrates		
	Sugars		
	Proteins		
	Dietary fibre		
	Salt		
	Vitamin A		
	Vitamin C		
Sensory characteristics	Appearance		
	Colour		
	Texture		
	Aroma		
	Taste		

INSPECTION COPY

**COPYRIGHT
PROTECTED**



3. Food processing and production: industrial preserving methods

- 1) List two reasons why food is preserved.

Reason 1

Reason 2

- 2) Complete the table to show how and why canning affects the sensory characteristics of food.

	How they are affected	
Sensory characteristics		
Nutritional value		

- 3) Freezing food shortly after harvesting helps to preserve its nutritional value.

- i) In contact freezing, small pieces of food are placed between two metal plates. What method is used to freeze the food?

.....

- ii) Name the substance which is used in cryogenic freezing.

.....

**COPYRIGHT
PROTECTED**



- 4) Describe the difference between controlled atmosphere packaging and modified atmosphere packaging. Explain how both processes help to protect the nutritional value and sensory quality of food.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

- 5) Salt has been used for food production and preservation since ancient times. Explain why salt makes a good preservative.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Exam-style Question

A popular method of food preservation is vacuum packing.

- 1) Describe the process of vacuum packing.
- 2) Explain how vacuum packing helps to preserve food.

Extension Task

Create a leaflet in which you describe:

- various methods of meat preservation
- the impact of eating such preserved foods on health

**COPYRIGHT
PROTECTED**



4. Food security

- 1) Unjumble the words to discover various aspects of food production which are affected by climate change.

WTEFODOAS

GGINCKPAA

NTRBACOTOFORP

FSSFLIOEUL

EGEEHGARNUOSSES

PRNOANATTSRITC

- 2) i) Put these stages of climate change into the correct order.

1

• greenhouse gases are released into the atmosphere

• crops are damaged and people suffer famine

• glaciers melt while oceans, seas and lakes evaporate

• the surface of the earth warms up

• some regions suffer from drought while others are flooded

- ii) Indicate two ways in which climate change can affect the availability of food.

.....

.....

.....

.....

- 3) Indicate the purposes of Fairtrade using the keywords below.

wages	prices	working conditions
-------	--------	--------------------

.....

.....

.....

.....

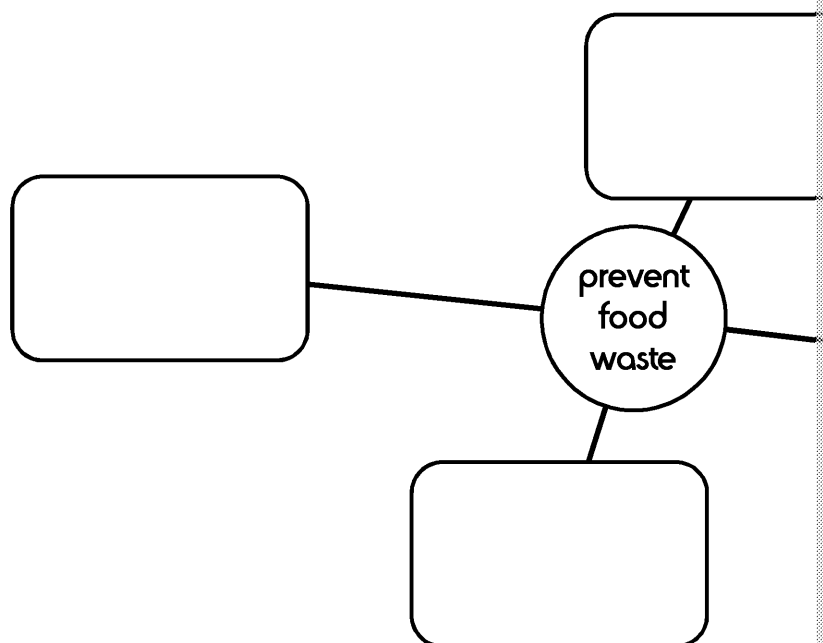
.....

.....

**COPYRIGHT
PROTECTED**



- 4) According to Eurostat, households are responsible for producing 42% of all food waste. List four ways of preventing food waste in your home.



- 5) In the table below, list the advantages and disadvantages of genetically modified foods.

+ Advantages	

- 6) Sustainability of resources is key to providing a sufficient amount of food for the world. From the options below, colour-code those which can help to achieve food sustainability.

limit consumption of meat	choose seasonal foods	
only buy fish from wild fisheries	reduce the use of plastic bags	
eat fewer fruits and vegetables	buy locally produced foods	
limit consumption of dairy products	pack foods individually	

**COPYRIGHT
PROTECTED**



Exam-style Question

- 1) Food miles indicate the distance a food has to travel from a farm to the plate.
 - a) Name **one** food product with high food miles.
 - b) Food miles also increase the carbon footprint of a food.
Suggest **two** ways of lowering the carbon footprint when making food.

Extension Task

For three consecutive days, note everything that you and your family eats. Then, mark on the world map where these foods came from. Using the Internet, calculate the total food miles for all of these foods.

Use the Extension Task sheet.

You can use this worksheet.

**COPYRIGHT
PROTECTED**



Extension Task worksheet 1



INSPECTION COPY

**COPYRIGHT
PROTECTED**



Extension Task worksheet 2

Use the Internet to calculate the distance from the country of origin to the UK for each food product you find in the table below.

Product:	Food miles:	Product:	Food miles:	Product:	Food miles:
Product:	Food miles:	Product:	Food miles:	Product:	Food miles:
Product:	Food miles:	Product:	Food miles:	Product:	Food miles:
Product:	Food miles:	Product:	Food miles:	Product:	Food miles:

Add all of the food miles in the table to calculate the total food miles for all of the foods you ate.

Total food miles:

INSPECTION COPY

COPYRIGHT
PROTECTED



4. Food security

- 1) Explain how food production affects the environment. Use the keywords below.

transportation

carbon footprint

food miles

greenhouse

.....

.....

.....

.....

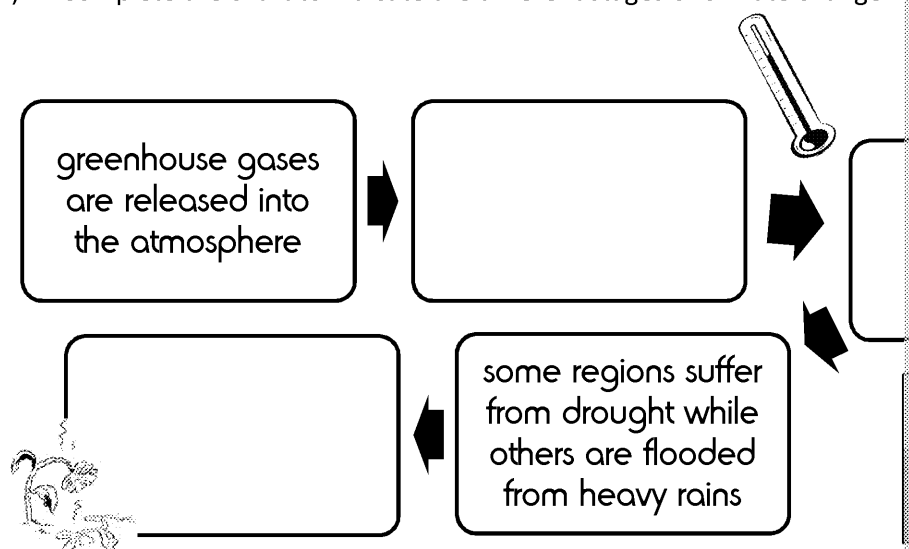
.....

.....

.....

.....

- 2) i) Complete the chart to indicate the different stages of climate change.



- ii) Describe how climate change can affect food availability on Earth.

.....

.....

.....

.....

.....

.....

.....

.....

**COPYRIGHT
PROTECTED**



3) State three purposes of Fairtrade.

1.
2.
3.

4) According to Eurostat, households are responsible for producing 42% of all food and drink manufacturing produces another 39%. Discuss different ways of production in industry AND in households.

.....

.....

.....

.....

.....

.....

.....

5) Describe the advantages and disadvantages of genetically modified foods for the environment.

	Advantages	
For health		
For the environment		

**COPYRIGHT
PROTECTED**



- 6) Sustainability of resources is key to providing a sufficient amount of food for
Describe three principles of food sustainability.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Exam-style Question

Assess the factors that can challenge the availability of food around the world
this could have in the future.

Extension Task

Create a connections map to indicate various factors which affect the availability
worldwide.

To do this, put 'Availability of food' in the centre and then draw lines to various
from those factors to other factors which might influence them, and so on.

**COPYRIGHT
PROTECTED**



5. Technological developments to support better health and food production

- 1) Underline the products which are fortified by law.

breakfast cereals wheat flour margarine soy milk

- 2) Match the beginning of the statement with the end to indicate the health benefit.

The addition of plant sterols to margarine

prevents

The addition of iron to cereals

helps

The addition of folic acid to bread

helps

Fortification with vitamin B1

helps

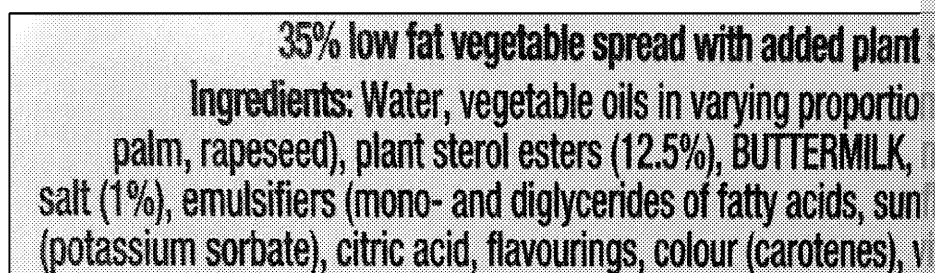
The addition of vitamin D

helps

The addition of vitamin B12 to soy milk

helps

- 3) Below is an image of the label from a food product.



- i) List two food additives used in this product.

.....

- ii) List two substances with which this product is fortified.

.....

- 4) Using the keywords below, describe the function of probiotics and prebiotics.

intestine

fibre

vitamin

pathogens

.....

**COPYRIGHT
PROTECTED**



- 5) Complete the table to identify one advantage and one disadvantage of using

Group	Function/Advantage	Disadvantage
Colourings		
Emulsifiers and stabilisers		
Gelling agents and thickeners		
Flavourings		
Sweeteners		
Preservatives		
Antioxidants		

INSPECTION COPY

COPYRIGHT
PROTECTED



Exam-style Question

Some foods, such as plain wheat flour, are fortified by law. Explain what is meant by the fortification of food.

Extension Task

Additives are commonly added to foods. Develop a logbook and record food items containing different types of additive. Can you explain why the additives were added to the food?

Use the Extension Task sheet

**COPYRIGHT
PROTECTED**



Extension Task worksheet

Food item (add a name or a photo)	What additives were added to it?	

INSPECTION COPY

COPYRIGHT
PROTECTED

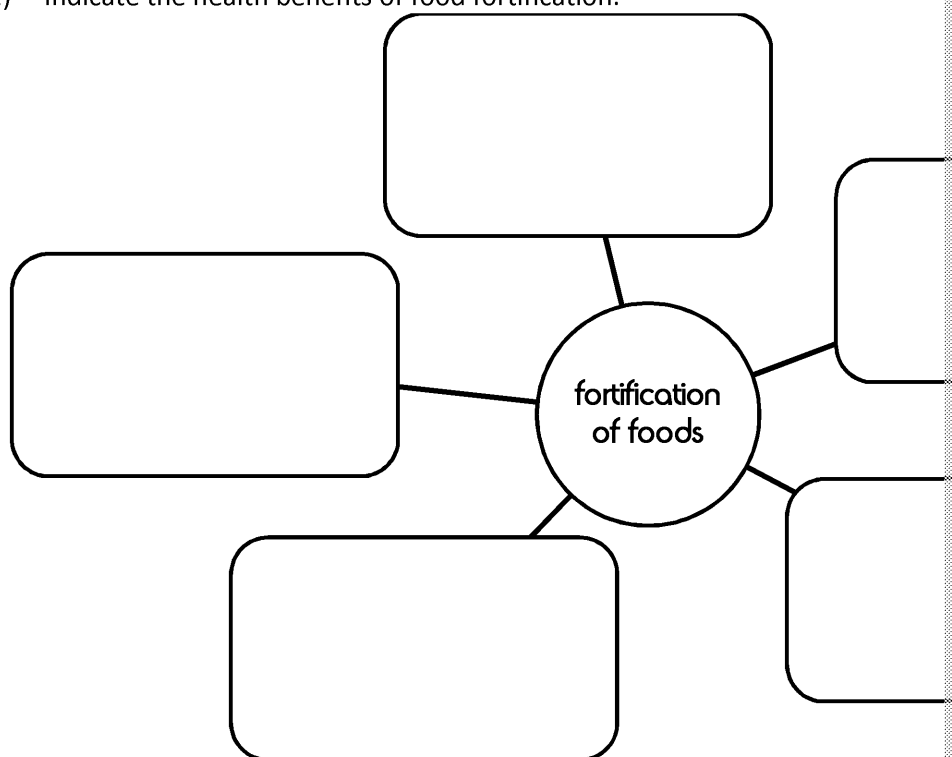


5. Technological developments to support food production

- 1) Identify the three products that are obligatorily fortified in Great Britain, and added to them.

Product	Substances

- 2) Indicate the health benefits of food fortification.



- 3) Below is the image of the label from a food product.

35% low fat vegetable spread with added plant sterols
Ingredients: Water, vegetable oils in varying proportions (sunflower, palm, rapeseed), plant sterol esters (12.5%), BUTTERMILK, salt (1%), emulsifiers (mono- and diglycerides of fatty acids, sunflower lecithin), (potassium sorbate), citric acid, flavourings, colour (carotenes), vitamins A, D, E.

- i) State the function of buttermilk in this product.

.....

.....

COPYRIGHT
PROTECTED



ii) Explain why emulsifiers are used in this product.

.....

.....

.....

.....

4) Describe the function of probiotics and prebiotics for health.

.....

.....

.....

.....

.....

.....

.....

.....

5) Complete the table to provide two advantages and two disadvantages of using each additive. For each group, identify one example.

Group	Function/Advantage	Disadvantage
Colourings		
Emulsifiers and stabilisers		
Gelling agents and thickeners		
Flavourings		

**COPYRIGHT
PROTECTED**



Group	Function/Advantage	Disadvantage
Sweeteners		
Preservatives		
Antioxidants		

Exam-style Question

Evaluate the factors for and against the use of food additives in the food industry.

Extension Task

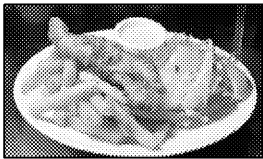

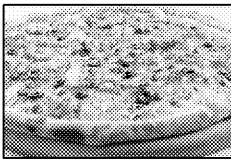

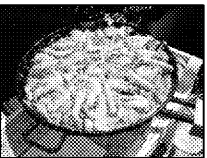

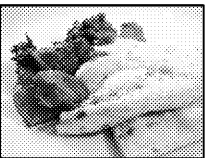

Set up a tasting panel for your family and friends. Using various tests, assess the quality of yoghurt (e.g. low fat, low sugar, with added calcium or without).

**COPYRIGHT
PROTECTED**



6. Development of culinary traditions

1) Indicate the country of origin for the following meals and dishes.

Fish and chips 	Sushi 	
Pizza 	Dumplings 	
Paella 	Quiche 	
Naan bread 	Tacos 	

2) Fill in the gaps to define 'cuisine'. You can use some of the keywords below

country	region	county
meal	dish	cooking

Cuisine is a style of cooking characteristic of a particular _____
 where specific _____, preparation and _____
 or serving techniques are used.

INSPECTION COPY

**COPYRIGHT
PROTECTED**



3) Using the definition from question 2), provide one feature or eating pattern of a cuisine.

.....

.....

.....

.....

.....

.....

.....

.....

.....

Exam-style Question

- 1) Each cuisine uses a set of characteristic ingredients.
Name **three** ingredients characteristic of British cuisine.

Extension Task

Select a traditional dish from a distant country (e.g. Brazil or South Africa) and list its ingredients, if possible.

Are there any ingredients which cannot be substituted? Why?

**COPYRIGHT
PROTECTED**



6. Development of culinary traditions

1) Colour-code the map to indicate where the following meals come from.

fish and chips	sushi	pizza	dumplings	
naan bread	spring rolls	tacos	doughnuts	



2) Define 'cuisine'.

.....

.....

3) Using the definition from question 2), describe the features and eating patterns of a cuisine.

.....

.....

.....

.....

.....

**COPYRIGHT
PROTECTED**



Exam-style Question

Identify and explain **two** reasons why traditional recipes may need to be adapted.

Extension Task

Select a traditional dish from **two** distant countries (e.g. Japan and America) and combining the two cuisines. *You could try a sushi burger!*

Write down your new list of ingredients and recipe instructions.

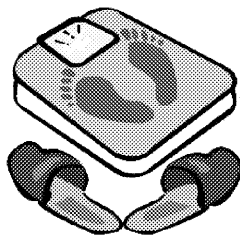
**COPYRIGHT
PROTECTED**

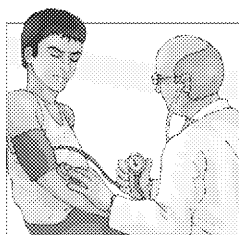


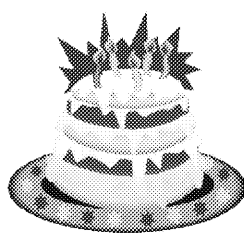
7. Factors influencing food choice: personal, social and economic factors, medical reasons

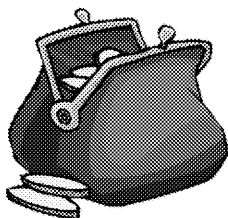
1) Using the images below, identify the various factors that influence food choice











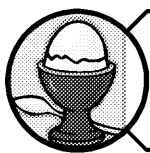


INSPECTION COPY

COPYRIGHT
PROTECTED



2) Look at the pictures below and identify the most common food allergies.



3) i) Explain the difference between food intolerance and a food allergy, using the words below.

immune system

digestive system

reaction

.....

.....

.....

.....

.....

ii) Provide an example of one food intolerance and one food allergy, and list the symptoms in these conditions.

	Foods that cause
Food allergy:	
Food intolerance:	

**COPYRIGHT
PROTECTED**



Exam-style Question

Food choices can be affected by various factors.

- i) Explain why food choices may be influenced by food availability.
- ii) Give **two** ways in which consumers' personal preferences may influence the choice of food.

Extension Task 1

Select a traditional British recipe (e.g. for a cottage pie) and adapt it to the needs of:

- a gluten-intolerant person
- a person on a low income

Use the Extension Task 1 template to complete this task.

Extension Task 2

Your task is to plan a dinner for a family of four. In the family:

- one person is lactose intolerant
- one person is allergic to nuts

Remember to justify your choice of ingredients.

As the family does not have a large disposable income, you also need to cost the ingredients. The total price does not exceed £4.00 per person. Make sure the quantity you make is enough for four people.

Use the Extension Task 2 template to complete this task.

**COPYRIGHT
PROTECTED**



Extension Task worksheet 1

Traditional British recipe:

Ingredients:

.....

.....

.....

.....

Gluten-intolerant person

Changes I have to make:

Why this is so:

Person

Changes I have to make:

Why this is so:

INSPECTION COPY

**COPYRIGHT
PROTECTED**



Extension Task worksheet 2

Ingredients I CAN use	Ingredient

Main course:

Dessert:

Ingredient	Why I use this ingredient	

INSPECTION COPY

COPYRIGHT
PROTECTED



7. Factors influencing food choice: personal, economic factors, medical reasons

- 1) There are many factors which influence food choices. For each factor listed below, explain how it influences the food choice of an individual.

Money

.....

.....

Time

.....

.....

Season

.....

.....

Occasion

.....

.....

PAL

.....

.....

- 2) Identify five of the 14 most common food allergens.

1.

2.

3.

4.

5.

- 3) i) Explain the difference between a food allergy and food intolerance.

.....

.....

.....

.....

.....

**COPYRIGHT
PROTECTED**



- ii) Provide an example of one food allergy and one food intolerance, and list the symptoms in these conditions.

Exam-style Question

Assess how consumers' food choices may be influenced by their lifestyles.

Extension Task 1

Select a traditional British recipe and adapt it to the needs of:

- a gluten intolerant person
- a person allergic to wheat
- a person with a very busy lifestyle

Explain why the changes have to be made.

Extension Task 2

Plan a dinner for a family of four, in which one member is lactose intolerant, and another is allergic to nuts.

Remember to:

- justify your choice of ingredients
- consider different factors which will affect your meal choices

Use an online price comparison tool to cost your dish and, subsequently, choose the most cost-effective ingredients. The price limit is £2.00 per person.

**COPYRIGHT
PROTECTED**



8. Factors influencing food choice: religious beliefs, ethical and moral beliefs

- 1) Religion is an important factor on which people base their food choices. Understand the main religions, their beliefs and then indicate the main dietary restrictions (such as allowed food, forbidden food, fasting periods, etc.) for each religion.

MILSA

.....
.....
.....

DDMIUBHS

.....
.....
.....

MRRIINFASATAS

.....
.....
.....

HSIMSKI

.....
.....
.....

DHUIINSM

.....
.....
.....

MUIJADS.....

.....
.....
.....

INSPECTION COPY

**COPYRIGHT
PROTECTED**



- 2) Indicate the four ethical beliefs which may influence humans' food choices.

a _ _ _ _ _ w _ _ _ _ _	f _ _ _ _
l _ _ _ _ p _ _ _ _	o _ _ _

- 3) Various ethical and moral beliefs have resulted in different views on food and the groups of consumers below with the foods they are allowed to eat.

lacto-ovo-vegetarians
lacto-vegetarians
ovo-vegetarians
vegans

ea
do
ea

- 4) French cuisine is very popular in the UK. Inspect the ingredients for boeuf bourguignon.

3 tsp goose fat 600 g beef shin 100 g streaky bacon 350 g shallots 250 g chestnut mushrooms 2 cloves of garlic 1 tbsp tomato purée 750 ml red wine

- i) Indicate two ingredients which are not suitable for a vegetarian.

.....

.....

- ii) Indicate one ingredient which is not suitable for a Hindu.

.....

- iii) Suggest why the dish is not suitable for a Muslim.

.....

.....

.....

**COPYRIGHT
PROTECTED**



- 5) From the list below, identify products which are suitable for vegetarians, but not your choice.

cauliflower cheese	wholewheat bread tuna sandwich	tea with honey	coffee w
tomato and onion salad	beetroot and raspberry chutney	cheesecake	soy mil

.....is not suitable for vegans because.....

.....is not suitable for vegans because.....

.....is not suitable for vegans because.....

.....is not suitable for vegans because.....

.....is not suitable for vegans because.....

Exam-style Question

- 1) Black pudding is a very common traditional ingredient of a full English breakfast. Give **one** reason why black pudding is not suitable for Muslims.

**COPYRIGHT
PROTECTED**



8. Factors influencing food choice: religious beliefs, ethical and moral beliefs

- 1) Religion is one of the factors influencing humans' food choices. For each religion, identify the relation to the foods they eat, and then identify some of their 'dietary laws'.

Religion	Food beliefs	Dietary laws
Islam		
Buddhism		
Rastafarianism		
Sikhism		
Hinduism		
Judaism		

- 2) Create your own glossary of terms referring to the ethical and moral beliefs.

animal welfare	
fairtrade	
local produce	
organic	

COPYRIGHT
PROTECTED



- 3) Various ethical and moral beliefs have resulted in different views on food and Complete the table to identify food products which can and cannot be eaten

	Can eat	
Lacto-ovo vegetarians		
Lacto-vegetarians		
Ovo-vegetarians		
Vegans		

- 4) French cuisine is very popular in the UK. Inspect the ingredients for boeuf bourguignon



3 tsp goose fat
600 g beef shin
100 g streaky bacon
350 g shallots
250 g chestnut mushrooms
2 cloves of garlic
1 tbsp tomato purée
750 ml red wine

- i) Identify two religions this dish is unsuitable for. Justify your answer.

.....

.....

- ii) Describe how the ingredients could be modified to make them suitable for

.....

.....

.....

**COPYRIGHT
PROTECTED**



5) List five products or meals which are suitable for vegetarians, but not for vegans.

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....

Exam-style Question

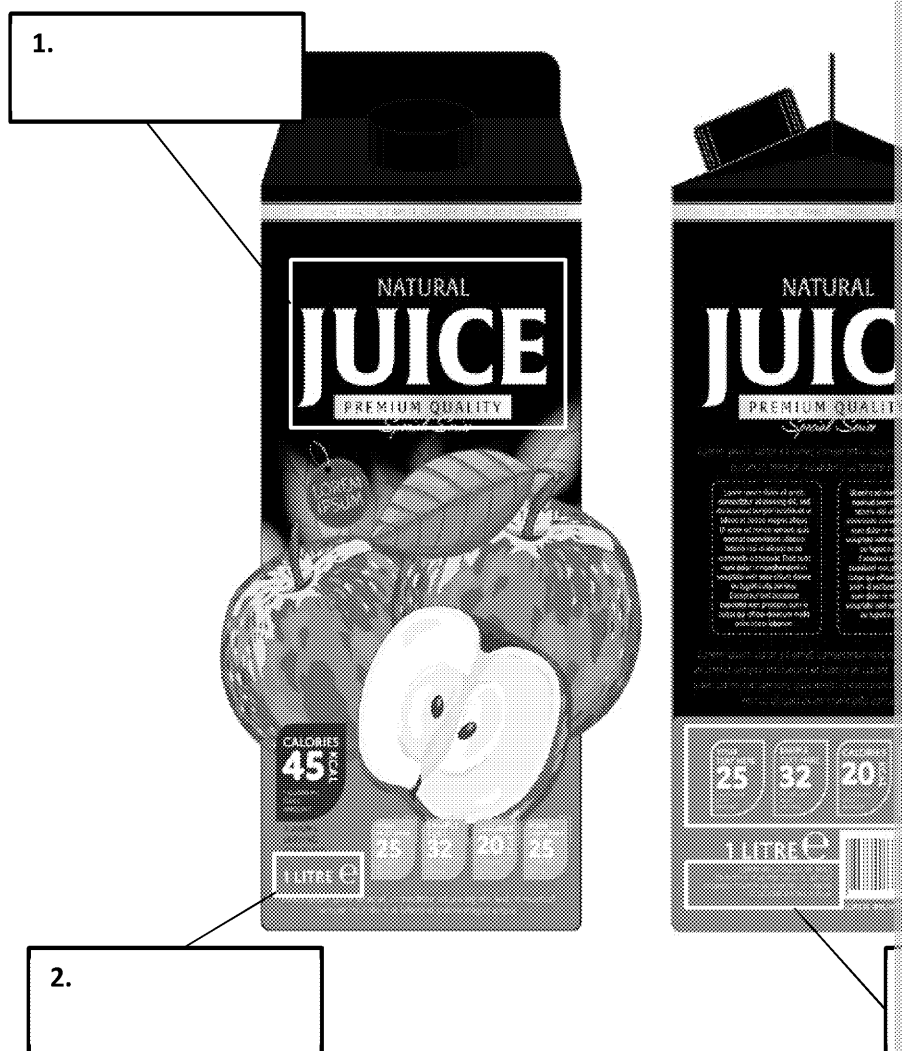
Explain why a traditional English breakfast is not suitable for a Jew.

**COPYRIGHT
PROTECTED**



9. Factors influencing food choice: consumer food labelling and marketing

- 1) Complete the diagram by labelling four pieces of mandatory information which is required on food packaging.



INSPECTION COPY

COPYRIGHT
PROTECTED



2) Read the label carefully and answer the questions below.

LIGHT SPONGE CAKES WITH DARK CRACKLY CHOCOLATE AND A SMASHING ORANGEY CENTRE
Ingredients: Glucose-Fructose Syrup, Plain Chocolate (19%) [Sugar, Cocoa Mass, Vegetable Fats (Palm, Sal and/or Shea), Butter Oil (**Milk**), Cocoa Butter, Emulsifiers (**Soya** Lecithin, E476), Natural Flavouring], Sugar, Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Whole **Egg**, Water, Dextrose, Concentrated Orange Juice (8% Orange Juice Equivalent), Glucose Syrup, Vegetable Oils (Sunflower, Palm), Humectant (Glycerine), Gelling Agent (Pectin), Acid (Citric Acid), Raising Agents (Ammonium Bicarbonate, Disodium Diphosphate, Sodium Bicarbonate), Dried Whole **Egg**, Acidity Regulator (Sodium Citrates), Natural Orange Flavouring, Colour (Curcumin), Emulsifier (**Soya** Lecithin).
For allergens, including cereals containing gluten, see ingredients in **bold**.

i) List the allergens present in the cakes.

.....

.....

.....

.....

ii) Are these cakes suitable for vegetarians? Justify your answer.

.....

.....

.....

.....

iii) Explain why these cakes might be unsuitable for children.

.....

.....

.....

.....

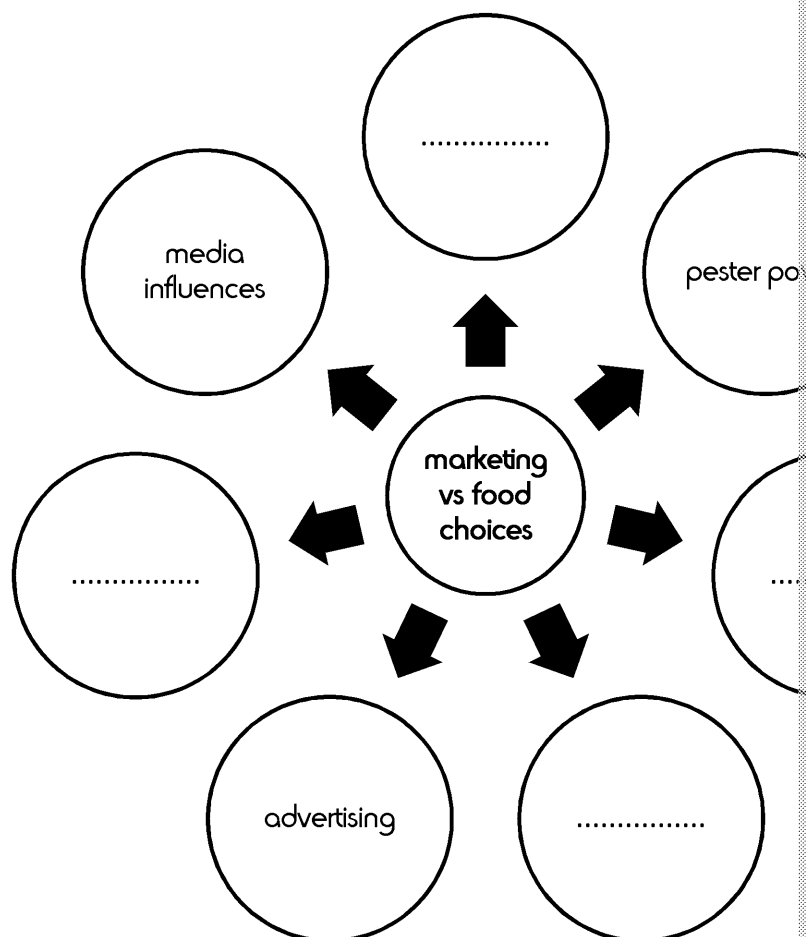
.....

INSPECTION COPY

COPYRIGHT
PROTECTED



3) i) Complete the diagram below to indicate marketing techniques which can



ii) Explain what 'pester power' is.

.....

.....

.....

.....

.....

Exam-style Question

- 1) Eggs are one of the staple foods in the UK.
Give **two** reasons why some people may not be able to consume eggs.

Extension Task

Create a leaflet about organic food. In your leaflet, try to include the following

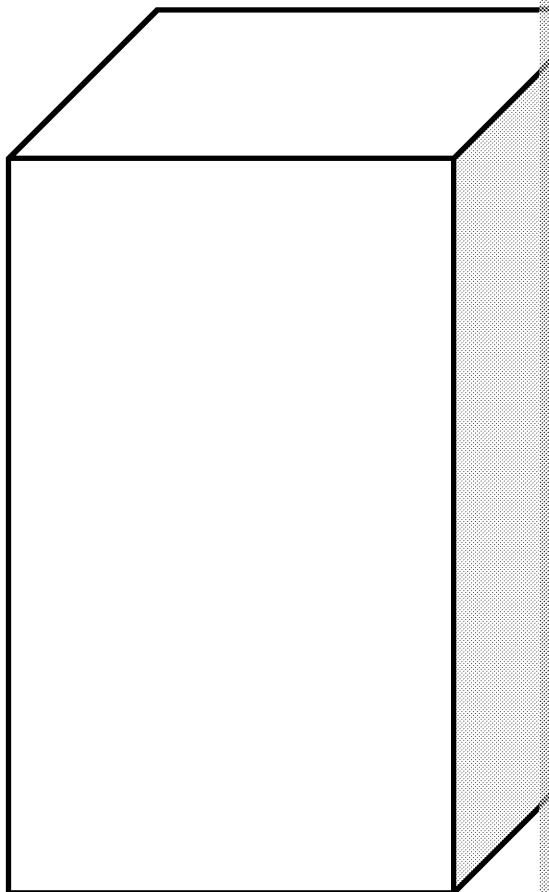
- the advantages of producing and eating organic food
- the disadvantages of producing and eating organic food
- the most popular organic produce in the UK
- the difference between organic and conventional food products

**COPYRIGHT
PROTECTED**



9. Factors influencing food choice: consumer food labelling and marketing

- 1) Design your own food package to include at least five pieces of mandatory information. It is important to include this information on a food label.



Mandatory information	Why

INSPECTION COPY

COPYRIGHT
PROTECTED



2) Inspect the label and answer the following questions.

LIGHT SPONGE CAKES WITH DARK CRACKLY CHOCOLATE AND A SMASHING ORANGEY CENTRE
Ingredients: Glucose-Fructose Syrup, Plain Chocolate (19%) [Sugar, Cocoa Mass, Vegetable Fats (Palm, Sal and/or Shea), Butter Oil (**Milk**), Cocoa Butter, Emulsifiers (**Soya** Lecithin, E476), Natural Flavouring], Sugar, Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), **Whole Egg**, Water, Dextrose, Concentrated Orange Juice (8% Orange Juice Equivalent), Glucose Syrup, Vegetable Oils (Sunflower, Palm), Humectant (Glycerine), Gelling Agent (Pectin), Acid (Citric Acid), Raising Agents (Ammonium Bicarbonate, Disodium Diphosphate, Sodium Bicarbonate), Dried **Whole Egg**, Acidity Regulator (Sodium Citrates), Natural Orange Flavouring, Colour (Curcumin), Emulsifier (**Soya** Lecithin).
For allergens, including cereals containing gluten, see ingredients in **bold**.

i) List the allergens present in the cakes. Indicate in which health condition

.....

.....

.....

.....

.....

.....

ii) Assess whether the product is suitable for vegans. Justify your answer.

.....

.....

.....

.....

.....

.....

iii) Describe how the list of ingredients is constructed.

.....

.....

.....

.....

.....

.....

INSPECTION COPY

COPYRIGHT
PROTECTED



3) i) Explain what 'pester power' is.

.....

.....

.....

.....

.....

ii) Indicate three marketing techniques which influence food choices.

1.
2.
3.

Exam-style Question

Marketing techniques are often used by producers to persuade consumers to buy their products.

Suggest four ways that marketing and advertisements can affect food choices.

Extension Task

Write a journal article about local produce. In your article, try to include the following:

- the advantages of eating and producing food locally
- the disadvantages of eating and producing food locally
- foods produced in your local area
- examples of dishes which can be made from these foods

**COPYRIGHT
PROTECTED**



Answers

1. Food provenance: food source and supply

1) ●■ Higher ability to provide similar answer to lower-ability worksheet

- Reared – beef, pork, lamb, salmon and oysters in fish farms
- Grown – lettuce, carrots, sunflowers, olives, pumpkin
- Caught – venison, wild salmon and oysters
- (■ only) Gathered – mushrooms, stinging nettles, thyme, various herbs

Or any other relevant examples.

2) ●■ Higher ability to provide similar answer to lower-ability worksheet

Organic farming does not allow the use of **pesticides, antibiotics, fertilisers** or (such as animal feed). They can be used in conventional farming in order to obtain

3) ●■ Higher ability to provide similar answer to lower-ability worksheet

Eggs can be produced in various ways. The most popular method of egg farming is **enriched cage** production, where hens are kept in tight **cages**, placed on top of each other. Another popular method is **barn** production, in which hens can move freely around the barn. Some people claim that **free-range** egg production is better both for the birds and consumers. In **free-range**, hens are outside at least for a part of the day and have much more room than the hens in **cages**. **Free-range** eggs are labelled as 1. **Organic** eggs come from hens which are fed **organic** food.

4) ●■ Higher ability to provide similar answer to lower-ability worksheet

Advantages:

- It is cheaper to rear large numbers of animals in one place than it is to rear small numbers
- Less land is used (which helps maintain sustainability)
- Fewer people are needed to run the farm
- The price of food is lower and more affordable

Disadvantages:

- Need to invest a lot of money to start a farm
- Increased risk of an epidemic
- Animal welfare standards are not met
- Fights and injury among animals are possible

Or any other relevant answer.

5) ●■ Higher ability to provide similar answer to lower-ability worksheet

Advantages could include:

- Cheaper
- Fresher
- Nutrient rich
- Sold unpacked so the waste amount is smaller
- Support and empower local farmers
- Reduces the need for transportation and lowers the carbon footprint
- May provide a greater variety in a diet over longer periods of time (e.g. instead of eating the same food all year long, one would be able to try different foods in different seasons)

Disadvantages could include:

- Limited choice of ingredients at a given time (only certain plants produce fruit/vegetables at certain times)
- Boredom when preparing meals (as all must be made with the same ingredients)
- May be more expensive, especially if labelled as organic, or due to weather conditions
- May not always be available due to weather conditions and climate change
- As pesticides, etc. may be used less often, the produce is more prone to disease and pests
- In times of low yields, fewer jobs would be created as only a few people would be needed to transport the produce
- Only a limited selection of plants can be planted in a given climate / geographical area due to availability, soil type and condition, etc., so there may be a less variety in eating

INSPECTION COPY

COPYRIGHT
PROTECTED



6) i) ●

- fruit – tomatoes
- seeds – sweetcorn
- flowers – broccoli
- leaves – kale
- stems – asparagus
- roots – radishes
- bulbs – leeks
- tubers – potatoes

i) ■

- fruit – tomatoes, courgettes, pumpkins, melons
- seeds – sweetcorn, green peas, beans
- flowers – broccoli, artichokes, cauliflowers
- leaves – kale, lettuces, cabbages, spinach, watercress, parsley
- stems – asparagus, celery, kohlrabi
- roots – radishes, beetroots, parsnips, celeriac
- bulbs – leeks, garlic, onions, fennel
- tubers – potatoes, yams, Jerusalem artichokes

Other suitable examples can be accepted.

ii) ● forerib, sirloin, rump, silverside

ii) ■ trotters, hocks, head

iii) ●■ Higher ability to provide similar answer to lower-ability worksheet

Category	Examples
saltwater fish	cod, mackerel, salmon
freshwater fish	carp, pike, trout
flatfish	sea bream, turbot
round fish	sardines, tuna
lean fish	cod, sea bass, sole
oily fish	herring, salmon, trout

Other suitable answers (examples) can be accepted.

Exam-style Question

- 1) ● 1 mark for each correct pair of fruits (up to 3 marks).
- Stone fruits:** plums, apricots, cherries, nectarines, peaches
 - Berries:** strawberries, gooseberries, raspberries, blueberries
 - Exotic fruits:** bananas, pineapples, papayas, passionfruit, kiwi fruit
- Other suitable answers may be accepted.

- 2) ● 1 mark for each correct from (max. 4 marks):
- Sustainable fish farms care about animal welfare so the fish are treated well
 - The consumer knows how the fish were reared, fed and caught
 - It is easier to control diseases and fish feed and avoid accidental eating of heavy metals
 - Sustainable fish farms help to protect the natural environment
 - Sustainable fishing helps to protect wild species
 - Sustainable fishing prevents species extinction
 - Sustainable fishing helps to cease overfishing of natural fisheries
 - Sustainable fish farms provide jobs for many people around the world

More healthy or better quality **should not** be accepted due to lack of reliability.

Any other suitable answer may be accepted.

- 1) ■ 1 mark for each correct example (up to 2 marks)
- Simple fruits:** banana, cranberry, tomato, apricot, olive
 - Aggregate fruits:** pineapple, strawberry, raspberry, blackberry
- Other suitable answers can be accepted.

**COPYRIGHT
PROTECTED**



2) ■

There is a well-developed line of reasoning which is clear and logically structured. The information presented is relevant and substantiated, showing a clear understanding and evaluation of the factors for and against fish farms. Specialist terms are used and correctly.

There is a line of reasoning presented with some structure that is, for the most part, and supported by some evidence showing an understanding and evaluation of the factors for and against fish farms. Some specialist terms have been used, although not always appropriately.

The information is basic and communicated in an unstructured way. There is a limited understanding and evaluation of the factors for and against the use of fish farms. Answer may be ambiguous or disorganised.

No answer given, or answer is incorrect/irrelevant.

Indicative content:

Arguments for the use of fish farms:

- Health of the stock
- Management of the farm
- Avoiding waste
- Protects species diversity
- Reduction in food waste and food packaging
- Fish farms may produce as many fish as are needed to feed the growing population
- The number of fish may be easily controlled and adjusted
- The fish farms need to undergo strict controls to make sure all standards are met
- The quality of fish is better controlled, so the fish people eat is safe and healthy
- Fish farms are environmentally friendly so don't affect the availability of resources, e.g. from plants
- Fish farms require only limited space, so there is more room to grow produce
- Fish farms only use the necessary resources, so there are more resources available for other uses
- The waste products are disposed of in a controlled way, so create no pollution
- Impact on the environment
- Only using the resources needed
- Enables fair wages to be paid
- Welfare of stock

Arguments against the use of fish farms:

- Only chosen fish species can be reared
- The fish are fed synthetic feed, which affects their flavour and nutritional value
- Fish farms may be overcrowded, which could affect animal welfare and the quality of the fish
- Animals can be treated with antibiotics as a prevention, and traces of antibiotics can be found in the fish people eat
- The fish tanks may be dirty and polluted from too much feed, excrement and waste
- Nutritional value of the fish may be lower than those which live in the sea
- Fish farms may be more costly to run due to all the hygiene and safety requirements
- They can only be placed in certain locations, i.e. where they are unlikely to cause pollution
- They may incur higher cost of transportation and produce a higher carbon footprint
- Only fish farms with access to the sea will be able to run fish farms
- Low variety in diet

Other correct responses may be accepted.

INSPECTION COPY

**COPYRIGHT
PROTECTED**



2. Food processing and production: primary and secondary stages of production

- 1) ●■ Higher ability to provide similar answer to lower-ability worksheet
- Primary processing: sorting, trimming, washing, waxing, milling, skinning, etc.
 - Secondary processing: fermenting, adding colourants, freezing, smoking, drying, etc.
- For higher ability, other relevant responses may be accepted.

- 2) ●■ Higher ability to provide similar answer to lower-ability worksheet

Homogenisation	Process in which fresh milk is pressed through tiny holes to prevent it from separating
Pasteurisation	Process in which milk is heated to 72 °C for 15 seconds and then cooled to kill pathogenic bacteria
Sterilisation	Heating the milk to over 110 °C for 30 minutes to kill all bacteria
Microfiltration	Pressing the milk through very fine membranes to remove bacteria

- 3) ●■ Higher ability to provide similar answer to lower-ability worksheet

1. Homogenisation and pasteurisation of milk
2. Adding bacteria cultures
3. Incubating in warm conditions
4. Fermentation
5. Cooling down to stop bacterial growth
6. Adding flavouring
7. Packing and sealing

- 4) i) ●■ Higher ability to provide similar answer to lower-ability worksheet

- wholemeal flour, plain flour
- ii) ● • strong wheat flour, wheat flour, rye flour, barley flour
- ii) ■ • strong wheat flour, 00 flour, semolina, wheat flour
- iii) ● • gluten
- iii) ■ The stages of bread production are:
 - mixing flour with water, salt and yeast
 - kneading
 - first proving
 - kneading/knocking-out and shaping
 - second/final proving
 - baking

- 5) ● (probiotic) bacteria and mould (students may name specific species, e.g. *Penicillium*)

- 5) ■ i) Any two from:
Lactococcus, *Lactobacillus*, *Streptococcus*, *Propionobacterium*, *Brevibacterium*, etc.
suitable answer.
- ii) Rennet

- 6) ●

	Fat content	Culinary use
Single cream	18%	Pouring over desserts, garnishing soups, thicker
Double cream	48%	Whipping, pouring over desserts, used to prepare cream, to make decorations on sweet and savoury dishes

- 6) ■ During production of butter fat has to be separated from buttermilk. Homogenisation makes the fat particles small and makes this process very difficult, if not impossible.

COPYRIGHT
PROTECTED



Exam-style Question

1) ● Double cream

1) ■ a) Any two from:

- cooking (boiling, simmering, roasting, grilling)
- fermentation
- sterilisation
- pasteurisation
- adding acid or sugar
- adding gelling agents
- drying/dehydrating
- lyophilisation (accelerated freeze-drying)
- freezing
- pickling

or any other suitable answer.

Do NOT accept primary processes, such as crushing, cutting, peeling, w

b) The answer identifies and correctly describes one of the following:

- to improve flavour – some fruits are very acidic, and sugar makes
- to increase the shelf life – a high concentration of sugar prevents t
this is because sugar draws the water from fruit and binds it tight
available for the microorganisms
- to enable gelling – since sugar binds water, the jam mixture is less
also, the correct amount of sugar in a jam reduces the amount of p
obtain the desired texture

Other suitable answers may be accepted.

INSPECTION COPY

COPYRIGHT
PROTECTED



3. Food processing and production: industrial and domestic preserving methods

- 1) ●■ Higher ability to provide similar answer to lower-ability worksheet
Various food preservation methods are used to:
- preserve the **nutritional** value of food
 - prevent oxidation, helping to maintain the **nutrients** in food
 - enhance the **shelf life** of food
 - produce foods which are **convenient** to use
 - improve food safety and prevent **spoilage by microorganisms**
 - improve the sensory characteristics of food (e.g. taste, texture, aroma, colour)
- Other suitable answers can be accepted.

- 2) ●■ Higher ability to also provide an explanation of why the characteristics are affected:
- **texture**: some fruits and vegetables may become too soft, or even mushy (due to long storage time, high temperatures used, and the fact that food is stored in a brine or juice which changes its texture)
 - **appearance**: some foods may lose their colour, e.g. peas change from green to yellow (due to changes that natural colouring agents in foods undergo during cooking; if no brine or juice is used, as an acidic pH will affect the colour of food in a different way)
 - **nutrient content**: some foods may lose their nutritional value and become less healthy (e.g. such as chopped tomatoes and citrus fruit, may react with the metal tin – for this reason a protective layer has to be added inside the tin)
 - **vitamin content**: some vitamins may become damaged due to high temperatures and various other factors
 - **sugar content / calorific value / taste**: as many fruits are covered in syrup (therefore, their calorific value) increases / their taste is sweeter than that of fresh fruit
 - **salt content / taste**: as many vegetables are covered with brine, their salt content increases / their taste is much saltier than that of fresh vegetables

- 3) ●

	Initial temperature	Final temperature
Blast chilling	Over 75 °C	Below 3 °C
Cook-freeze	Over 75 °C	Below -18 °C

- 3) ■ i) Conduction
ii) Liquid nitrogen
- 4) ● i) Oxygen
ii) Oxidation / enzymic browning
- 4) ■
- Controlled atmosphere packaging (CAP) refers to storage conditions of food where the temperature, humidity and composition of the air can be dynamically controlled to protect the food in storage from oxygen and other factors.
 - Modified atmosphere packaging (MAP) refers to conditions inside a food container where the air (or the package is removed and replaced with air of a modified composition (e.g. low oxygen, low carbon dioxide level).
 - CAP and MAP help to protect the food in many ways:
 - they usually involve the removal of oxygen, which helps to prevent the oxidation and browning of fruits and vegetables
 - as oxidation is prevented, the taste and aroma of food is protected
 - as enzymic browning is prevented, the colour and aroma of food is protected (e.g. apples turn brown)
 - as humidity is usually controlled, MAP helps to protect the texture of food (e.g. vegetables become soggy or soft while sealed)

Other suitable answers can be accepted.

- 5) ● i) Any two from:
- extending the shelf life
 - preventing food spoilage
 - preventing mould and bacterial growth
 - improving the flavour
 - preventing food waste
- Or any other suitable example.
- ii) Brine

COPYRIGHT
PROTECTED



- 5) ■ Brine (a solution of water and salt) is hypertonic. This means that the concentration of salt in the brine is higher than in the cells of microorganisms. For this reason, water will 'leak' out of the cells, leading to the death of the microorganisms. This will cause the food to eventually die, making it impossible for them to grow or multiply.

Exam-style Question

- 1) ● a) Any two from:
- to improve the flavour (taste and aroma)
 - to increase the shelf life
 - to prevent oxidation/rancidification of the oil in fish (antioxidant)
- Other suitable answers may be accepted.
- b) Any two from:
- curing
 - freezing
 - canning
 - sterilising
 - pasteurising
 - pickling
 - drying
- Or any other suitable answer.
Do NOT accept primary processes, such as trimming and descaling.
- 1) ■ 1 mark for each correct statement, max. 2 marks
- Indicative content:
- food is prepared and cooked (if needed), and portioned
 - food is placed in a plastic bag or another container
 - all of the air is removed from the bag/container
 - the bag/container is sealed with a hot knife to prevent air from entering
- 2) ■ 1 mark for a basic description, 2 marks for a detailed explanation, max. 2 marks
- Indicative content:
- Many spoilage microorganisms need oxygen (from air) to multiply; these are aerobic microorganisms.
 - Lack of oxygen (air) means that aerobic microorganisms cannot grow, leading to less spoilage (this applies to some bacteria, yeast and moulds).
 - There are species of microorganisms which do not require air (oxygen) to grow; these are anaerobic microorganisms.
 - Vacuum packing does not prevent spoilage caused by anaerobic microorganisms, such as *Clostridium botulinum* in fish and meat preserves.
 - Examples of vacuum-packed foods include fresh, frozen or smoked meat, fish, vegetables, noodles, gnocchi, some ready-to-eat foods.
- Other suitable answers may be accepted.

**COPYRIGHT
PROTECTED**



4. Food security

- 1) ● Food waste, packaging, carbon footprint, food miles, fossil fuel, greenhouse change
- 1) ■ During food production and transportation, **fossil fuels** are used in order to large amounts of **greenhouse gases** are released into the atmosphere. The other gases released as a result of production of one item is called the **carbon** transported to its destination, and the larger the distance, the larger the carbon the farm to the consumer's plate is called **food miles**. The amount of gases **climate change**, because they create a coat around the globe and prevent the
- 2) ●■ Higher ability to provide similar answer to lower-ability worksheet
 - i)
 1. **greenhouse** gases are released into the atmosphere
 2. the surface of the earth **warms up**
 3. glaciers **melt** while oceans, seas and lakes **evaporate**
 4. some regions suffer from **drought** while others are **flooded** from heavy
 5. **crops** are **damaged** and people suffer **famine**
 - ii) ●■ Higher ability to provide similar answer to lower-ability worksheet
 - droughts can cause failure crop and make growing plants impossible in the
 - floods can cause failure crop and make growing plants impossible in the of the ground
 - rising sea level can cover areas of land, limiting the area suitable for growing
 - rising temperature can cause many plant and animal species to die as temperatures
 Or any other suitable answer.
- 3) ●■ Higher ability to provide similar answer to lower-ability worksheet

Fairtrade is a foundation set to improve **working conditions** in **developing countries** the workers and fair **prices** for the products.
- 4) ● Students to indicate **four** from:
 - reuse uneaten food, e.g. in pies, soups or salads, stale bread can be grate
 - cook and serve only the amount you need
 - store food properly to avoid spoilage
 - plan meals and write a shopping list
 - check the use by dates and eat the foods that have the shortest shelf life
 - freeze uneaten leftovers for later use
 - if inedible, turn into compost and use to fertilise plants in the garden
- 4) ■ Students to indicate some of the methods in part ii) ● AND some of the following
 - Use smaller packages with individual serving portions wrapped separately
 - Use smaller, 'ugly' looking vegetables and fruit to produce juices, soups, etc. and use them away
 - Discount foods which are soon to expire
 - Give away foods to food banks or charity
 Other relevant answers may be accepted.
- 5) ●■ Higher ability to provide similar answer to lower-ability worksheet

Advantages	Disadvantages
More food can be produced	Unknown long-term benefits
The use of pesticides or herbicides is lower	May be responsible for obesity, overweight and obesity
Nutritional value of foods can be increased	May cause other diseases
High-yield crops and industrial farming are possible because immunity of plants and animals is increased	No long-term studies on the outcomes of eating GM

Or any other relevant answer.

- 6) ● limit consumption of meat choose seasonal foods, reduce the use of plastic packaging, eat vegetables, buy locally produced foods, limit consumption of dairy products

COPYRIGHT
PROTECTED



- 6) ■ The answer includes a reference to three from:
- **reduction of food waste and packaging** – a lot of resources, such as energy, are used to produce food and packaging, so reducing waste will also limit the demand for these resources. It also helps to save resources (e.g. human power, energy, land) to recycle the waste.
 - **eating more fruit and vegetables, and less meat and dairy** – producing meat and dairy requires more land and produces more greenhouse gases than the production of plant-based foods. A vegetarian diet is the most sustainable.
 - **buy seasonal and locally produced foods** – this helps to limit the amount of transport in production, as well as limiting the carbon footprint, as locally produced foods have a smaller footprint.
 - **choose fair trade products** – this helps to ensure fair prices and wages for workers in developing countries, which can then be allocated to them in the most appropriate way, such as reforestation or to improve production methods to limit deforestation of rainforests or to improve production methods to limit deforestation.
 - **select fish from sustainable resources** – natural fisheries and fish stocks are being depleted, and extinction, the environment is not polluted with production waste, etc.
 - **avoid or limit consumption of salt and sugar** – their production requires a lot of resources, which could be used in better ways; salt is also often obtained from underground salt deposits, which is not sustainable.
 - **grow food yourself if possible** – this reduces the amount of water, energy, and land needed for food production.
- Other suitable answers can be accepted.

Exam-style Question

- 1) ● a) Any product which is not produced in the UK. The answer should indicate the country of origin (unless it's clear that it is not produced in the UK). For example, oranges – this is correct as oranges cannot be grown in the UK. Strawberries – can be produced locally or imported (e.g. from Spain); the answer should indicate the country of origin. Examples could include:
- pineapple
 - kiwi fruit
 - prosciutto (a type of cured ham made in Italy)
 - wine (can be produced in many countries, such as Italy, Spain, France, Australia, USA)
- b) Any two from:
- buying foods locally
 - limiting food waste
 - buying organic products (fewer fertilisers = less carbon dioxide produced)
 - cut down on consumption of beef and dairy products (cattle rearing and dairy farming which are often cleared by deforestation)
- Other suitable answers may be accepted.

- 1) ■
- | |
|---|
| An excellent, well-balanced answer showing thorough knowledge and understanding of the factors that can affect food availability and the impact this can have in the future. There is a well-developed line of reasoning which is clear and logical. The information presented is relevant and substantiated. |
| A good, well-balanced answer showing good knowledge and a clear understanding of the factors that can affect food availability and the impact this can have in the future. The line of reasoning presented with some structure which is, for the most part, logical. |
| Some analysis and demonstration of knowledge is evident, with reference to the factors that can affect food availability and the impact this can have in the future. The information is basic and communicated in an unstructured way. |
| No answer given, or answer is incorrect/irrelevant. |

COPYRIGHT
PROTECTED



Indicative content:

- Challenges which influence food availability:
 - Global warming and climate change, leading to droughts/floods and da
 - Less land available on which to grow food
 - Growing population means more food is needed
 - Fewer resources are available (e.g. water, good-quality soil, fossil fuels)
 - Environmental damage from pollution and human activities
 - Extreme weather conditions (flooding and drought)
 - Wars and conflicts
 - Possibility of transporting foods to distant countries (some foods are in short expiry dates)
 - Lack of money, which makes the food unaffordable for certain people
 - Distance to the nearest shop/farmer (e.g. in Africa this can often be me
 - Crop failures caused by weather conditions, overexploitation of soil, pe
- Genetic modifications may affect the way we grow and rear food, and increa

What impact can this have in the future?

- There may be less food available due to changes in the weather, so peo from malnutrition or starvation.
- As there will be less food available, it will be more expensive, so will als of people.
- As infrastructure and methods of transport improve and develop, getti shop/market/farm may become easier in all parts of the world.
- As more GM crops and animal species are grown/reared, more food ma the costs, meaning more people will be able to afford it.
- The health consequences of eating GM foods are still unknown – some increase in type 2 diabetes, obesity and food allergies, as human bodie engineered food.

Other relevant answers may be accepted.

**COPYRIGHT
PROTECTED**



5. Technological developments to support better health and food production

- 1) ●■ Higher ability to also provide the substances which foods have been fortified with
- Wheat flour – iron, vitamin B1 (thiamine), vitamin B3 (niacin), calcium
 - Margarine – vitamin A and vitamin D
 - Skimmed and semi-skimmed milk – vitamin A
- 2) ●■ Higher ability to provide similar answer to lower-ability worksheet
- The addition of plant sterols to margarine helps lower blood cholesterol levels.
 - The addition of iron to cereals helps prevent anaemia.
 - The addition of folic acid to bread prevents spina bifida in newborns.
 - Fortification with vitamin B1 helps prevent beriberi disease.
 - The addition of vitamin D helps prevent osteoporosis.
 - The addition of vitamin B12 to soy milk helps prevent anaemia in vegans.
- Higher-ability students may provide other relevant examples.
- 3) ● i) Any two from:
- modified waxy corn starch
 - monoglycerides of fatty acids
 - diglycerides of fatty acids
 - sunflower lecithin
 - potassium sorbate
 - citric acid
 - carotenes
- Do NOT accept generic answers such as ‘preservatives’, ‘flavours’ or ‘colourants’.
- ii) Any two from:
- plant sterol esters
 - vitamin A
 - vitamin D
- 3) ■ i) Buttermilk is used to:
- improve the flavour of the product
 - increase attractivity of the product for consumers
 - make the product more similar in flavour to butter
- ii) Since the product is made mainly of water and vegetable oils, emulsifiers are used to prevent the product from layering and separating.
- 4) ●■ Higher ability to provide similar answer to lower-ability worksheet
- Probiotics are good bacteria which live in the large **intestine**. There, they produce vitamins and substances which inhibit growth of **pathogens**. The growth of probiotics can be encouraged by the consumption of prebiotics, which include dietary **fibre**. Prebiotics are also useful to maintain a healthy **cholesterol** level.
- Higher-ability students may also provide other functions of probiotics and prebiotics.

INSPECTION COPY

COPYRIGHT
PROTECTED



5) ● ■ Higher ability to provide similar answer to lower-ability worksheet

Group	Function/Advantage	Disadvantage
Colourings	<ul style="list-style-type: none"> Enhance the colour Change the colour Make food more appealing Make food more appetising Improve appearance of food Some of them are natural 	<ul style="list-style-type: none"> Can be used to hide poor quality of ingredients Can increase consumption leading to obesity Tartrazine is linked to lead asthma attacks and other allergic reactions, such as skin rashes, thyroid tumours and ADHD Some of them are artificial
Emulsifiers and stabilisers	<ul style="list-style-type: none"> Prevent mixtures from separating Keep emulsions and other mixtures stable Prevent crystallisation of mixtures 	<ul style="list-style-type: none"> Can be used to hide poor quality of ingredients Can damage the lining of the intestines, and cause bloating and flatulence Some emulsifiers are linked to causing <i>leaky gut syndrome</i>
Gelling agents and thickeners	<ul style="list-style-type: none"> Help to obtain the desired texture/viscosity of food 	<ul style="list-style-type: none"> Can be used to hide poor quality of ingredients May cause diarrhoea and allergic reactions
Flavourings	<ul style="list-style-type: none"> Enhance the flavour Change the flavour Add new flavour to a food Make food more appealing and appetising 	<ul style="list-style-type: none"> MSG can cause allergic symptoms such as itching, sweating May increase consumption leading to obesity
Sweeteners	<ul style="list-style-type: none"> Substitute for sugar Have a lower calorific value than sugar 	<ul style="list-style-type: none"> May increase consumption leading to obesity Aspartame is a source of phenylalanine, so can't be eaten by people suffering from phenylketonuria
Preservatives	<ul style="list-style-type: none"> Enhance shelf life Prevent bacterial growth Prevent growth of moulds and yeast Prevent food spoilage Lower food waste 	<ul style="list-style-type: none"> Sulphites can cause allergic reactions, including anaphylactic shock Nitrates used in cold cuts can cause stomach cancer Benzoates can cause asthma, skin rashes and other allergic reactions Sorbates can cause dermatitis (skin inflammation)
Antioxidants	<ul style="list-style-type: none"> Prevent food spoilage Prevent oxidation of food and help to maintain its quality Stop oils and fats in food from becoming rancid 	Some people may not like the fact that they are often synthetic (not natural)

Exam-style Question

- 1) ●
- Fortification of food is the process of adding nutrients (e.g. vitamins and minerals) to food products, regardless of whether these nutrients are present in the food prior to fortification (e.g. fortified apple juice).
 - Fortification cannot be applied to unprocessed foods, e.g. there cannot be fortification of fresh fruit.
 - Fortification is used mainly to improve the nutritional value of food, restore nutrient levels, help prevent diet-dependent diseases and deficiencies, and help make food more appealing and more adequate for certain groups of people.

INSPECTION COPY

COPYRIGHT
PROTECTED



1) ■

There is a well-developed line of reasoning which is clear and logically structured. The information presented is relevant and substantiated, showing a clear understanding and evaluation of the factors for and against the use of food additives. Specialist terms are used appropriately and correctly.

There is a line of reasoning presented with some structure that is, for the most part, relevant and supported by some evidence showing an understanding and evaluation of the factors for and against the use of food additives. Some specialist terms are used but not always appropriately.

The information is basic and communicated in an unstructured way. There is a limited understanding and evaluation of the factors for and against the use of food additives. Answer may be ambiguous or disorganised.

No answer given, or answer is incorrect/irrelevant.

Indicative content:

Advantages:

- Colourings are used to alter the colour of the food – either to enhance appearance, make it more appealing and appetising.
- Emulsifiers and stabilisers are used to obtain a desired texture and prevent separation.
- Flavourings – help to obtain or enhance the flavour and aroma of the food, making it more appealing and appetising.
- Preservatives – help to extend the shelf life of the product and prevent spoilage.
- Sweeteners – help to obtain the desired level of sweetness, help lower calories, are preferred by people on a low-calorie diet.

Disadvantages:

- Colourings may be used to hide low quality of food, e.g. curcumin is used to give a yellow colour to hide the fact that it's mostly made of water, not vegetables.
- Emulsifiers may be used to hide low quality of food and lower the cost, e.g. xanthan gum is used to thicken a product instead of using proper amounts of egg yolk.
- Flavourings may be used to hide low quality of ingredients used and lower the cost, e.g. vanillin sugar is used instead of real vanilla extract.
- Preservatives may cause allergic reactions, skin rashes or swelling, e.g. sulphites.
- Sweeteners may have a laxative effect, e.g. xylitol, aspartame.
- Some food additives, e.g. colourings, are believed to cause hyperactivity.

Accept other suitable answers.

**COPYRIGHT
PROTECTED**



6. Development of culinary traditions

- 1) ● Fish and chips – Great Britain
Sushi – Japan
Eton mess – Great Britain
Pizza – Italy
Dumplings – Poland
Croissant – France
- 1) ■ Fish and chips – Great Britain
Sushi – Japan
Pizza – Italy
Dumplings – Poland
Croissant – France
Paella – Spain
- 2) ●■ Higher ability to provide similar answer to lower-ability worksheet
Cuisine is a style of cooking characteristic of a particular **country** or **region**, where preparation and **cooking** methods, and presentation or serving techniques are used.
- 3) ●■ Higher ability to provide similar answer to lower-ability worksheet
Features of British cuisine include **traditional foods** such as lamb, cheeses and other popular cooking methods. **Breakfast** is usually very **substantial**. Breakfast might be a **brunch**. **Afternoon tea** is a meal specific to the country. **Pies and puddings** are traditional British desserts.
Or any other relevant answer.

Exam-style Question

- 1) ● Any three ingredients characteristic of British cuisine can be accepted, e.g. lamb, pork, thyme, sage, onions, etc.
Do NOT accept the names of dishes or meals as an answer.
- 1) ■ Any two from:
 - **Lack of availability of ingredients** – many ingredients used in traditional recipes are no longer available, more, due, for example, to changes in farming practices or to environmental concerns. There might be a recipe which calls for fish species which is not readily available to the general public.
 - **Changes in lifestyle** – traditional recipes are often very complex and time-consuming. People cannot afford to spend that much time in the kitchen. For this reason, the cook might use different ingredients may be used to shorten the cooking time.
 - **Moral and ethical beliefs** – traditional recipes often call for meat or poultry. Concerns about animal welfare cause many people to shift towards vegetarian or vegan diets, and they might replace the meat/poultry with a vegetarian/vegan substitute, e.g. soy, TVP or seitan.
 - **Religious beliefs** – people may follow different religious traditions. For this reason, certain ingredients might be omitted from their diets or replaced, e.g. beef, onion and garlic must be omitted in some religions.
 - **Health concerns** – many traditional recipes call for bacon, suet, lard, large amounts of fat and the use of unhealthy cooking methods such as deep-frying. For some people, these ingredients and methods might not be acceptable due to certain health conditions (e.g. diabetes, cardiovascular disease). Both the ingredients and the cooking methods may have to be changed.

Other suitable answers may be accepted.

**COPYRIGHT
PROTECTED**



7. Factors influencing food choice: Personal, social and economic factors, medical

- 1) ● Time available for cooking or eating, lifestyle and healthy eating, time of the celebrations/occasions, PAL, money – income, money – prices and affordability (the year)
- 1) ■ **Money** – a family's budget, income and the price of food determines what an individual or not, and how much a person can buy
Time – depending on the **time of the day**, people will tend to choose different and a sandwich for lunch; if the **time for cooking** is limited, a person will prefer and easy to cook, or a fast food rather than cooking something more complex will be faster than making a stew
Season – some people may choose to eat only seasonal foods; also, the seasons are available in the shops
Occasion – on big celebrations, such as birthdays and anniversaries, people which results in them consuming more sugars and fats than usual
PAL – physical activity level is important for judging how much food a person amount of food helps a person to maintain a healthy weight, while eating too and obesity, and eating too little may lead to losing weight and associated health

Other correct answers are possible.

- 2) ●■ Higher ability to provide similar answer to lower-ability worksheet
 - Nut allergy
 - Wheat allergy
 - Milk allergy
 - Egg allergy
 - Fish and shellfish allergy
- 3) ●■ Higher ability to provide similar answer to lower-ability worksheet
 - i) Food allergy is a **reaction of the immune system** to a food ingredient, which **of the digestive tract** to the food ingredient.
 - ii) Most common food allergies include: milk, fish and shellfish, egg, nut and wheat **the given allergen cannot be consumed** in any amounts – e.g. in allergy to including peanut butter, walnut oil, and chocolate with nuts or nougat.
 Most common food intolerances are **gluten intolerance** and **lactose intolerance** gluten has to be avoided (so all products containing wheat, rye or barley), wheat should be avoided (in plain form and in products such as milk chocolate or ice cream)
 Sometimes yoghurt and cheese can be eaten in small amounts, since any lactose fermented by bacteria.
 Or any other relevant answer.

Exam-style Question

- 1) ●
 - i) Explanation to include:
 - if food is available in abundance, it is cheaper, so people may be able to choose food items which they would not normally buy due to high price
 - if food is unavailable, it is expensive, so many people will not be able to food choice will be limited to a smaller selection of cheaper foods
 - in extreme situations, if food is not available at all, then people's food choice small selection of what is available on the market, despite the price (cheaper expensive so people will only buy very little of it)
 - if food is not available or is unaffordable, some people could decide to forage may pick wild berries, mushrooms or herbs
 - ii) Any two from:
 - personal preferences could include the **sensory characteristics** of food will opt for saltier, savoury foods, while others will opt for sweeter foods
 - personal preferences could include various religious and ethical beliefs will opt to buy only free-range eggs, refrain from eating meat, choose to not to buy any halal meat
 - personal preferences could include personal sympathies and brand loyalty will opt to buy only foods produced in their country, British produce only, local producer, etc.
 - Accept other suitable answers.

COPYRIGHT
PROTECTED



1) ■

There is a well-developed line of reasoning which is clear and logically structured. Information presented is relevant and substantiated, showing a clear understanding of how consumers' choices may be influenced by their lifestyles. Specialist terms are used and correctly.

There is a line of reasoning presented with some structure that is, for the most part, supported by some evidence showing an understanding of how consumers' choices may be influenced by their lifestyles. Some specialist terms are used, although always correctly.

The information is basic and communicated in an unstructured way. The candidate shows a basic understanding of how consumers' choices may be influenced by their lifestyles. The response is ambiguous or disorganised.

No answer given, or answer is incorrect/irrelevant.

Indicative content:

- Lifestyle: a sum of activities carried out throughout the day which determine energy availability, spare time, etc.
- Components of lifestyle: type of work performed, additional activity performed, cooking, eating and shopping, working late or shifts, etc.
- How lifestyle affects eating behaviours:
 - less time to cook means that ready-to-eat foods or fast foods may be eaten
 - less time for shopping will mean that variety in the diet will be poor
 - shift working will affect the ability to cook and eat at home, or to eat healthily
 - high levels of additional activity will require larger amounts of energy to be consumed
 - home-cooked meals are usually healthier than convenience, ready-to-eat meals from the market, so nutrient intake may be imbalanced, etc.

Other correct responses may be accepted.

INSPECTION COPY

COPYRIGHT
PROTECTED



8. Factors influencing food choice: religious and cultural beliefs, ethical and mo

1) ●■ Higher ability to provide similar answer to lower-ability worksheet

Religion	Food beliefs (■ only)	
Islam	<ul style="list-style-type: none"> Animals must be killed in a certain way to be called halal Dairy cannot contain enzymes of animal origin Believe that pigs are 'impure', 'unclean' 	<ul style="list-style-type: none"> Don't eat Have a Ramada Eat only
Buddhism	<ul style="list-style-type: none"> Avoid intentional killing of animals 	<ul style="list-style-type: none"> Most are Avoid int meat Some ma
Rastafarianism	<ul style="list-style-type: none"> The food they eat must be clean, natural and pure The food must come from the earth 	<ul style="list-style-type: none"> Only eat (ital), su Don't eat Don't use The oil us Don't dri
Sikhism	<ul style="list-style-type: none"> Believe that cows are sacred animals Don't eat kosher or halal meat as they believe it is not killed humanely 	<ul style="list-style-type: none"> Don't eat Mostly ve Would no because killed hu
Hinduism	<ul style="list-style-type: none"> Cows are sacred Can't cause pain or violence against any living creature Some foods, such as onion or garlic, are believed to excite the body and are forbidden Dairy is believed to enhance spiritual purity 	<ul style="list-style-type: none"> Do not ea will drink Mostly ve Don't dri Some ma
Judaism	<ul style="list-style-type: none"> The animals need to be killed in a certain way to be called kosher The fish have to have scales and fins to be considered kosher No work can be done on Saturdays, including cooking, so food is made in advance 	<ul style="list-style-type: none"> Don't eat don't eat will only

Or any other relevant answer.

2) ●■ Higher ability to also provide definition or description

- animal welfare** – an ethical view in which animal rearing is conducted **being**, including proper **treatment** and **living conditions**
- fairtrade** – an ethically positive way of trading in which **fair prices** are paid to **producers** and **workers**, especially in the **third world** and **developing** countries
- local produce** – products which are produced by the nearby farmers or growers to help **decrease carbon footprint**, lower prices and better quality foods
- organic** – a way of growing or rearing foods where **no chemicals**, herbicides or **GM** components are used, either in the form of fertiliser, or in the form of pesticides

Or any other relevant answer.

3) ●■ Higher ability to provide similar answer to lower-ability worksheet

	Can eat	
Lacto-ovo-vegetarians	milk, dairy, eggs	meat, fish
Lacto-vegetarians	milk and dairy	meat, fish
Ovo-vegetarians	eggs	meat, fish
Vegans	plant food only (vegetables, fruit, seaweed, cereals, legumes, etc.)	any food, meat, fish, milk, dairy

Other suitable examples can be accepted.

INSPECTION COPY

COPYRIGHT
PROTECTED



- 4) ●
- i) goose fat, beef shin, streaky bacon
 - ii) beef shin, red wine, shallots, garlic
 - iii) The dish is not suitable for a Muslim because it contains bacon (Muslims cannot drink alcohol).

- 4) ■
- i) Any two from:
Islam (due to the presence of pork meat and alcohol), Buddhism (due to the presence of meat and alcohol), Rastafarianism (due to the presence of meat and alcohol), Sikhism (due to the presence of meat and alcohol), Judaism (due to the presence of pork meat and alcohol), Hinduism (due to the presence of beef and alcohol).
 - ii) The answer identifies ingredients which are not suitable for a vegetarian and provides suitable substitutes for those ingredients.
 - goose fat – substitute with vegetable oil, margarine, vegetable fat spread
 - beef shin – substitute with tofu, Quorn™, TVP
 - streaky bacon – substitute with vegetarian bacon (facon) or add soy sauce

Other suitable answers can be accepted.

- 5) ●■ Higher ability to provide similar answer to lower-ability worksheet
- Vegetarian (but not vegan) are:
- Cauliflower cheese, because it contains cheese (from milk)
 - Tuna sandwich, because it contains tuna (fish)
 - Tea with honey, because honey is made by bees (animals) and vegans do not eat animals
 - Scrambled eggs, because vegans don't eat eggs
 - Cheesecake, because it contains cream cheese (from milk)
 - Quorn™ hot dog, because Quorn™ often contains egg white
 - The other products (coffee with sugar, tomato and onion salad, beetroot and lentil soup, chocolate cake, latte) are suitable for both groups – vegetarians and vegans – as they contain no animal products.

Or any other suitable food and explanation.

Exam-style Question

- 1) ●
- Any one from:
- because it contains pork
 - because black pudding is made using (pork) blood
- 2) ■ 2 marks from:
- Traditional English breakfast contains bacon and sausage, which are made from pork
 - Except for that, unless clearly stated on the label, the pigs are not slaughtered in a kosher way
 - Jews cannot eat meat from animals which were not slaughtered in a kosher way

**COPYRIGHT
PROTECTED**



9. Factors influencing food choice: consumer information, food labelling and marketing

- 1) ● 1. Name of the product
2. Volume / net weight
3. Date marks (use by or best before date)
4. Nutritional value per portion

- 1) ■ Students should draw/write information on the food box and then indicate which information given is important.

Information	Why it is important
Date marks	To check freshness of the product and avoid food poisoning
List of ingredients	To check what it is made from and avoid foods that are not suitable for people with allergies
List of allergens	To warn that the product is not suitable for people with allergies
Name of the product	To indicate what the given product is and avoid confusion with other products, e.g. at least 80% of milk fat, and spreads that contain less than 80% of milk fat
Nutritional information	To indicate the product's impact on the daily calorie intake
Country of origin	To indicate where the food comes from, and make sure it is suitable for people with allergies
Address of the producer	In case of mass food poisoning or a physical/chemical hazard, it is easier to trace the whole series by contacting the producer to help him identify the batch.

Or any other relevant answer.

- 2) ● i) **Milk** from butter, **wheat** from flour, **egg** whole and dried, **soya** lecithin
ii) **Yes**, the cakes are suitable for vegetarians because they contain no meat ingredients include butter and eggs, eaten by most vegetarians.
iii) The cakes are **not** suitable for children due to the high sugar content. 1 cake contains 25 g of sugars in these cakes. One cake provides 6.4 g of sugars, which is 25% of the daily intake of sugars. World Health Organization. High consumption of sugar may cause tooth decay.
- 2) ■ i) The allergens in the product include milk, wheat, egg and soy. The cakes are not suitable for people with gluten intolerance and wheat allergy, people with lactose intolerance and people with egg or soy allergies.
ii) The product is **not** suitable for vegans because it contains milk and egg, both of animal origin.
iii) The ingredients on the list are in **descending order**, from those used in the largest amounts to those used in small amounts only.
- 3) ● i) Buy one, get one free (BOGOF); meal deals; special offers; point of sale promotions
ii) Pester power is the ability of children to pressurise parents into buying products.
- 3) ■ i) Pester power is the ability of children to pressurise parents into buying products.
ii) Students to indicate **three** from: buy one, get one free, meal deals; special offers; advertisements; tastings; media influences; product placement; or any other relevant answer.

Exam-style Question

- 1) ● Any two from:
- allergy to eggs
 - animal welfare concerns (the way the eggs are produced may not be seen as ethical)
 - being on a lacto-vegetarian diet
 - being on a vegan diet
 - being on a low-protein diet, e.g. due to liver or kidney disease
 - Jews may not be able to consume eggs if they are served in one dish with pork
 - health concerns (some people may limit their egg consumption due to the risk of cholesterol or any other suitable answer).
- 1) ■ Any four from:
- people tend to spend less money but get more shopping
 - people like to receive free gifts
 - people like to feel special (e.g. newsletters or targeted, named invitations),
 - design of the item's packaging is eye-catching and aesthetic (and people get more information)
 - lower prices are more affordable and more appealing
 - product placement in popular TV series makes the item more desirable and more appealing
- Other correct responses may be credited.

COPYRIGHT
PROTECTED

